

Do you Struggle with Holiday Weight Gain?

Every January fitness centres are full of people who have indulged over the holidays and are looking to lose a few pounds. Read through some of these tactics to avoid gaining the weight in the first place.



1. Be active with family and friends

Inactivity and overeating are a recipe for weight gain. Instead of sitting down while catching up with friends & family, socialize standing up or by participating in an activity. Grab an eggnog latte and head out for a 1 hour walk with your friend. Do a walking tour of Christmas lights in your area, or go skiing, snowboarding, or skating with your kids. Everyone with a dog needs to walk it, if you don't have a dog, just offer to go with your friend

2. Snacks!

Try to be mindful of your snacking. If you find yourself munching just because there's food around — and not because you're hungry — it's best to avoid snacking altogether. Have a glass of mineral water or hot water, with a lemon, stand up and offer to help with the dishes to remove yourself from the snack spread.

However, if you are hungry and need a snack, eat fruits, vegetables, nuts and even humus, which are filling snacks that don't contain added sugars or unhealthy fats — both of which can lead to weight gain.

3. Portion sizes

Instead of eating off a table full of snacks - right out of the container and into your mouth, take a small plate and make your selection so you can see what you are consuming. Try to limit your dinner to one plate and avoid a second helping.

4. Practice mindful eating

Some people who eat while distracted are more likely to overeat. Eat mindfully and minimize distractions — including work and electronics. Be aware if you are full and if you are not sure, pause and wait a few minutes before having more food.

Try to chew slowly and thoroughly, which will allow you to better recognize your body's fullness signals and consume fewer calories.

It can also be helpful to take a few deep breaths before you start eating. This can induce relaxation and help you keep your full attention on your plate, rather than on something else.

5. Control your stress levels

Keeping up with the demands of the holidays can be stressful. Stressed individuals commonly have high levels of cortisol, a hormone that's released in response to stress. Chronically high cortisol levels may cause weight gain, as they have been linked to greater food intake. At the FIRST sign of stress, stop, evaluate what is causing your stress and take steps to help you handle it better. Everyone is different, options to try including exercise, meditation, yoga, and deep breathing.

6. Bring a healthy dish to share

It can be easy to overeat — or focus on fattening, high-calorie foods — at holiday parties. One simple trick is to bring your own healthy dish to share. This way, you can guarantee you'll have something to eat that aligns with your weight goals. Bring a quinoa salad or a low-fat protein dish, to keep you full and limit carb snacking.

7. Draw the line

During the holiday season, many people have an “I'll start tomorrow” mentality, which can end up prolonging unhealthy habits. If you're serious about controlling your weight, it may be helpful to draw the line, set limits for yourself, and stick to your goals regarding food intake. It's okay to say no to certain foods and habits that don't align with your goals. It is okay to mention to your host that you are eating vegetarian these days or watching your sugar intake.



Don't abandon your goals if you have a slip up! Just simply move on and make a healthier choice the next time you eat.

A personal trainer or a RHN (registered holistic nutritionist) can help you stay on track or get back on track! You don't have to accomplish your goals alone – we are here to help you.

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Happy Holidays!