

MAINTAIN DON'T GAIN

Week 5: Avoid diet sabotage with a few simple strategies

Plan ahead for a healthy holiday

Holiday meals can be a surefire way to undermine your diet plan. With all those traditional dishes packed with fats, sugars, and carbohydrates, keeping portions to a reasonable size is more important than ever. Meanwhile, everyone's telling you it won't hurt to be bad for just one day, right?

Wrong. Maintaining your weight is a full-time job, and even a one-day break can set you back. The trick is to stay on track and make smart choices before, during, and after the holiday dinner.

Your challenge: Stay active before, during, and after dinner to keep your metabolism up. And eat reasonably throughout the day so you don't overeat.

Your tips:

- Don't arrive starving. Snack on healthy foods that are low in fat and high in fiber, and don't skip meals altogether, thinking you'll make up for it later.
- Fill up on water or calorie-free drinks like sugar-free soda or iced tea so that your stomach doesn't feel empty.
- Stop eating when you're full. Buffet-style dining and the abundance of food can make it hard to resist second helpings, but you'll appreciate the leftovers all the more if you don't feel sick from overeating the day of.



- Try to fit in a good workout the day of the big meal. After dinner, opt for a walk around the neighborhood over sitting on the couch and watching TV.

Your link: For more ideas on staying active and fit, visit kp.org/fitness.

Monitor your progress with your weekly personal tracker, and celebrate a healthier you.

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STAYING FIT

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