

MAINTAINING YOUR WEIGHT OVER THE HOLIDAYS

By City Centre Health and Fitness staff

For people who are trying to lose weight, the holidays can be a difficult time. Most people find it difficult to refrain from delicious temptation over the holidays and can see the pounds slowly creeping on over the month of December. Statistics show the average American gains from 1 to 8 pounds from November 15 to December 31st. Your holiday goal this year should be to **maintain** not **gain**. Here are the top 5 tips for maintaining your weight over the holidays.

1) Practice mindful eating

The very best way to maintain weight is be aware of all foods and beverages you are consuming. Be mindful of every bite. Most people, if they kept a truthful food diary over the holidays would be amazed at the amount of excess food and drink they are consuming. Don't deny yourself one of Grandmas favorite cookies. Take your time and savor every bite -don't mindlessly devour the whole plate. Take a few seconds to think about everything that passes through your lips this season. Slow down and enjoy it. You will feel bad if you overindulge but you will feel satisfied if you just sample a taste.

2) Practice Portion Control

All the festivities and social events in our culture seem to centre around consuming food and beverages, especially at this time of year. When treats are served all evening long it is hard to abstain. Making only one trip to the buffet table and taking a small plate of your favorites should keep you satisfied. Talk more and eat less. Practice beverage control too. Sweet and alcoholic beverages are laden with calories. Limit your consumption and drink lots of water. Try substituting soda or still water in a wine glass. Sometimes it helps to have a small healthy snack before you go to a function where food is being served so you won't overindulge.

3) Beware of the Stress

As if there weren't enough stress in our lives the expectations and obligations that go along with the Holiday Season increases our stress level. Having family around can be joyful but it can also be stressful and can be a source of conflict. Try not to let stress get the best of you and take times for relaxation.

4) Get lots of rest

Being overwhelmed and exhausted leads to overeating and excess drinking. Lack of sleep increases your stress levels. Enlist some help with your cooking, wrapping, shopping and cleaning. Plan ahead and try to fit in a good sleep.

5) Stay Active

Get Moving! With a house full of company and a long list of chores, it may be next to impossible to get to the gym. Put on your pedometer and try to get your 10,000 steps per day. Go for an after dinner walk and enjoy the lights. Take your family and friends snowshoeing, skating, skiing or bowling. You don't have to be sitting in order to socialize.

*Have a Safe and Healthy Holiday from all the staff at City Centre Health and Fitness
For information on the Healthy Lifestyle and Medical Weight Loss Programs call City Centre Health and Fitness at 250-487-1481. New 30 minute Quick Fit Circuit arrives in January!*