

# Living Well Tip of the Week

## Physical Activity is one of the best ways to prevent holiday weight gain

*(National Institute of Diabetes, Digestive & Kidney Diseases)*



### More Tips for Preventing Holiday Weight Gain

- \* When shopping, park farther away from the stores and take the stairs for extra activity.
- \* Watch your portion sizes.
- \* Eat a healthy meal or snack before going to holiday parties.
- \* Limit your intake of alcohol. Not only is wine and eggnog packed with calories, alcohol can lead to an increase in appetite.
- \* Try to keep a normal sleep pattern during the holiday break. Instead of taking a nap after dinner, take a walk.
- \* Focus on family and friends rather than food!

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