

Weight Loss During The Holidays

We are in full swing to start of the “Holiday Season”

Everyone is starting to get into the hustle and bustle and it's not quite Thanksgiving

Plans are being made for travel, for company, and of course, FOR FOOD! But, wait... you started your weight loss journey. So now what? PANIC sets in. Some of you will give into the idea of “just waiting until January” and start over. Some will abandon ship early because you can't take the pressure that is all around you. Bad food or even good food (depending on how you view it) is *everywhere*. It is at church, at work, at home, and at parties. How do you avoid it? How do you stay on your mission for your personal well-being? How are you ever going to fit in that those Holiday Clothes?



I have figured out a few reasons why people fail on their diets during the holidays. One problem is all of the events surrounding the holiday season. Another is all the travel. Additionally, there are traditions with certain foods served only at this time of year.

First, the “holidays” are not every day and every meal for the whole month of November and December. Thanksgiving is one or two meals on *ONE* day of the whole month. Even if you are on vacation for the entire week before Turkey Day, you can choose to eat well most of the meals.

Second, you can be in charge of you and what you choose. You can offer to bring or cook foods that you enjoy and that work for your diet, but that others will enjoy, too. Part of this journey you are on includes being prepared at all times. Have what you need available, and don't be ashamed of your eating plan.

December has a few more challenges, I know:

1. More Activities.
2. More Travel.
3. More Traditions.
4. More Choices.
5. More Pressure.

I have decided to use statistics to put this into perspective. Say you are eating 4 meals a day. That is 28 meals a week, which equals 112 meal choices for 28 days. So, here is the question: If you choose to eat 110 of those meals “right” and only 2 “wrong”... you will be at 98% compliance. What do you think your body will do at the end of November? Of course, it will be just fine... Your body will feel good and you will still lose weight!

In December, there may be 5 or 6 meals or events to deal with in your celebrations. But at the end of December, out of 112 meals, if you make 106 perfect choices and only 6 not so good, you will still be at 96% compliance. There will be a good chance that your body will still feel and look good... Instead of gaining weight during the holidays, you could still lose!

I prefer not to think of the choices I make as “**cheating**”. That is such a strong and negative word. I prefer to look at those as **choices** and **deviations**. *Own* those choices so you can forge ahead on the journey for good health and wellness.

Will you give into all of the temptations... Or make planned deviations?

Keep up the great job and the commitment to **YOUR HEALTH**

HAPPY HOLIDAYS