

9 Easy Strategies to Help You Avoid Holiday Weight Gain



Whether you're shopping, partying, or traveling, you can still maintain a healthy routine while also enjoying all that the holiday season has to offer. Keep these simple reminders in mind to maintain your willpower even during the most festive events.

WHEN SHOPPING



Avoid the Food Court

Resist the Cinnabon temptation and don't even go near the food court! The sugar might give you a temporary adrenaline rush to complete your shopping, but you'll crash later.

Never Go Hungry

You'll be able to easily skip the food court if you don't show up to the mall hungry. Start your day with a protein-packed meal that will keep you full for a few hours. Bring along snacks like trail mix or fruit to munch on if you get hungry while shopping.

Stay Hydrated

Skip the soda machine. Instead, bring a bottle of water with you. If you're dehydrated, you may actually think you're hungry. Dehydration will also make you feel fatigued. Drink up!

WHEN PARTYING



Moderation is Key

It's important to enjoy your holiday party gatherings. If you have two parties in one day, try eating lighter at the later event. Pick up a smaller plate so you're less likely to pile on every delicious-looking food item.

Watch Liquid Calories

Alcohol can contain hundreds of calories per serving, which can add up your calorie total fast when you tack on food and desserts, too. Opt for white wines or seltzers as they have less sugar and fewer calories.

So No Thanks

When you've had your fill, it's okay to say no. Thank the host for their delicious meal, but cut yourself off before you feel uncomfortably full. A simple, "No thank you, but it was delicious!" should suffice.

WHEN TRAVELING



Plan Ahead

If you know you won't have access to healthy foods or a gym, bring your own supplies. Call ahead to your hotel, your in-laws, or Airbnb to see what's available on-site and nearby. Doing so can alleviate stress levels and help you pack accordingly.

Pack Provisions

Consider bringing a cooler with you as you travel. Whether by car, plane, or train, a small cooler ensures you have healthy snack options available. Protein shakes, fruit, jerky, and avocados are great travel snacks to pack.

Map Out Your Destination Health Plan

Before you arrive, plan out your healthy activities in advance. Create a note with the contact information of local healthy restaurants, gyms, running trails, and natural food stores.