



Wellness Buddy Wednesday Tip

An Ounce of Prevention for the Holiday Season

To prevent the average 7-10 pound weight gain typical among Americans during the holiday season consider some, if not all, of the following tips.

1. **Exercise.** *With your extra time, take the opportunity to build a physical activity plan. Benefits include burning off excess calories, lessening the effects of fat eaten, reducing stress, and getting into the habit of moving.*
2. **Cook healthy.** *Grill, roast and steam your foods. Besides increasing the nutritional value and lessening calories these methods are great for preserving the flavors of foods.*
3. **Eat regular meals.** *Don't starve yourself in anticipation for a big evening or dinner out. You'll arrive famished and "pig-out!" As an alternative, eat 3 or 4 nutritious snacks throughout the day.*
4. **Practice balance.** *Choose some fresh fruits and vegetables to go along with those rich, creamy luscious foods.*
5. **Curb your sugar consumption.** *Keep in mind that foods full of sugar leave us wanting more. Shortly after eating those sweets we're often hunting something else to satisfy those nagging cravings.*

Plan to enjoy the foods of the holiday season — planning is key. Intend to eat with moderation, variety and balance in mind as many days as you can. The physical resources needed to handle the stresses of the holiday season will be in reserve for you.



Happy Holidays! JCHD Chronic Disease Health Education and Promotion Program