

Fit for Life

Here Come the Holidays!

How to Fight the Holiday Bulge

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The holidays are a time to offer thanks, to spend time with loved ones and a time to EAT – turkey, stuffing, pumpkin pie, etc. Unfortunately, the holidays are the time of year when many people end up putting on the extra “holiday pounds” which is easy to do for the season continues for just about two months. But the holidays only come once a year. What’s the point of refusing a piece of pie, then feeling miserable? As my most successful strategies are about to reveal ...it’s absolutely OK to enjoy your favorite holiday treats and continue to make progress. Incorporate the seven following strategies to fight back against the battle of the holiday bulge.

Make Exercise a Priority

The first key in preventing weight gain is to increase your activity level. Besides burning extra holiday calories, exercise reduces stress, elevates your mood and gives you more energy. Sure, it may seem difficult to fit in a workout when you are traveling, shopping, baking or attend tons of holiday related activities. That’s why it’s important to first make a commitment to your fitness goals and incorporate short burst exercise into your routine – all you need is 90 minutes a week.

Have a Plan

If you are known for overindulging, you must have a plan in place. Visualize what and how much you will eat before you approach the festive meals and treats. You can also incorporate a backup plan that requires you to be more active for that particular day, or the following day, to keep your metabolism humming so you burn off those extra calories.

Don’t Skip Meals

On the day of the holiday feast, be sure to eat regularly all day long. Start with a supportive breakfast – particularly something with protein and high fiber carbohydrates. Be sure to eat something light in the afternoon like a quality high protein snack. Protein will help you feel full longer so you’ll be less likely to binge. Whatever you do, do not starve yourself. Not only will you slow your metabolism, your body will go into starvation mode and will store excess fat in case you don’t eat again for awhile.

Portion Control is Key

Allow yourself to enjoy your favorite foods, but do so in moderation. Take time to survey the foods before making your choices. Try a “serving spoon” size of the foods you really want to eat and take a dapple of foods you want to try out. This way you can enjoy trying many different foods without overeating. Eat off a smaller plate and skip the seconds. Instead, save room for dessert. You don’t need to deprive yourself of the foods you love, otherwise your cravings grow and you will most like overindulge.

Wear Form-Fitting Clothes

Want to really keep yourself honest and the same size during the holidays? Wear your most form-fitting clothes. Another trick is to tie a string around your waist under your clothing to help keep you mindful of the actions you take during the feast.

Limit or Avoid Alcoholic Beverages

The average alcoholic drink contains 200 calories per glass while an 8-ounce cup of eggnog with rum contains 450 calories. Not only does alcohol pack a lot of empty calories, but over-consumption lowers self control around festive foods but it slows your metabolism as well.

Practice the “Cheat Technique”

If you make supportive food choices 80-90 percent of the time, you have every right to let loose and “cheat” the other 10-20 percent. This not only allows you something to look forward to so you stay on track, you’ll also enjoy the festivities without carrying them around on your waistline and into the New Year.

Did you know

A person would have to walk three hours and 37 minutes to burn off a Number One combo at Chick-fil-a.. regular sandwich, waffle fries, regular Coke? This combo is well over 900 calories!



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