



Join the Holiday Maintain Campaign!

Most Americans gain weight during the holidays. In fact, half of all weight gained annually is during the holidays! Holiday parties can challenge even the best eating and fitness habits. Take the following holiday quiz to determine your risk for gaining weight during this joyous season.

- #1 Do you go to a party hungry?
- #2 Do you find yourself standing over the food table?
- #3 Do you tend to clean your plate even when you're no longer hungry?
- #4 Do you consume more than 2 servings of alcohol at a party (serving=12 oz beer, 5 oz wine, or 2 oz liquor)
- #5 Do you forget about exercising during the holiday season except for shopping?

If you answered yes to these questions, there's a good chance that you'll need a larger size in January. Follow these tips for the "holiday maintain campaign"

- #1 Have a small snack before going to holiday gatherings such as a glass of juice or piece of fruit. Curbing your appetite will prevent you from going overboard once you get there.
- #2 Survey the food table before diving in. Make your choices and socialize away from the table.
- #3 Eat slowly. Listen to your stomach and when you feel slightly full, stop eating.
- #4 Limit your alcohol to 2 servings per day. Alcohol can break down your resolve to eat healthfully and can be a significant source of calories.
- #5 Continue to schedule exercise in your calendar despite your busy schedule. Not only will it help you control weight gain but also manage stress.

For more information on managing your weight during the holidays, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**. Make the commitment now to save yourself the worry later!

Shape Your Future... Your Weigh!™