

10 Tips to Help Survive the Holidays

By Dana Hansen, Director of Fitness Operations

Think realistically

Between Thanksgiving and New Year's Day is the easiest time of year to gain weight because of all the goodies surrounding us. Set goals for yourself that still allow you to enjoy this time of year but keep you maintaining your weight during this holiday season.

Don't arrive to parties hungry

Most of us will over eat on the "not so good stuff" if we skip meals because of low blood sugar. Skipping meals to "save calories" for party eating will only set you up for failure. We suggest eating a light meal before a party and you will arrive in control of your appetite.

Make time for exercise

Exercise will help burn off those extra calories and keep your holiday stress in check.

Limit your alcohol intake

Extra calories from alcohol can add up quickly, especially when consuming mixed drinks high in sugar.

Be social

Holidays are a time to be sociable with family and friends. The more you are talking, the less you will be eating.

Fill up on vegetables and fruit

Veggies and fruits are loaded with vitamins and minerals, as well as being low in calories.

Donate

Do not tempt yourself by bringing home your holiday favorites after the party thrower offers them to you, you will only be tempted to eat them. Just say no!

Lighten up your meals

Make a conscious effort to cut out fat in your holiday cooking, think healthy! Offer to bring a healthy dish with you to gatherings. Trust us, people at the party will appreciate it.

Stay hydrated

The alcohol and coffee you drink can dehydrate your body; bring a bottle of water wherever you go. Also, drinking lots of water prior to eating at the party will make you feel more full and help you to not eat as much.

Watch your portions

It is always nice to treat yourself to a nice drink or dessert without guilt, just watch your portions.

