



## METABOLISM MATTERS

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Too often during the holidays, we become couch potatoes, only increasing the tendency to gain weight. Go for a walk, look at the beautiful lights, visit a neighbor, have a snowball fight... keep celebrating and keep burning!

## 5 TIPS TO HELP YOU GET THROUGH THE HOLIDAYS

*It's that time of year. Extra calories taunt you at every turn: cookies in the break room, eggnog at the neighborhood party, chocolates in your stocking. On average, Americans will gain 2 pounds this holiday season. Now 2 pounds may not sound like much, but research shows that most will not lose that weight. The pounds add up year after year, making holiday weight gain an important factor in adult obesity.*

Here are 5 tips to help you get through the holidays and avoid costly weight gain:

**Slow Down When You Eat.** – Researchers at Harbin Medical University in China found people who chewed their food 40 times ate 12 percent less compared to people who chewed their food 15 times. Maybe 40 times sounds like a lot, but the take-away is to slow down and savor every bite.

**Evaluate the Buffet Table.** – Before you put even a single piece of food on your plate, take a stroll around the buffet table and check out all of the different options. Mentally classify dishes as “must try” or “can do without.” Then start your meal with a small portion of your top five “must try” foods plus one “must try” dessert.

**Watch Where You Stand.** – Parking yourself next to the buffet table invites unsupervised grazing. Once you have fixed a purposeful plate, then choose a place to sit or stand where you can socialize with friends and family away from the distraction of food.

**Don't Swear Off Desserts.** – This might sound counter-intuitive, but you are more likely to be successful if you have a sweets strategy rather than try to rely on sheer will power. Practice the three-bite rule to keep your sweet tooth in check. With three bites, expect the first to be amazing, the second to be satisfying, then allow yourself to linger deliciously over the third (and last).

**Avoid Morning After Regrets.** –You may have hosted an amazing party, but it will be the left-overs that do you in. Send your guests home with Tupperware's filled with yummy food. Your guests will thank you (and so will your waistline!)

When you plan ahead and make a few purposeful decisions, you can significantly affect your caloric intake this holiday. Decrease the calories while enjoying everything the season has to offer!