

## Health Minute

Fight the urge to splurge...

'Tis the season for friends and family to celebrate the holidays with elaborate meals and desserts. Sweets are ubiquitous – at the office, at home, and at parties. Instead of using this time of year as permission to fall off the diet wagon, use this time to enjoy the company of friends and take just a taste of what the season has to offer. Try setting limits for yourself before you go to an event. Visualize all of the things that will tempt you and make a plan that will allow you to enjoy all of the tastes without having to undo the top button of your pants.

*Insert picture of person standing on a scale*

Healthy Holiday Eating	Healthy Habits
<p>Don't go to a party hungry – eat a healthy snack before you leave</p> <p>Portion control – several small portions let you have a little of everything</p> <p>Pass on the fat - cheese, salami, sausages, fried foods, and cream sauces are loaded with calories</p> <p>Eat slowly – savor every bite</p>	<p>Focus on weight <i>maintenance</i> this season instead of weight loss</p> <p>Drink plenty of water – alcohol and coffee can be dehydrating</p> <p>Physical activity – take a brisk walk every day with a friend or loved one</p> <p>Don't let a bad day get you down. If you overeat one day, return to your healthy habits the next.</p>