

# Ask *the* Expert

## *Tips on How To Avoid the Holiday Bulge*

For many, this is the hardest time of the year to keep weight stable and to avoid overeating. There are just too many temptations! It began in October with Halloween candy, bonfires with s'mores, hot dogs and concession food at football games.

From there, it was a downward spiral into overindulgence and often gluttony. Thanksgiving is synonymous with food. It is tradition to enjoy the best dishes made by family and friends during this season of thankfulness.

About the time we come out of the turkey coma of Thanksgiving, it is time to start preparing for Christmas or Hanukkah. Again, more food!

It makes perfect sense why everyone's #1 New Year's Resolution is weight loss!

Although most vow every year to not overeat, they fail miserably...

So, here are some tips to avoid the bulging waistline, but still enjoy the happiness and fellowship of the holiday season:

### **1. Do not skip meals.**

You want to save room for Mom's feast later that day, but skipping a meal is actually a bad idea. By the time you arrive at your mother's house, you will be starving. What do we do when we are starving? We overeat.

### **2. Do not deprive yourself.**

Eat the things you love, but eat them in smaller portions. Sure, this is the only time of year your grandmother makes her best desserts. And, she would be hurt if you didn't have a taste. Make it a smaller slice this year.

### **3. Eat slow.**

Chew each bite longer than you normally would. Often we dive into a delicious meal and do not realize we are stuffed until it is too late. Give your body time to give you the signal to put the fork down.

### **4. Avoid the extras that are not healthy: mainly bad fats or processed sugar.**

For instance, skip the gravy, creamy salad dressing, butter or margarine, and have the pumpkin pie sans the whip cream.

### **5. Do not fall prey to peer pressure.**

Just because everyone else is eating a huge slice of pecan pie or jelly roll does not mean you have to! Stay true to you and remain focused on your goal.

### **6. Do not forget to exercise.**

Often, the gym is closed for the holidays. This is not a bye. Instead, go for walks, get on your treadmill (that is hidden under the pile of clothes you have been meaning to take to goodwill) or do some crunches, push-ups or a little yoga at home. Keep your routine.

### **7. Post your goals in plain sight.**

Keep your goals on your refrigerator, vanity mirror, or dashboard of your car. Remind yourself that you do not want to gain weight

this holiday season.

### **8. Drink a lot of water.**

### **9. Eat smaller, protein packed meals in preparation for the big Christmas dinner at grandma's.**

This will curb cravings, stave off hunger and keep your metabolism up. A higher metabolism helps will help burn off that small slice of coconut meringue pie!

### **10. Again, preparation is the key to success.**

Plan ahead for holiday festivities. Write your plan down if it helps. Tell a friend or your spouse your goals so that you have accountability.

Most of all, enjoy the time spent with family and friends and do not forget the blessings we have received and keep the true meaning of Christmas in our hearts. Have fun and enjoy these moments together! When the new year comes around you will be able to be proud of yourself for not having to add "lose weight" to your New Year's resolution list.

Most of all...have a wonderful holiday season!!

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Weight Loss Coach

