



**Wishing you and your family a healthy, happy holiday
and blessings for a wonderful New Year!**





Indulge Yourself in Joy!

It's a wonderful time of year! Spending time with our loved ones and friends is priceless. It can also be a stressful time with full schedules of parties and activities, travel plans and work schedules. With these few strategies, you can avoid holiday weight gain while still enjoying friends, family and the delicious holiday feast!

1: Do Not Skip Meals. *Don't* save your appetite for a big holiday party! Skipping meals can result in overeating. It is especially important to have breakfast. Research shows those who eat this important morning meal consume fewer calories throughout the day. Include lots of fiber-rich foods which will satisfy hunger, but are lower in calories.

2: Eat Small Portions. Holiday meals tend to be large and buffet-style. It's important to include nutrient-rich foods in your diet, but remember that these foods have calories as well and should be eaten in moderation.

3: Pick a Strategy to Avoid Overeating — and Use It! Using a smaller plate, for instance, encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite.

4: Keep Moving. After dinner, get some physical activity. Go for a walk, play catch or a game of basketball with the kids.

The time you spend together with family and friends is what makes this time of year so special. Be inspired to stay in the spirit of good health together!



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