

10 WAYS to avoid holiday weight gain

It can be especially hard to avoid extra pounds when there's holiday food everywhere you turn. Stick to the basics of healthy eating so you can make it to the new year without regrets.

1 DRINK MORE WATER

Drinking water before you eat may help you feel fuller and eat less.



2 SKIP THE SODA, HOT COCOA AND HIGH-SUGAR COFFEE DRINKS

Replacing sugary drinks with water can help you lose weight.



3 GET EXERCISE

Even just a few minutes a day has health benefits and can help you burn calories.



4 EAT FRUITS AND VEGETABLES

These foods are generally packed with nutrition and low in calories.



5 GET ENOUGH SLEEP

Lack of sleep can cause more cravings for unhealthy foods.



6 LISTEN TO YOUR BODY

Stop eating when you start to feel full, not when you're stuffed.

6



7 START WITH SMALL PORTIONS

Start with smaller amounts of food on your plate, and wait to see if you need more later.

7

8 KEEP A FOOD DIARY

This helps you get a clear picture of what you've eaten.

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9 DON'T EAT AND WATCH TV

This can lead to mindless eating and consuming too many calories.

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10 BUILD MUSCLE

Muscles help your body burn more calories, even when resting.

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