

DECEMBER

During the holiday season, an average adult American gains about one pound. Unfortunately, most Americans do not lose that added weight and end up gaining another pound during the next holiday season. That means in a decade, one could be carrying an additional **10 pounds** just from the holidays! Furthermore, those who are already overweight gain an average of 5 pounds each holiday season..... adding up to a whopping **50 pounds** over a ten year period!

Avoiding the Holiday Bulge

1. Don't be a recreational eater.

- Just because there is food around, does not mean you have to eat it!

2. Choose your beverages wisely.

- Liquors, wine, beer, and mixed drinks can have 150-450 calories per 8 ounces.

3. Be physically active every day.

- Regular activity can help burn off extra calories, regulate appetite, and reduce holiday stress.

4. Concentrate on maintaining your current weight during the holidays.

- If you focus on losing weight, you might be setting yourself up for failure and disappointment.

5. Reduce the fat in holiday recipes.

- Substitute applesauce for oil, use egg whites instead of eggs, and replace sour cream with fat-free yogurt.