

# Thriving Through the Holidays



Enjoy the holiday's and special celebrations in a celebratory yet healthy way, focusing on weight maintenance not loss.

## Maintaining a Healthy Lifestyle

- Keep up with regular exercise.
- Don't skip meals.
- Eat a minimum of 5 fruits and vegetables a day.

## A Party Plan

- Eat before you go to an event.
- Use smaller plates at buffet settings and choose smaller beverage glasses when possible.
- Fill your plate with lower calorie items, leaving less room for fattening fare.
- Savor smaller portions: first tastes are always best! Sample don't gorge.
- Dilute beverages with diet or club soda. Drink water in-between.
- Serve sauces and dressing on the side.
- "Cheat" with dessert: eat the filling not the crust.
- "Don't Waste Calories" - evaluate if you really love a food before finishing it. Give yourself permission to leave it.
- Eat slowly and focus on conversations and relationships. Remember that it really takes 20 minutes for the brain to know when the stomach is full.
- Wear "tighter" clothes - don't loosen a belt. Stop when you are comfortable.
- Choose home made foods over packaged or prepared foods whenever possible.
- Bring a "safe" dish that you made to a holiday gathering or potluck. Substitute lower fat ingredients in recipes or omit the extras (whipped cream, etc.).
- When eating out, place half your meal in a "to go" container to take home.

**Bonus tip** - Forgive yourself if you make a disappointing choice. Begin the next day with a new resolve and plan.

*"You got this"*

**Reflect** - What can you do differently at the next celebration to make the healthy choice?