Living Well Tip of the Week

Physical Activity is one of the best ways to prevent holiday weight gain
(National Institute of Diabetes, Digestive & Kidney Diseases)

More Tips for Preventing Holiday Weight Gain

✿ When shopping, park farther away from the stores and take the stairs for extra activity.
✿ Watch your portion sizes.
✿ Eat a healthy meal or snack before going to holiday parties.
✿ Limit your intake of alcohol. Not only is wine and eggnog packed with calories, alcohol can lead to an increase in appetite.
✿ Try to keep a normal sleep pattern during the holiday break. Instead of taking a nap after dinner, take a walk.
✿ Focus on family and friends rather than food!

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