

# HOLIDAY WEIGHT LOSS TIPS

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Gravy-covered potatoes, holiday cookies and homemade candies entice even the most dedicated dieters. Keeping your diet on track during the holidays is a challenge, but it's not impossible. A solid plan for all of the holiday parties and dinners prevents you from overeating and helps you choose healthier options. If your diet does get derailed during the [holiday season](#), don't give up. Get back to your diet plan as soon as possible.

## Mental Preparation

Losing weight during the holiday season takes mental preparation and commitment. Acknowledge that you will encounter a variety of unhealthy food options at various holiday parties, family meals and as gifts from well-intentioned friends. Decide how you plan to approach these situations. Enjoying one or two holiday cookies won't ruin your diet. Depriving yourself completely sometimes results in binge eating.



## Pre-party Snacks

Eating before you attend a holiday [party](#) takes the edge off your hunger. When you're hungry, you're more likely to overeat or make poor food choices. A pre-party snack fills your stomach slightly so you can take your time in choosing which party foods you want to enjoy. This option also gives you complete control over what you eat. Choose vegetables or a whole-grain snack before you head to the party.

## Food Options

The food options you'll encounter vary depending on the situation. If you're attending a holiday party at a fitness fanatic's house, you're likely to find at least some healthful food options. If you're going to a holiday dinner with your family that likes to fry everything, the healthful options probably will be limited. Consider bringing your own healthful dish to share at the event. This ensures that you'll have at least one healthful option.

## Stress Relief

Stress about parties, gifts and other situations often arise around the holidays. Stress also tends to make people overeat. Give yourself time to relax and get rid of stress during the holidays. Participate in your favorite hobby, get a massage or take a bubble bath. The lower stress levels help you stay in control of your eating habits.

## Exercise

It is easy to skip exercise during the busy holiday months. Once you get out of the habit of exercising, it is difficult to get back to it. A lack of exercise coupled with fattening holiday food increases the chances of gaining weight rather than losing it during the holidays. Keep up your regular exercise routine as much as possible during the holiday season.