

TIP OF THE WEEK



Preventing Holiday Weight Gain

The holidays are a time to celebrate and feast with loved ones. Holiday weight gain is a common occurrence, but can be prevented! Follow these tips to avoid putting on those extra pounds:

Find different ways to get moving. Every little bit counts!

Control your temptation. Don't eat more just because it is there.

Coordinate a family outdoor activity.

Spend time with family and focus on socializing, not eating.

Never go to a holiday party hungry.

Walk and talk with the people close to you. Motivate each other this holiday season!


LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

www.livingwell.utsystem.edu