

## HOLIDAY EATING TIPS

With the holidays approaching, new and different challenges arise also. The average person gains 5-7 pounds between Thanksgiving and Christmas. Here are some tips to help ensure you are “below average” this holiday season. Remember the SMART Goals we discussed earlier? The A and R stand for “attainable” and “realistic”. Maybe for the next 6 weeks you want to set a goal of maintaining your weight, instead of losing. Obviously, this advice is for everyone except Gary! It’s comparable to breaking even at a casino, if you follow the logic. That said, below are some of the special hurdles related to the holidays, and some ideas on how to get around them.

**FOOD PUSHERS** - You know the type... they love you with food! First, talk to them and explain that you are trying very hard to lose weight and become a healthier person. While you absolutely LOVE their (insert specific specialty) you just can’t justify those excess calories at this time.

**MORE OF THE BEST, AND LESS OF THE REST** - Yes, another one of my phrases, but something to think about. Fill up on the healthy low calorie foods, but allow small tastes of the not so good stuff.

**PERMISSION** - Give yourself permission, to a point, which helps alleviate guilt.

**EATING BECAUSE IT’S THERE** - Many of us load up our plates with everything on the table. Slow down and think about it. If it’s a “take it or leave it” type of food –leave it. Unless it really means something to you, forget it.

**EXERCISE** – No explanation necessary!!!

**CALORIE BANKING** – A very common mistake that almost always backfires. Often times, people try to save calories for a party or big holiday meal by starving all day to make up for the excess later. Doing this not only prompts your body to store fat, but you eat even more than the planned extras because you are hungry. Remember, once you get hungry nature takes over. Plan ahead for the special occasion by eating a little less, low fat, and exercising. It is possible to enjoy the season without the gain if you are SMART.