

Living Well Tip of the Week



Extra weight gained during the holidays accumulates through the years & may be a major contributor to obesity in later life

(National Institutes of Health)

Tips for Preventing Holiday Weight Gain

- ❖ **Don't expect to lose weight.** If you are on a weight loss program or planning to start one, avoid setting yourself up for failure by expecting to lose weight during the holiday season.
- ❖ **Keep Moving.** This doesn't mean you need to spend more time at the gym. Just try to squeeze in activity whenever you can.
- ❖ **Never go to a party hungry.** Instead of starving yourself and then filling up on high-calorie, high-fat foods at the party, take the edge off your hunger by eating high-fiber, low-calorie foods beforehand.
- ❖ **Strike a balance.** If you eat too many sweets one day, just eat carefully for the next couple of days.
- ❖ **Limit alcohol.** The inhibition-relaxing effect of alcohol may make it hard to stick to your eating resolutions – not to mention that liquor is also packed with empty calories.

For tips on eating healthier this holiday, check out **Living Well Health Manager** powered by WebMD for Nutrition Improvement Program. Go to www.webmdhealth.com/ut and select “Living Healthy” on the top banner.