



3 LIFE HACKS
TO AVOID

*Holiday
Weight Gain*

BY DR. ANN



Fill up first on foods that have lots of volume, but minimal calories. Fruits and veggies reign supreme here!

Volume in the GI tract provides powerful appetite suppression.

- At a holiday cocktail party go straight to the fruit and veggie platter and really indulge; use high-fat dips sparingly. If available, make bean dips or hummus your first choice.
- Fill 2/3's of your plate with fruits, veggies and beans before serving the rest of your meal.
- At holiday dinners, eat a big tossed salad or a couple of servings of a veggie side dish before the rest of the meal.

Approach every snack, every meal, every food-gathering, mindfully.

- Notice your breath. Inhale and exhale before and after every bite of food. This will help you more accurately gauge your true hunger level.
- Pre-plate everything (meals, hors d'oeuvres, dessert, etc.). We tend to eat less if we can view it all before we start.
- Engage in conversation *away* from the buffet table to avoid hovering over the hors d'oeuvres and nibbling.
- If you don't expect healthy options to be served, fill up on fruits and veggies at home just before you leave to minimize unhealthy calorie intake at the party.





Make movement a priority! It's a fantastic safeguard against weight gain and helps compensate for holiday indulgences.

It's also the perfect tonic for the stress and anxiety we all can experience during the holiday season.

- Take a “family walk” after your holiday feast.
 - Sign up for a holiday road race.
- Schedule in advance a regular work-out with a trainer.
 - Recruit a holiday walking buddy.
- Incorporate walking into your holiday shopping. Wear comfortable shoes, and do as much of it as you can on foot.
- Don't forget house-cleaning and yard work count as exercise!