

...HOLIDAY WEIGHT LOSS



TIPS FOR A TRIMMER YOU!

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The Holiday Season is one in which we all indulge ourselves in over-abundance.

Especially when it comes to food. Food has become a central part of our get togethers and parties around the holidays, so it is important that we remember to make smart food choices. And this is something that is almost always easier said than done when you see some of the decadant food choices made available, made with love, by your friends and family.

In most cases, the majority of the party-going people, won't be concerned with watching their weight, so they are less inclined to bring healthier versions of their best recipes. Then it becomes our own burden to stick with our diets or to watch what we eat as the food choices are always so tempting!

The following 15 holiday eating tips are here to help you when going to holiday parties to better watch your weight by giving you some great ideas.

1. Stop Eating When You Feel Full. This is something most people won't, or don't, do. Especially those that are in the 'clean plate' club and don't like to leave extra or left over food on their plates. Honestly, there is absolutely no shame in leaving that extra portion of food on your plate. When your tummy feels full, just push yourself away from the table and say "No More For Me Thanks!".

2. Take A Few Extra or Longer Walks. Walking is a terrific form of exercise, and can be a great cardiovascular work out in colder temperatures. Especially when there is a nice layer of snow on the ground. Next time you go to let your dog out to do their bathroom 'business', why not slip on your coat and shoes, grab their leash and take them for a walk around the block, or down a few blocks. Fido will love you for it and you will be making yourself a healthier 'you' by doing it as well.

3. Don't Count Calories Incessantly. This is unnecessary and will drive your loved ones crazy, and yourself too. Let's face it, there's enough stressors around the Holidays to worry about. Gaining an extra few pounds should be the least of your troubles! The best thing you can do if you are already dieting is to watch not what you eat, but how much of it you are eating instead of trying to keep track of your caloric intake. Unless of course you are on a strict diet and need to avoid things that contain higher carbohydrates, sugars, etc. In

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