

MUSC Weight Management Center Presents:

*TIPS FOR ENJOYING THE HOLIDAYS
WITHOUT THE WEIGHT GAIN*

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This class was presented by:

MUSC Weight Management Center
Real Professionals... Real Results.



Holiday Tip Parade

1. Focus on weight management *vs.* weight loss during the holidays. Set realistic goals for the holiday season.
2. Don't approach the holidays planning to diet after the New Year – thinking to yourself, "I'll diet as soon as the New Year starts" often leads to greater holiday indulgence because you'll be anticipating food restriction come the New Year, and thus you'd better eat the "good stuff" while you can.
3. Fact: People DO NOT gain 5 or more pounds over the holidays. The average person actually gains 0.81 pounds from mid-November through mid-January. Expecting to gain 5 plus pounds over the holidays sets the stage for rationalized eating and dismissed weight gain.
4. Weigh and graph weight daily; begin before holiday parties/eating begins.
5. Record eating and calculate calories.
6. Do extra laps while shopping in malls, stores, etc.
7. Plan 3+ days of exercise (e.g., walking, soccer with kids, gym, etc.); plan and record on calendar the planned exercise at the beginning of the week.
8. Drink plenty of water each day (~64+ oz).
9. Put holiday food away within 2 hrs of serving it.
10. Food cravings (psychological) vs. actual hunger (physiological)?.. if having a craving or you're unsure, remove yourself from the situation and distract yourself... if still feel hungry 20mins later, then have a healthier snack.
11. Consider whether or not a food is worth the exercise needed to burn it off.
12. You can have your favorite holiday foods, but just eat smaller portions of them.
13. Choose only foods you really, really want... don't waste calories on mediocre foods or foods you wouldn't miss if you didn't have.
14. Take small healthy snacks when you go out shopping.
15. Eat off of smaller plates.
16. Make a plan. It's easier to deal with a situation if you have planned ahead. Set a limit of how much you can have at a party in advance.
17. Eat a light snack before going to holiday parties. Try a piece of fruit, light yogurt, or a string cheese before you go – DON'T go without eating before parties!
18. Do some physical activity every day. Physical activity, especially aerobic activity, can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.
19. Take steps to avoid recreational eating. Eat slowly. Once done sip on a glass of water, pop a mint, or chew a stick of gum... and stay away from food areas.
20. When setting food out, place healthier foods (e.g., fruits, veggies) so they're easier to reach and make higher calorie foods (e.g., desserts) harder to reach.
21. Reduce the calories in holiday recipes (see other handouts).
22. Choose beverages wisely. Alcohol is high in calories. Liquors, sweet wines, and sweet mixed drinks contain 150-450 calories per glass. Limit your intake to one or two drinks. Soda, fruit punch, and eggnog can also be high in calories.
23. Enjoy good friends and family. Don't let food be the focus. Try not to socialize near the food. Move into another room or far enough away where you can't munch while talking.
24. Maintain perspective. Overeating one day won't make or break your eating plan. You won't gain weight from one day of overeating. If you overindulge at a holiday meal, put it behind you. Return to your usual plan the next day without guilt or despair.
25. Fill 1st plate with all healthier foods (e.g., fruits, veggies, lean meats, etc.)
26. EAT SLOWLY... takes ~20mins for brain to register food you've just eaten.
27. Plan an exercise outing for the days of your holiday parties... start a healthy family "Christmas Day Walk" or "Family Football Game" tradition.



