

(Wellness Tips Ezine) Surviving the holidays with the waist-size intact



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Chocolate is my weakness. Especially if it is good quality 85% dark - I love it. But pretty much any chocolate in my house winds up in my belly - I simply can't resist. So if I receive chocolate, part of me is delighted, and part of me is concerned that a binge may be about to take place.

Oh yes, and I also can't resist my mother's home-baked Christmas cookies. I'd be happy with one, except she bakes about 30 different kinds, which means I want one of each. Not a good idea! During the rest of the year if it isn't in the house I don't eat it, so it is easy to avoid over-indulging.

But at this time of year, sweets, cookies and alcohol are common gifts, and with the frequent parties and social events it can be tough not to go overboard in the food department.

Some may decide that "Christmas comes but once a year", (insert whatever holiday you celebrate), and so no harm in indulging for a couple of weeks. But for those of us that really do want to keep a lid on an expanding waistline despite all the temptations and the coaxing of Aunt Milly to have second and third helpings, here are some ideas that may help.

- Weigh yourself today and write that weight down. Promise yourself that one month from today you will weigh the same or less.
- Get a group together, do a group weigh in, put some money (say \$20?) in a pot, and those of you that weigh the same or less at the weigh-in a month from now can split the pot.
- Avoid purchasing your own sweets and alcohol. If you want to prepare food gifts for others, make something savoury like tamari almonds, or herb-infused olive oils, beef/turkey/salmon jerky. This way you can snack without guilt.
- Never go to a party hungry. Eat something nourishing at home before you leave. If you are full you will eat less.
- Bring any sweets you are given to your next party and share them.
- Bring a healthy choice to a party. You probably won't be the only one grateful for it.
- Stand on the other side of the room from the goodie table.
- Use a small rather than a large plate, and only fill it once. Drink lots of water.
- Choose the veggies and protein choices from the buffet table at the party. Then leave the table area.
- Chew your food until it is liquid in your mouth before swallowing. This will force you to eat slowly so you will feel full before you eat too much.
- Drink a big glass of sparkling water with a lime twist before a sweet or alcoholic beverage. You may just not want the sweet or alcoholic drink anymore.
- Hold your beverage in your dominant hand. You will be less likely to take more food.
- Best drink choice: water. Second best: wine spritzer. Avoid hard alcohol, or coolers. Play a game with yourself and see how long you can make one alcoholic beverage last.
- Pack up left-overs in small portions and freeze, so you don't feel you have to eat them all quickly before they spoil.
- Go for a walk after a big meal (and after a small one).
- Encourage others to go for a walk with you. Perhaps your walk will be a little longer.
- Weigh yourself every day before dinner, and write that weight down in a logbook. What is tracked is controlled.
- When Aunt Milly tries to cajole you into dessert, say "This looks yummy but I'm completely stuffed."
- Make for yourself or ask your host/hostess for herbal tea at dessert time and drink it. I don't find chamomile or lemon citrus tea go well with chocolate, cookies or alcoholic drinks.
- Take each meal / party at a time. If you fall off the bandwagon and overeat, forgive yourself and try to do better next time, rather than succumbing to the attitude - "I've blown it now, so I may as well go crazy".
- Remember that this is a time of celebration, so don't feel guilty about eating the odd treat. Just focus more on conversation and games and activities rather than food.

WHY THE FOOD GUIDES ARE WRONG!

* Are you eating right but it is not working?

* Are you confused by all the completely different nutrition advice out there?

* Which diet is correct? Vegan? Paleo? Zone? Pritikin? Atkins? Scarsdale? South Beach? Raw? Mediterranean?

Learn how obvious good nutrition really is, and in two hours your confusion will be gone.

Here are what people are saying that took the course:

"Hi, Vreni. I loved the course and would not change it one bit. I found it very easy to follow and I learned a lot!!! You covered a lot in a short time." *Neyleen K.*

"You've done a great job of making the information clear yet concise and easy to follow." *Rebecca V.*

"Why the Food Guides are Wrong: How to find health and lose weight" is available for the price of \$49 USD, after you create an account.

You have up to a year from the date purchased to review the course material.

...treat, just focus more on conversation and games and activities rather than food.

For those that are very serious about sticking to their diet, in addition to the above:

- Tell your friends and family ahead of time that you are serious about sticking to your diet, and to only give you non-edible or non-drinkable gifts this year. They will probably support your efforts if you tell them.
- Leave the box of chocolates, box of cookies you received in the condo lobby, office lobby.
- Don't unwrap the chocolates; re-gift them.
- Say no to all alcohol and sweets. It is often easier to go cold turkey than to stop at one.
- Wear tight clothes to the party. You will be less likely to eat a lot if the pants are digging into your waist before you start eating.
- Put a picture of you in your bathing suit somewhere where you will see it frequently. Wallet? Bathroom mirror? Fridge door?
- Download and watch some Biggest Loser episodes if you need some inspiration on what is possible. If they can do it, you can do it.
- Do some exercise every day. Walking after meals helps a lot to keep weight down by lowering blood sugar. (Remember that sugar in the blood is stored as fat by the hormone insulin if that sugar is not burned off.)

Desperate measures.

- Dog Method. Make good friends with the dog. One bite for you, one bite for dog. Or simply put your plate on the floor. Dog will love it, and you won't overeat.
- Gastric Bypass Method. Put food in mouth, chew, spit out into paper bag. Not recommended at social events.
- Garbage Method. Volunteer to do a garbage run, and pop the sweets into the garbage while you are at it. Warning: this may not make you very popular with your friends and relatives.
- Shut-it Method. Get your mouth wired shut and go on a two week fast. Aunt Milly won't be a problem now! Risk with this method is you might binge when your mouth is unwired.

Hope that helps. Enjoy your holiday everyone!

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