



Weight Control During the Holidays

The holidays can be challenging when you are trying to maintain or lose weight. Holiday preparations, parties and other social obligations can make it difficult to stick to your exercise routine and make healthy food choices.

Stay on Track

The holiday season is full of temptations. The best way to avoid weight gain is to make a plan and stick to it. Follow these tips to keep your weight in check while you enjoy the festivities:

Plan ahead – Have a healthy snack and drink water before a party or event so you don't arrive hungry.

Schedule exercise – Treat exercise with the same level of importance as a party or event by scheduling it in your calendar.

Set goals – Limit the amount of treats you eat and set attainable exercise goals.

Keep a record – Keep a food and exercise log to track eating patterns and monitor daily exercise.

Portion control – Enjoy your favorite foods in smaller portions. Fill the remainder of your plate with vegetables, fruits and lean meats. Eat slowly and savor your food.

Limit alcohol – Reduce your alcohol intake by filling up on healthy snacks and water first. Alcohol is full of calories and may cause you to eat more.



Freeze food gifts from friends to enjoy at a later time.

Healthy Hosting

If you are hosting a holiday party or event, plan activities to engage your guests to avoid food becoming the main focus, and follow these ideas:

Lighten it up – Make healthier dishes using low-fat options of mayonnaise, sour cream, salad dressings, and cheeses.

Don't tempt yourself – Prepare the most tempting food items last so you have less time to snack on them.

Lose the leftovers – Send leftovers home with your guests.

Healthy potluck requests – Suggest guests bring healthy dishes such as a vegetable tray, fruit salad, shrimp cocktail, or low-calorie beverages.

Save and serve later – Freeze food gifts from friends and serve another time to limit the amount of food served at your gathering.

It is possible to stay on track with exercising and making good food choices during this time of year. It just takes some planning, a few adjustments and a positive attitude. This holiday season, enjoy the festivities without the guilt of eating poorly or gaining weight, and start your new year off right!