



Tips for Avoiding the “6 pounds” of the Holidays

The average American gains six pounds between Thanksgiving and the New Year which takes an average of 5 weeks to lose. Use the tips below to prevent holiday weight gain.

- Set realistic goals
- Develop and post a written list of ways you will take care of yourself over the holidays
- Get 30 minutes of brisk exercise daily to relieve stress and curb appetite
- Restrict or avoid alcoholic beverages
- Have taste-samplings or single helpings of your favorite foods remember to eat slowly and savor your food.
- Eat fruits, vegetables, low-fat dairy foods, cereal, and water-based soups that will fill you up without filling you out.
- Chew gum during holiday cooking and baking
- Don't skip meals; its hard to stay in control when your hungry
- Drink water before hors d' oeuvres, buffets, and meals
- Skip on second -helpings



Adapted from “Avoiding the ‘Six Pounds’ of Holidays”
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