Extra weight gained during the holidays accumulates through the years & may be a major contributor to obesity in later life

(National Institutes of Health)

**Tips for Preventing Holiday Weight Gain**

- **Don’t expect to lose weight.** If you are on a weight loss program or planning to start one, avoid setting yourself up for failure by expecting to lose weight during the holiday season.

- **Keep Moving.** This doesn’t mean you need to spend more time at the gym. Just try to squeeze in activity whenever you can.

- **Never go to a party hungry.** Instead of starving yourself and then filling up on high-calorie, high-fat foods at the party, take the edge off your hunger by eating high-fiber, low-calorie foods beforehand.

- **Strike a balance.** If you eat too many sweets one day, just eat carefully for the next couple of days.

- **Limit alcohol.** The inhibition-relaxing effect of alcohol may make it hard to stick to your eating resolutions – not to mention that liquor is also packed with empty calories.

For tips on eating healthier this holiday, check out Living Well Health Manager powered by WebMD for Nutrition Improvement Program. Go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select “Living Healthy” on the top banner.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*