

Fight Holiday Weight Gain

1) Drink Water: Water is naturally going to help you not eat as much if you drink a large 15-20 minutes prior to having a large Christmas Dinner. Plus water will keep you hydrated and help you burn fat more efficiently.

2) Eat Slowly: Eat very S-L-O-W-L-Y and enjoy the flavors. Try to chew your food at least 30-40 times per mouthful. It works and will allow the "hungry - full" response from your brain to tell you are satisfied. It takes the brain about 20 minutes to let you know you are full.

3) Do Not Skip Meals: Skipping breakfast to eat a huge lunch plays on one-two punch on your metabolism. Skipping a meal will keep your metabolism low and eating until you are rolling away from the dinner table will definitely make you feel like sleeping in front of the television. This is prime weight gain time for your body.

4) Workout in the Morning: To avoid that slower metabolism during the holidays, I have developed an annual habit of a harder than average workout on the big eating days of the holidays. Typically, go for a 45-60 minute walk or jog or bike to get the metabolism going in the morning. A family or neighborhood basketball game or tough football game is always a good way to work off the Holiday meals too.

5) Don't Eat After 8:00 pm: Try to eat dinner before 7:00 pm and not snack after 8:00 pm (unless you are on night shift or plan on being awake for six more hours). Many of us eat because it is "time" to eat. In other words, we eat out of habit, not because we need to eat. Eat snacks whenever you "need" to - snacks like fruit, vegetables, yogurt or a tuna sandwich are great mid-day snacks that will help your body stay in fat-burning mode. So, don't go more than five hours during the day without eating. It causes you to eat more at mealtime and decreases your metabolism.

6) Brush Your Teeth After Meals: Right after eating a meal, especially dinner, go straight to the bathroom to brush, floss, and mouthwash so that your mouth is feeling nice and clean - this makes it less appealing to eat more (especially before bedtime). Ever try to eat or drink something after brushing your teeth? Not tasty!

7) Confuse Hunger With Thirst: Chew sugarless gum and/or drink water. Most people confuse hunger with dehydration. Drinking a glass of water will usually take care of the food yearning. This is not skipping a meal - just a way to work through temptation. An optimal level of water per day as stated by the National Institute of Health is 1/2 to 1 gallon a day. Add one extra glass (8 oz.) of water per every 10 pounds overweight too!

Source: by Stew Smith: Stew Smith is a former Navy SEAL and fitness author certified as a Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association.



"I tend to gain weight around the holidays; Thanksgiving, Christmas, National Mitten Day, Elvis Week, Millard Fillmore's birthday..."