

Weight Loss-Rx

Happy November!



What a great time of year we have coming up. With the holidays, the first snowfall of the year, winter sports, hot chocolate and cozy fireplaces, there is so much in store for us. But this is often the toughest time of year for anyone working on their fitness and if you're not careful, you can lose all of your hard fought success. We gain weight much faster than we can lose it, so the weight you put on between now and January 1st could take you well into the summer to take back off.

As far as the holidays go, I know that stuffing ourselves to near death on Thanksgiving and so forth is a national pastime. But do yourself a

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favor. Think ahead to how you will feel later that night (sick) and especially how you will feel the next day (still sick, 100 pounds heavier and super depressed). Worse yet, imagine how you'll feel in January! The happiest holiday season is one where you can still enjoy friends and family and all the wonderful foods nature provides us but does not put you into therapy for the next six months. Try some of the tips below to keep your holidays both joyous and healthy.

1. Don't Be This Guy



This is not a good look. This guy will not be able to throw the football around with his kids, will be so comatose from overeating that he can't hold an intelligent conversation with anyone and will have to be taken home in a wheelbarrow. You honestly don't have to stuff yourself to be satisfied. To help avoid this, remember that it takes about 20 minutes for our brains to catch up to our stomachs. This is why you keep feeling fuller and fuller even after you have stopped eating. So eat slowly and always wait 15 minutes or so before

deciding if you want to go back for seconds. Later on you'll be glad you did.

2. Be a Food Snob



Its ok to be selective. If there is something you don't really like, don't eat it. And it turns out that being picky will actually help you cut calories. Studies show that the fewer foods you eat in any given meal the faster you will feel full. On the other hand, hunger is actually stimulated by three or more foods in the same meal.

3. Turkey is Extremely Healthy





Turkey is health food. If you eat mostly white meat and remove the skin, an entire pound of it has less than 500 calories! But, guess what? Gravy is an entirely different story. Eight ounces of the gravy I make every year for Thanksgiving has over 1000 calories. Eight ounces is a tiny little bit on your turkey and another little bit on your mashed potatoes. Once. Go back for seconds and you have just eaten about a day and a half's worth of calories in gravy alone. Ewww.

4. Fill Up On The Healthy Stuff First





You are going to have pumpkin pie. I am going to have pumpkin pie. But before we do, let's really pig out on turkey breast, green beans, squash, carrots, etc. (notice I did not mention mashed potatoes, stuffing or gravy). And then have the pie. You'll probably be even more satisfied and with a smaller piece. And if you really want to be sneaky, just don't eat the crust and you could have two pieces!

5. Alcohol



Alcohol is a nice addition to the holidays for most of us and there is nothing wrong with that. But here are the facts. Two nice big glasses of red wine have over 600 calories. Typical beers have 150 calories each and hard liquor is much worse. So over the course of an evening you could easily drink 1000 or more calories in alcohol. Instead, try a big glass of water or seltzer between each alcoholic beverage. You'll

big glass of water or seltzer between each alcoholic beverage. You'll consume far fewer calories and will be more likely to be invited back for the next party.

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Sincerely,
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