

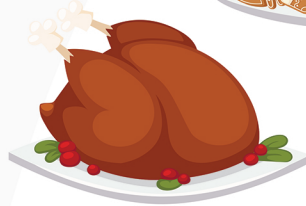
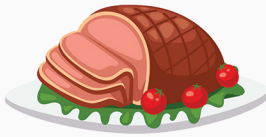
Ways to avoid over-indulging during the holidays

It's easy to lose sight of our healthy habits that we've spent all year trying to maintain. Between cookies, squares, turkey, stuffing, gravy and candies, it's hard to indulge without going overboard. (I've just made myself hungry thinking about everything that I'll eat this Christmas.)

Brought to you by
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This year, my Christmas resolution is to stop myself from over-indulging over the holiday season!



Here are some tips to help maintain some of your healthy habits during the holiday rush:

Curb your hunger before you get to your event.

A healthy pre-event snack (such as some cashews, almonds, fruit or low-fat cheese) can help you curb the temptation to gorge when you arrive at your event.

Keep sweet treats outside of your home (as much as humanly possible).

If you're going to buy/make baked goods for others, do it as close as possible to the event that you're going to hand them out. If the temptations aren't around, they won't test your willpower.

When hosting, don't overestimate how much your guests will eat.

While leftovers are always a great lunch the next day, your guests will likely be trying to follow the advice above also. Help them out by sending them home with a lighter leftovers care package.

Taste it, enjoy it, stop there.

There's likely going to be many different foods and drinks to try when you get to a holiday party. After all, variety is the spice of life. However, you don't have to have a lot to satisfy your craving, so try indulging in smaller portions of each treat.

Don't skip your workouts.

It could be as simple as parking further from the mall entrance to get a few extra steps in, or taking the less efficient route to the store for Boxing Day shopping. But, make sure that you're incorporating some exercise into your festivities!