



for your company  
for your employees  
for your future  
**December 19, 2011**

# WELLNESS WEEKLY

## Prevent Weight Gain This Holiday Season

When choosing whether to be naughty or nice with your eating habits this holiday season, remember you do not have to give up your favorite treats entirely. Listed below are a few ways to watch your waistline while still enjoying the holiday season.

- 1. Plan to maintain your weight**  
Decide ahead of time which treats are worth the calories, take small portions, and savor every bite.
- 2. Watch your appetizers**  
Limit high fat choices such as cheeses, miniature sausages, or fried chicken wings. Choose the fruit and vegetable trays instead.
- 3. Plan for parties**  
If you eat normal amounts throughout the day, you are less likely to overeat at a party.
- 4. Be a good host**  
Balance the sweets and higher fat foods with healthier options for you and your guests. Also, send leftovers home with guests, so you aren't eating the treats you made for days after.
- 5. Make exercise fun**  
Spend an afternoon playing football, sledding, ice skating or playing in the snow. You can even enjoy the holiday lights while taking an evening walk. These are all fun winter activities that are great forms of exercise.
- 6. Discover different dips**  
Try making dips using non-fat cream cheese or sour cream and serve with veggies.
- 7. Utilize the mall**  
The mall is a great place to do some extra walking in a warm, dry environment, all while completing your holiday shopping.
- 8. Have a healthy spirit**  
Cocktails, eggnog, and other holiday beverages quickly add up. Choose alternatives like apple cider or seltzer mixed with fruit juice.
- 9. Think ahead**  
The holidays can be busy, but plan your meals ahead so you don't find yourself grabbing fast food or ordering something unhealthy.
- 10. Experiment with seasonal fruits**  
Pears, oranges, and cranberries are healthy fruits to try new recipes with this time of year.

