



## *Holiday No- Splurge Tips*

1. **Focus on weight loss.** Stay focused on the goals that we (as a team) have set during the holidays.
2. **Plan on Not dieting after the New Year.** Anticipation of food restriction sets you up for binge-type eating over the holidays.  
"After all, if I am not ever going to let myself eat this again after January 1, I might as well eat as much as possible now"
3. **Be physically active every day.** Remember that physical activity helps relieve stress, regulate appetite, and burn up extra calories from holiday eating.
4. **Eat a light snack before going to holiday parties.** It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods.
5. **Make a plan.** Think about where you will be, who you will be with, what foods will be available, what foods are really especial to you vs. those that you could probably do without. This is where our personal triggers can really help out.
6. **Take steps to avoid recreational eating.** Avoid eating beyond our body's physical hunger simply because food is there and eating is a social thing. Consciously make one plate of the foods you really want. Eat it slowly – enjoy and savor every taste bit. Then when finished, pop a sugar free mint or sugar free gum in your mouth, get a tall glass of water and sip on it throughout the party.
7. **Choose your beverages wisely.** Alcohol is high on calories, Liquors, sweet wines, and sweet mix drinks contain 150-450 calories per glass. Water and diet soda on the other hand are calorie free.
8. **Enjoy good friends and family.** Although food can be a big part of the season, it does not have to be the focus. Remember what the season is really about.
9. **Maintain perspective.** If you over-indulge, put it behind and get back to the program goal and your personal goals for being here tonight.

*LIVE without the ~~weight~~ <sup>wait</sup>*