

How to Overcome Winter Weight Gain

From WebMD

Today, we're taking a hard look at winter weight gain. It's a common problem—people tend to pack on a few pounds during the winter months.

But we want to fight back, and we hope you will join us. Let's get after this now, while winter is still in full force. We'll have less to deal with when the warm breezes start blowing!

The good, the bad...and the solution

Although winter weight gain varies from person to person, research shows the average gain to be five to seven pounds! Some people gain this extra weight because they have Seasonal Affective Disorder—a type of winter depression. But most of us can't blame winter depression for our tendency to pick up extra weight during the winter months.

So, why does winter weight gain happen? According to Lawrence J. Cheskin, MD, founder and director of the Johns Hopkins Weight Management Center, it happens because we eat more and move less during the winter months¹.

This is bad news and good news. It is bad news because it would be kind of nice if we could blame our cold-weather corpulence on something exotic like the jet stream cycle and waddle off for another espresso.

But it is good news because **we can do something about it**. We don't have to greet spring with softer middles and tighter clothes. So let's celebrate leap year by tackling winter weight gain with our weapon of choice here at Fitness Revolution: **discipline**.

Hour of decision

According to Merriam-Webster, discipline is a "rule or system of rules governing conduct or activity²." This is perfect. In order to fight winter weight gain, we have to discipline ourselves to follow some rules.

Here we go...

1. Banned language: For the next several weeks, do not allow yourself to say, "Just this once." If you pay close attention, a 'just this once' situation comes up practically every day. You go to a retirement party. You take spouse out for a birthday dinner. Someone brings a meal by your house because you've been sick.

Your co-worker brings in the leftover pizza from last night's party. Your child has leftover Valentine's Day candy. You have to say no every single time. Otherwise, you will never get ahead.

Just grit your teeth, resist what others are having and make good food choices. I'm not saying it is easy. I am saying it is necessary.

2. Plan your occasional splurge, and do not deviate from the plan. Unending deprivation is never a good idea, but you have to be intentional about the time, place and food that you let yourself splurge on.

Love the hot wings at your favorite restaurant? Then let's make a deal. Eat clean for ten days. No cheating. And then at the end of those ten days, go have the wings. Guilt free. Just enjoy them. Then set the next goal. But you are not allowed to deviate from your plan in the meantime.

If you do, you lose the wings.

Don't waste your fun calories on something that doesn't compare to those wings!

3. Keep moving. Exercise is not an optional activity. Now more than ever you have to get your body in motion. Exercise is very effective at preventing weight gain—and that is what we're after right now. Don't even worry so much about losing pounds; just work to keep the winter scale-creep from happening to you. Try to get some cardio in at least six days a week.

Remember: spring is coming. Let's be ready for it, and leave winter weight gain behind.

Sources

¹<http://www.webmd.com/diet/features/5-tips-to-avoid-winter-weight-gain>

²<http://www.merriam-webster.com/dictionary/discipline>