



# NLJ Fitness & Wellness Consulting

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### Lose the Holiday Weight Gain

By Nancy Jerominski

“That” time of year is upon us, the familiar plump sugar plum fairies hovering everywhere with their sweet wares. How could you possibly say no to all those tempting tarts, cakes, cookies, candies and alcoholic beverages that spice up our holidays?

Merry? Yes, but happy? Not really.

Most Americans will easily put on 5 to 10 pounds in the short time from Halloween to New Year’s Day.

Every year people use the holidays as an excuse to literally pig out. All the sweet goodies, alcohol and enormous amounts of food seem too tempting to say no to.

Sugar is literally a legal drug and the holidays become our time to eat ourselves into drug-like stupors, complete with the next morning hangovers, even if you don’t imbibe. And if you just scoffed at that last statement, stop eating ALL sugar, snacks and grains for the next week. You’ll go through a very distinct withdrawal period.

What can you do to keep your holidays happy without the present you'll give yourself of the typical 5 to 10 pound weight gain?

In today's article I'll share some ideas, suggestions, tools and tactics to survive the holidays without the gift of extra pounds.

**Just say “No thank you”.** No one *makes* us eat the sugary stuff or pours the drinks down our throats. If you’re worried about hurting someone’s feelings (I always think that’s an interesting excuse), hold the tempting treat in your hand and carry it around with you all evening. Toss it later when the person you’re worried about offending isn’t watching.

**Stick with meats, cheeses, veggies and non-sweet foods.** You’ll find you won’t eat as much of these as the cookies, cakes, crackers and chips.

**Steer clear of dips!** Most of them contain Trans fats, which ARE harmful to our bodies.

**Eat slowly!** I’m amazed at how people who are overfed in America shovel food in like it’s their last meal. Chew the food until it’s mostly liquid before you swallow. Savor the taste of the foods you’re eating and appreciate *real food* for the health it will bring your way.



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**Eat before you go to the party.** Be sure to drink plenty of WATER before you get there so you're hydrated. We often eat when we're actually thirsty.

**Do NOT drink on an empty stomach!** Be sure to eat plenty of protein and saturated fat from healthy animals to protect your liver and help keep the carb cravings at bay. Have a glass of water after each alcoholic beverage.

**Implement the 80/20 rule.** Holidays are meant to celebrate friends, family and our good fortune in America. If you eat and live well 80% of the time, you have a 20% "slop time" to play with to enjoy rich foods and desserts in moderation. What's happened in our country is most of us live and eat the SAD CRAP way all of the time. Then really open the flood gates during festivities and wonder "how" we gained those pounds or why we feel so awful.

**Stop using the excuse of later.** There is no better time than right this minute to start implementing these common sense tips. In fact, if you just eat one third of the goodies you normally do during the holidays and take some personal responsibility for what you choose to put in your mouth, you'll be pleasantly surprised to find a nice weight loss by next year at this time.