

Holiday Splurge Survival Tips from McLeod

10 Holiday Survival Tips

The holiday season is challenging for everyone. While it might be easier to swan dive into dressing and eggnog or whatever food you love, you CAN indulge (some) and maintain your weight during the season between Halloween and New Year's Day. Here are 10 tips to consider when you think about the many parties, celebrations and food:

1. Focus on weight maintenance. Even if you want to lose weight, maintaining over the holidays with all the extra food, family, and stress is a more realistic goal.
2. Weigh twice a week. If you are emotionally attached to the scale, this is not the tip for you, but otherwise, weighing twice a week helps keep you on track. Make sure to weigh first thing in the morning.
3. Just say no. Willpower is like a muscle – you have to work it to get stronger. And it helps to work your willpower during non-food situations to encourage saying no when in food situations. There are many food pushers out there during the holiday season who want you to eat their tempting food. Stay in control by saying things like: “It looks delicious but I’m so full, I can’t eat another bite!” or “Thank you, but I’m good.” If they look disappointed give them a hug instead.
4. Limit your splurge times. We tend to splurge daily around the holidays but make sure to limit your times of splurging to one day (Thanksgiving and Christmas) instead of rolling into four or five. Give leftovers away, bake treats that don’t call your name until they are gone, and take something healthy to holiday parties.
5. Keep a healthy routine going. Banish guilt after an eating splurge and get back to healthier habits quicker.

You CAN have many healthy eating days during the holidays. Make it so!

6. Eat your water. Veggies contain a lot of water and fiber. Fill up by adding veggies to at least two meals a day. Choose cooked or raw veggies such as greens, tomatoes, broccoli, squash, zucchini or other veggies you like to your daily intake.
7. Use the fork trick. There are so many foods available during the holidays we tend to numb out to truly tasting. A great way to really focus on tasting is to put your fork down with each bite. The trick is to let go of your fork and actually concentrate on what is in your mouth instead of prepping for the next bite.
8. Eat regular meals and snacks. Fueling properly will help keep you in control. Be sure to include healthy protein, lots of fresh veggies and fruits, and whole grains.
9. Concentrate on your workouts. Even if you are rushing around, don't skip workouts. Fitness can be achieved in 10 to 15 minute segments so rev up your heart rate with quick workouts or walks. Fit in time for fitness!
10. Rest well. Sleep deprivation increases cravings so aim for seven to nine hours of sleep a night.