

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

DECEMBER 17, 2018

HOLIDAY PARTY GUIDELINES!

1. ***DON'T CHANGE YOUR NORMAL EATING ROUTINE.*** STARVING YOURSELF IS A BAAAAAD IDEA! YOU WANT TO AVOID BEING OVERLY HUNGRY IF YOU'RE THE ONE PREPARING THE FOOD. WHILE YOU OF COURSE DON'T WANT TO EAT A FULL MEAL BEFORE THE FESTIVITIES, HAVE A PROTEIN-RICH SNACK TO TAKE THE EDGE OFF. ANOTHER WAY TO THINK OF IT: EAT HALF A MEAL 30 TO 45 MINUTES BEFORE THE EVENT. THAT WAY, YOU'LL BE ABLE TO MAKE GOOD DECISIONS, FOOD-WISE.
2. ***KEEP YOURSELF HYDRATED!*** THIS WILL HELP YOU STAY ENERGIZED AND COMBAT HEADACHES AND FATIGUE - A FEW THINGS YOU'D LIKE TO AVOID ON PARTY DAY! CERTAIN FOODS DO CONTRIBUTE TO YOUR FLUID INTAKE - BUT IF DRINKING WATER ISN'T YET ONE OF YOUR STRONG POINTS, KEEP A TALLY AND MAKE SURE YOU'RE AT LEAST GETTING SIX-8 OUNCE GLASSES. LATELY THE GOING GUIDELINE IS TO DRINK HALF YOUR WEIGHT (IN OUNCES) OF WATER DAILY.
3. ***SCHEDULE TIME TO EXERCISE!*** IT'S THE CHEAPEST AND EASIEST WAY KNOWN TO MAN TO INCREASE ENERGY AND DECREASE STRESS. WHEN YOU EXERCISE, YOUR BODY RELEASES "FEEL GOOD HORMONES" CALLED ENDORPHINS, WHICH HELP RELIEVE STRESS AND KEEP YOUR BLOOD-SUGAR LEVELS STABLE SO THAT YOU DON'T GET CRAVINGS.
4. ***SAY "YES" TO HELP!*** WE ALL HAVE FRIENDS THAT OFFER TO LEND A HELPING HAND WITH PARTIES AND HOLIDAY MEALS. SETUP AND CLEANUP GO QUICKER-OR IN THE WORDS OF PAM STRONG, "MANY HANDS MAKE LIGHT WORK!" IF SOMEONE VOLUNTEERS TO BRING A DISH, TAKE THEM UP ON IT!
5. ***(CAREFULLY) DELIGHT IN DESSERT!*** SPECIAL OCCASIONS CALL FOR SOMETHING SWEET! IF YOU'RE LIKE ME AND UNABLE TO REALLY SAVOR SLOWLY, TRY THE "THREE-BITE RULE." TAKE THREE BITES AND PUT IT ASIDE FOR A FEW MINUTES; MOST LIKELY YOU WON'T COME BACK TO IT. LET YOURSELF DISCOVER THAT JUST A FEW TASTES OF A REALLY GREAT DESSERT CAN BE VERY SATISFYING.

6. **LEFTOVERS?** IF IT'S AN ITEM THAT IS A BINGE FOOD FOR YOU OR YOUR FAMILY, BOX IT UP AND SEND IT HOME WITH A GUEST. IF IT'S A HEALTHIER ITEM, WRAP EXTRAS IN SINGLE PORTIONS TO FREEZE AND EAT LATER IN THE WEEK.
7. **SPLURGE SENSIBLY!** IS THERE ONE DISH THAT YOU REALLY, REALLY LOOK FORWARD TO? PROMISE YOURSELF SIX BITES OF THE VERY BEST STUFF, AND THEN STICK TO IT. PUT YOUR FOCUS ON CHOOSING THE MOST DELICIOUS AND DELECTABLE ITEM – AND THEN THOROUGHLY ENJOY IT!
8. **GET YOUR 8 HOURS!** FACT: DECISION MAKING SKILLS FLY OUT THE WINDOW WHEN YOU'RE OPERATING ON TOO LITTLE SLEEP. GHRELIN, THE HUNGER HORMONE, IS PRODUCED IN EXCESS WHEN YOU DON'T GET ENOUGH SLEEP, AND LEPTIN, THE HORMONE THAT TELLS YOUR BRAIN YOU'RE FULL, WILL BE IN SHORT SUPPLY. IT'LL BE MUCH EASIER TO TURN DOWN EXTRA FOOD WHEN YOU'RE WELL RESTED!
9. **WHEN YOU HAVE A CHOICE, STICK TO HEALTHY FATS.** RECENT STUDIES SHOW THAT A SINGLE, SATURATED-FAT LADEN JUNK FOOD MEAL IS DETRIMENTAL, WHILE ONE RICH IN GOOD FATS DOES NO DAMAGE. (ARTERY-WISE, THAT IS!) EXAMPLES?
10. **TRY THIS STRATEGY: MUNCH ON WHAT YOU REALLY WANT NOW, AND NOT LATER.** LET'S SAY THERE'S GOING TO BE ARTICHOKE DIP, AND LET'S SAY YOU REALLY LOVE IT. YOU KNOW YOU'RE GOING TO END UP GETTING INTO IT. HOW ABOUT INDULGING IN AN APPROPRIATE AMOUNT RIGHT WHEN YOU GET TO THE PARTY, WHEN YOU'RE FEELING MORE IN CONTROL? (OR YOU COULD WAIT – AND WHEN YOU GET AROUND TO MAKING YOUR PLATE, IT'LL PROBABLY BE ALL GONE! CALORIES SAVED!)
11. **CHECK YOURSELF!** KEEP YOUR PLATE – WITH THE EVIDENCE - LET'S SAY, EMPTY TOOTHPICKS – IT'LL BE A VISUAL REMINDER OF HOW MUCH YOU'VE ALREADY EATEN!
12. **TAKE A HEALTHY DISH TO SHARE!** WHAT IF YOUR HOSTESS ASKS YOU TO BAKE A DESSERT? TRY BAKING SOMETHING YOU DON'T LIKE; THAT WAY YOU HAVE A GOOD REASON NOT TO EAT IT! UNLESS I MAKE A FRUITCAKE, I DON'T SEE THIS PARTICULAR TIP WORKING OUT FOR ME...
13. LET'S MAKE THIS A BAKER'S DOZEN: **MAKE SURE YOU WEIGH IN ONCE A WEEK!** THE SCALE IS ALWAYS A REALITY CHECK.

ONE LAST THING...WE DECIDED (GOOD IDEA, PEGGYANNE!) TO GIVE UP SWEETS UNTIL THE NEXT CLASS, WHICH IS NOT UNTIL JANUARY 7, 2019!!! HOWEVER, ALLOW YOURSELF *ONE ITEM* CHRISTMAS EVE, AND *ONE ITEM* CHRISTMAS DAY. IF YOU ARE LUCKY ENOUGH TO BE INVITED TO OTHER PARTIES ALONG THE WAY, SAME GOES – AND SAME FOR NEW YEARS EVE AND NEW YEARS DAY! THINK ABOUT IT – AND IF YOU REALLY WANT SOMETHING, MAKE IT A TREAT. TAKE A SENSIBLE, **NOT** RIDICULOUS PORTION, AND REALLY SAVOR IT!

SEE YOU NEXT YEAR! HAPPY HOLIDAYS!



