

# 8 Ways to Avoid the Weight Gain



## 1. Make a plan

- o Adjust your meals to allow for treats.
- o Know what holiday fare you want to have.
- o Track your calories and save room for your indulgences.

## 2. Stick to an Exercise Regimen

- o Burn calories while boosting your strength.
- o Avoid stress by parking far and taking the stairs.
- o Hit the gym between holiday meals.



## 3. Look for Healthy Swaps

- o Enjoy lightened-up versions of holiday classics.
- o Bring a tasty and healthy dish to share if you're a guest.
- o Forgo eggnog for lower-calorie wine and calorie-free mixers.

## 4. Control Your Hunger

- o Don't show up to a party or family meal starving.
- o Snack on an apple or healthy protein bar before another meal.
- o Focus on low-calorie, high-fiber foods for satiety.



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## 5. Savor Your Treats

- o Don't eat rich foods for the sake of tradition.
- o Choose holiday favorites that you really love.
- o Enjoy a sensible portion and wait 20 minutes before having more.

## 6. Stay Hydrated

- o Dehydration often feels like hunger.
- o Water will help balance your appetite.
- o You'll also have more energy and feel better all day.



## 7. Get Some Rest!

- o Lack of sleep can trigger hunger and weight gain.
- o Sleep deprivation can also increase stress and depression.
- o Make sleep a non-negotiable part of your schedule.

## 8. Make Activity a New Tradition

- o Move away from food-centered gatherings.
- o Spend more time with family taking a winter stroll or playing football.
- o Physical activity together will support your goals and emotional health.



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