

Weight Loss-R_x

They're Ba-aack



The holidays are back, making this the most challenging time of year for people trying to lose weight. The secret is moderation, so you can enjoy family and friends and all the good things the holidays have to offer while at the same time not going completely off the rails. You may not lose quite as much as you would without the holidays but there is no reason you can't keep going in the right direction. Try these tips to head into the new year strong.

1. Protein First



Turkey is health food! If you stick with white meat and remove the skin, an entire pound of it has less than 500 calories (gravy is an entirely different story though). So to outsmart holiday weight gain, fill up on the healthy stuff first. Really pig out on turkey breast, green beans, squash, carrots, etc. (notice I did not mention mashed potatoes, stuffing or gravy). And then, yes, you can have some pie.

2. Get Strong



Willpower is like a muscle. Work it out and it gets stronger. The key is to practice staying in control in non-food situations, too. Whether you're driving in rush hour traffic or dealing with a temperamental kid, training your self control will help you in surprising ways. Succeed in not honking at that rude driver or melting down in the grocery store and you'll be better able to resist dessert at the party.

3. Keep Calm To Kick Cravings



Stressed by the holidays? We all can be, but too much stress can put you on the fast track to weight gain. Research suggests that those who practice stress reduction techniques through the holidays maintain a healthier weight than those who let the pressure get to them. So before piling your plate high with dressing and gravy, close your eyes and focus on deep cleansing breaths for 30 seconds. Then reevaluate whether you really want those fattening foods. Chances are you won't.

4. Avoid Banking Calories



Starving yourself all day just so you can indulge at an event later that night only sets you up for failure. Why? Ummm... because you're starving. Be sure to eat normally before parties and always aim for lots of lean protein and fresh fruits and vegetables.

5. Alcohol



Alcohol is a nice addition to the holidays for many 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 consume far fewer calories and will be more likely to be invited back for the next party.

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