



## Dodging Holiday Weight Gain



It's easy to pack on pounds around the holidays with all the great foods we're surrounded with.

Making better choices can help you maintain your weight.

Don't go to a party hungry. Have a healthy snack before going out; it can prevent overeating. Try fruit, carrot sticks, or a small turkey sandwich.

Bring a healthy low-calorie dish to share with everyone.

Don't sit or stand next to the snack table; make a small plate with your favorites and walk away.

Eat meals slowly and wait 20 minutes before going back for seconds.



Consume only 1 or 2 alcoholic beverages.



We often feel tired after eating too much; if you feel too full, take a walk for 20-30 minutes. You will feel much better! You could suggest an active party game like charades!