

## **6 Tips for Holiday Eating**

### **1. Eat at home before you go to the holiday party**

Eating something healthy at home will go a long way with helping you to resist the temptation of overeating when you go out.

### **2. Stay hydrated...with water! 😊**

Remember to drink plenty of water during this time. Life usually slows down during the holidays and we forget our good habits. Keep drinking your water to stay hydrated.

### **3. Go for a walk/exercise regularly**

You are on vacation from work, not exercise! Keep your great exercise habits. Don't have any exercise habits? Start today! Start with a 10 to 30-minute walk every day. Put a time in your calendar to do it, and just get it done before the day slips away from you.

### **4. Avoid alcohol on an empty stomach**

The quickest way to ensure you are NOT getting off of the couch anytime soon is to drink on an empty stomach! This does not set you up for success! Eat balanced meal, drink water, then you can have a drink. In **that** order.

### **5. Start with veggies to curb your appetite**

Be intentional about what's on your plate. Let your veggies be the biggest portion size on your plate. This will ensure that you are not overeating the crap-you will be too full. Then listen to your body when it tells you to stop.

### **6. Eat slowly!**

What's the rush? You are off work. Give your body time to digest your food before you dive in for seconds. You will be surprised how when you do this, you realize you don't even need the seconds.