

8 Tips for Mindful Holiday Eating



1 Plan time for exercise.

Exercise helps relieve stress and prevent weight gain. Try two 10 or 15 minute walks per day.



5 If you overeat at one meal, go light on the next.

It takes 500 calories per day above your normal consumption to gain one pound. Strive for balance.



2 Don't skip meals.

Before leaving for a party, have a light snack to help curb your appetite and prevent over-indulgence



6 Be careful with beverages.

Those fancy holiday beverages can be loaded with calories and don't offer a lot of nutritional value.



3 Survey party buffets before filling your plate.

Choose your favorite foods and skip your least favorite. Load up on fruits and veggies to keep your plate balanced.



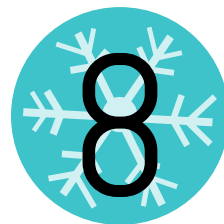
7 Volunteer.

Take the focus off of food and spend time giving back to your community.



4 Eat until you are satisfied, not stuffed.

Savor your favorite treats in small portions.



8 Bring your own healthy dish to a holiday gathering.

Other people are trying to be healthy too!