

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

DECEMBER 9, 2019

'TIS THE SEASON...TO BE GOOD TO **YOU!!!**

BE PREPARED...HERE COME THE HOLIDAYS! IT'LL BE A CHALLENGE, BUT IT'S ENTIRELY DO-ABLE AND POSSIBLE! YOU CAN ACTUALLY WEIGH IN ON THE FIRST MONDAY OF 2020 (JANUARY 6TH!) AND BE THE SAME AS YOU ARE TONIGHT! JUST FOLLOW A FEW SIMPLE GUIDELINES!

ANTICIPATE THE EVENT

- WHAT WILL BE SERVED? WOULD YOU BE ABLE TO MAKE A SPECIAL REQUEST (SALAD DRESSING ON THE SIDE, CLUB SODA WITH LIME RATHER THAN A CALORIE-HEAVY HOLIDAY DRINK, ETC.)?
- "BANK" SOME CALORIES...DON'T SKIP MEALS, BUT BE MORE CAREFUL THAN USUAL IN YOUR FOOD SELECTION FOR THE DAY.
- FOCUS ON THE NON-EATING ASPECT(S) OF THE EVENT, NOT JUST THE FOOD!

SPEAKING OF EVENTS...

- DO SOMETHING THAT'S NOT FOOD-CENTRIC. KYLEE AND I ARE TAKING HER GRANDMA TO THE U.D. CRECHE DISPLAY THIS WEEKEND! ANOTHER IDEA...LAND OF ILLUSION ON ROUTE 4 IS \$18 OR \$22 A CARLOAD, DEPENDING ON WHICH NIGHT YOU GO. WE MAY GET AMBITIOUS AND DO BOTH, WHO KNOWS!
- HOW CAN YOU STAY ACTIVE? POOR SADIE MISSED HER MORNING WALK BECAUSE OF THE RAIN, BUT NORMALLY WE'RE OUT AND ABOUT IN THE WEE HOURS!

THE "Y" IN LEBANON AND LANDON ARE BEING EXTRA-SPECIALLY AWESOME THIS HOLIDAY SEASON...FROM DECEMBER 23RD THROUGH JANUARY 5TH, ADULT FITNESS CLASSES ARE FREE!!! WHY NOT GIVE SOMETHING NEW A TRY?!

- PARK FARTHER AWAY AND TAKE EXTRA STEPS WHEN DOING HOLIDAY ERRANDS OR SIGHT SEEING. LOOK FOR SEASONAL WAYS TO BE ACTIVE THAT CAN BECOME TRADITIONS (REFER BACK TO THE FIRST SUGGESTION!) WINDOW SHOPPING? SLEDDING?

SET REASONABLE EXPECTATIONS

- CONTINUE TO COME TO MONDAY NIGHT CLASS. RECORD YOUR FOOD. IF YOU "LET EVERYTHING GO" ALL AT ONCE, YOU CAN'T EXPECT GOOD RESULTS.
- LIKE I SAID IN THE BEGINNING, PLAN TO MAINTAIN YOUR WEIGHT. ACTUALLY LOSING THIS MONTH MIGHT NOT BE REALISTIC - AND WHO NEEDS THE ADDED FRUSTRATION. YOU DIDN'T GET THIS WAY OVERNIGHT, AND YOU'RE NOT GOING TO LOSE IT QUICKLY, EITHER!
- YOU KNOW THERE'LL MOST LIKELY BE SOME SPECIAL ITEMS IF YOU GO TO A PARTY OR GET- TOGETHER. HAVE A SMALL PORTION, AND SAVOR IT!

AVOID OR REDUCE STRESS CAUSED BY THE HOLIDAYS

- YOU JUST CAN'T PLEASE EVERYBODY! IF SOMETHING CAUSES TOO MUCH STRESS, MAYBE IT'S TIME TO START A NEW (SIMPLER!) TRADITION.
- PLAN DAILY TIMES TO RELAX. I'M SERIOUS. MATTER OF FACT, LET'S TAKE TIME TONIGHT TO DO JUST THAT!
- PREPARE FOR THE PERSONALITIES AND HABITS OF FRIENDS AND FAMILY. DO YOU HAVE A COUSIN WHO LIKES TO PUSH FOOD ON EVERYONE - OR A FRIEND WHO ENJOYS DISCUSSING CONTROVERSIAL ISSUES EVEN AT CHRISTMAS? IF YOU CAN'T TOTALLY AVOID THIS GEM, AT LEAST MENTALLY PREPARE FOR HOW YOU CAN HANDLE THE SITUATION.

HOW DID YOU DO WITH "NO SALTY SNACKS?"

OUR "NO!" FOOD FOR THIS WEEK: NOT EXACTLY A "NO" FOOD...INSTEAD, MAKE A COMMITMENT TO EAT AT LEAST 3 FRUITS AND/OR VEGETABLES A DAY!

