

Weight Loss-R_x



Even the grinchiest of grinchers can find something to love about the holidays. They are the best time of the year for many of us. But they are sooo challenging if you are trying to stay fit. And that goes for me too. I will be honest. Thanksgiving almost did me in. I was actually pretty good on Thanksgiving day. But on Friday the left overs and lying around on the couch started, and by Saturday night I actually ate half a pumpkin pie with a full can of whipped cream, all of which was covered in hot fudge! It was surprisingly good. So I know, it can be hard. But if we don't want

to keep repeating the same discouraging mistakes every holiday season, we need to do something different than we have always done before. Committing to just a few changes can make all the difference.

1. Prepare For Attack



Think ahead about what is going to get you. Will it be cookies? Stuffing? Alcohol? Stress? Whatever it is, most of us have a weak spot. So knowing ahead of time what it is can make us more prepared. For instance, if you know you can't resist the cookies left over after your holiday party, make sure you send them home with your guests at the end of the night. Do not wake up the next day and have to decide whether or not you should have them for breakfast.

2. Snacking Adds Up Fast



Yum. Roasted cheese wrapped in bacon. This might be the world's tastiest snack. And surely just one won't hurt you. But two or three of them, along with five Ritz crackers, a tablespoon of ranch dressing, a hunk of bread slathered with spinach dip, and four reindeer cookies surely will. Be very, very careful of holiday snacks. They are usually extremely fattening and have a way of sneaking up on you when you're not looking.

3. Protein!



I am aware that not everyone eats meat and that there is a lot of confusing and conflicting information out there about red meat in our diets. I personally think that evidence will eventually show that even red meat is healthy for us, as long as it is not processed, preserved, full of nitrates, etc. But just keep this in mind about protein in general- Protein is quite filling and is very low in calories. Furthermore, it is next to impossible for humans to store protein as fat. So fill up on protein first, even if you have to do it with protein shakes. We make our own very high quality protein that is manufactured exactly to our standards. So if you would like to try a really good one let me know.

4. Alcohol



I know I am a broken record on this. And I really don't mean to sound like a scrooge. It's just that I wouldn't be doing you any favors if I didn't keep reminding you how ridiculously high in calories alcohol is. Think about this. You could sit down to a holiday feast and stuff yourself to the very brink of death. Think you could not eat another calorie if your life depended on it? Two or three nice big glasses of wine will double the calories you just consumed.

5. Have Fun!



It is, after all, the Holidays. It's ok to relax a little and let yourself enjoy some things you normally wouldn't. Just keep it in moderation and you will be happy with yourself come January.

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