

## **GOOD MORNING FROM PILOT BENEFITS.....**

### **Let's Cheers to the Holidays but Boo the weight gain!**

Thanksgiving is around the corner, and so begins the season of holiday parties! I have gone to as many as 5 Christmas parties in a December! This is not including Christmas Eve, Christmas Day and New Year's. And, we wonder on January 2<sup>nd</sup> why we are leaving our top button of our jeans undone! I admit, I love a good party and cocktail or two. How can we have fun and still fit into our jeans in 2016? It's simple.... plan ahead, moderation and self-control. It's not rocket science and it is doable!

If holiday weight gain is on your radar even before the turkey is out of the oven, you are working towards a goal you may not even realize you created! So let's keep going and goal set.....

### **The Plan**

The party invites are arriving..... mark your calendar. Pick the ones you really want to attend and enjoy. On the day of the party, start your day off nutritionally strong and exercise heavy. Think about where you want to indulge. Don't tell me you don't wonder throughout the day what kind of food will be served at the party. I do, you do, we all do!

So let's move that thinking and wonderment into specifically where you would like to indulge. Are sweets your thing? Then don't eat heavy on the h'orderves. Do you want to have a couple of cocktails, then skip dessert. Walk into the party with a smile and a plan. If you know your plan then you don't have to wonder how you are eating your 5<sup>th</sup> meatball and yet eyeing the spiked eggnog!

### **Moderation**

How? Limit yourself to one plate, don't go back for seconds. Eye the room first to see what is being offered. Filling your plate with stuffed mushrooms and then turning the corner laying your eyes on Prosciutto stuffed dates with goat cheese.... You are either going to be kicking yourself or over-indulging. It's awkward to go back and take things off your plate to make room for another, believe me. Get a lay of the land and the yummy food first and then dive in!

### **Self-Control**

Even if you say you have no self-control, it is not true. There are things you hold yourself back from daily. It could be with shopping purchases, your words that you

say and/or food. In regards to self-control and what you put in your mouth, focus on distracting yourself for the moment. Talk to people, grab a water, take a deep breath and let the over-indulging craving pass.

The next time you step on the scale you will be patting yourself on your back as oppose to taking the battery out of your scale and throwing it away!

You got this!

May this year be a year of blessings to you and yours-

Here's to Healthy Living!