

# 10 Steps to Avoid Holiday Weight Gain

- 1. Be realistic.** Instead of trying to lose weight over the holidays, concentrate on maintaining weight.
- 2. Move!!!** Whether a daily walk, a drop-in yoga class, or a short term membership at your local gym, get out most days and exercise.
- 3. Calories add up.** Fifty here, fifty there and you can gain a pound or two. Think before popping one of mom's cookies in your mouth every time you walk in the kitchen.
- 4. Take smaller amounts.** Eat thoughtfully. Enjoy your food, but not in a mindless quantity. Put some in the freezer so you can bring some of your favorite things back to school to enjoy later in January.
- 5. Fill your plate:** first vegetables and fruit, next protein (poultry, meats, fish, eggs, beans, soy foods). Then take much smaller amounts of starchy carbs, or just pick your most favorite (stuffing, potatoes, rice, rolls, etc.). Go easy on butter, nuts, chips, dips, salad dressings, candy, fudge, cookies, cheeses, whipped cream, sour cream, salami and sausages.
- 6. Wait a while.** You'll enjoy dessert more at least two hours after a big meal. Bonus: this will replace the additional 700+ calorie snack of leftovers you might usually have.
- 7. Stay hydrated.** Drink plenty of water and only moderate amounts of caffeinated beverages. Limit high-calorie beverages: regular sodas, punch, eggnog, and fancy coffee drinks.
- 8. Limit alcohol.** You'll avoid the calories from the alcohol itself, as well as the additional calories you are likely to eat from its appetite-stimulating effects... not to mention limiting risks associated with having too much alcohol.
- 9. Cut your stress.** Our society focuses on material things, but you can make a conscious effort to fill your break with thoughtfulness, balance, and leisure. Many of us have expectations that will never be met. Focus on what is good, doable and present, rather than what is missing or impossible. Stress can drive any of us to mindless, unending feeding frenzies.
- 10. Get some rest.** Lack of sleep can bring emotions to the surface and create a short fuse. Also, we tend to eat more if we're tired. Be sure to get your zzz's.

Happy, peaceful holidays to all of you!



## CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.