



# Maintain Don't Gain



## Week 1: Overview

Maintaining weight is a matter of **balance**. If you take in more calories than you burn, you store the extra energy as fat and gain weight.

**To maintain your weight, you need to balance the energy you take in with the energy you burn.**

## Week 2: Holiday Drinking

<b>12 ounce can of soda</b>	150 calories
<b>16 ounce punch</b>	200 calories
<b>2 ounces (shot) of liquor</b>	125 calories
<b>5 ounce glass of wine</b>	160 calories
<b>12 ounce bottle of beer</b>	160 calories
<b>8 ounce margarita</b>	240 calories
<b>1 serving eggnog</b>	400 calories

### 3 Tips on Responsible Drinking

- 1) Try alternating alcoholic and caffeine-free non-alcoholic drinks throughout the party to cut down on the amount you drink every three hours.
- 2) Limit how much you drink yourself, so you can keep control of things. Space your drinks at least an hour apart.
- 3) No matter what, don't drive. Take a taxi or public transportation, walk, or decide who will be the designated driver before the party starts.

## Week 3: Tips to Stay Active this Holiday Season

### 1) Take time out for yourself.

Set aside 30 minutes to 1 hour a day to relax and get some exercise. When you're feeling "peopled-out," go to the gym by yourself.

### 2) Keep a record of daily fitness activities.

This way it'll be easier for you to see if you need to do more or even when it's time to reward yourself.

### 3) Make New Year's resolutions early this year.

Start working toward your fitness goals by Dec 1. Write them on sticky notes and post them where you'll see them often (try the fridge or your computer).



#### 4) Christmas Shopping.

Park as far away from shop entrances as you can and briskly walk to your destination. Pick up your walking pace while shopping at the mall.

#### 5) Commit to a brisk 10- or 15-minute walk.

Before or after dinner, no matter where you eat, commit to a short, *brisk* walk. Enjoy the holiday lights and walk with the family or with a friend.

#### 6) Get outside!

Get a group of friends to go sledding, cross-country skiing or skating. It's inexpensive, a lot of fun, and great exercise to spend time with your loved ones.



#### 7) Family Night

Rather than watching a movie as a family or sitting on the couch, try playing board games, charades, making a gingerbread house, singing carols by the piano, baking or cooking holiday treats.

### Week 4: Holiday Nutrition Tips



According to the National Institute of Health, **weight gain over the holidays is a large part of typical weight gain that adults accumulate over the years.** It's not about cutting out everything unhealthy but finding *practical* and *realistic* ways to keep your sweet tooth in check and exhibiting *self-control*.

#### a) Revising Recipes

- ❖ Many times, you can omit almost half of the sugar in a recipe or replace it with a sugar substitute.
- ❖ To add in fibre, replace half of the fat in your recipe with applesauce, mashed bananas or baby-food prunes.

#### b) Planning Tips

- ❖ **Decide ahead of time** what and how much you will eat and how you will handle social pressure ("No thank you, I'm too full.").
- ❖ **Have a snack before holiday parties.** □ Choose a healthy snack with tons of *protein* before you head to a holiday party (edamame, almonds, hummus, apples and peanut butter). Protein burns calories and keeps you fuller longer.

#### c) At the Party

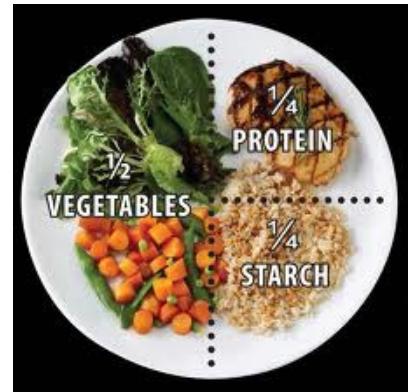
- ❖ **Share one portion of dessert** with someone else, and scrap off any high-fat whipped-cream topping or extra frosting.
- ❖ **Choose white meat** over dark meat. White, skinless turkey has 119 calories and 1 gram of fat whereas dark meat has 145 calories and 5 grams.
- ❖ **Chew slowly.** Proper chewing also contributes to nutrient absorption and complete digestion allowing you to train the body to feel satisfied from smaller

portion sizes. It also helps your food taste more rich as you breakdown more of your food on your taste buds.

- ❖ **Lay off the booze.** Stay away from highly caloric cocktails like eggnog or mixed drinks. Hold something in your hand such as water, a glass of wine or juice.

#### d) **Small Portion Control**

- ❖ **Use smaller plates.** When you serve yourself using the smaller plate, you will be serving yourself 20 % less, but still feel like you ate an entire plate of food.
- ❖ **Use the “half plate” rule.** Fill half of your plate with fruits, vegetables, and salad. Put whatever else you want on the other half.
- ❖ **Use a tall, skinny glass** instead of a short, wide one when pouring a drink. You will pour less and drink less.



### **Week 5: Healthy Holiday Cooking**

- ❖ **Stuffing** — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- ❖ **Turkey** – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- ❖ **Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- ❖ **Mashed Potato** — Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter. Keep the skins on.
- ❖ **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit instead of fattening frosting.

### **Week 6: Holiday Stress Busters**

Stress is ... **“an emotional reaction to circumstances when you feel out of control.”**

#### **5 Signs You Need to Bust Some Holiday Stress**

1. You're irritable.
2. You're losing sleep.
3. You're losing or gaining weight (although hard to tell around the holidays).
4. You feel tense — with muscle aches or headaches.
5. You feel overwhelmed.

#### **1) Take a breather**

- ❖ Take a walk, listen to soothing music, and find something that reduces stress by clearing your mind and slowing your breathing.

#### **2) Don't abandon healthy habits**

- ❖ Don't let the holidays become a free-for-all. Get plenty of sleep and physical activity.
- 3) Stick to a budget**
- ❖ Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.
- 4) Plan ahead**
- ❖ Set specific days for shopping, baking, visiting friends and other activities.
  - ❖ Plan your menus and then make your shopping list. This will prevent last-minute grocery shopping and keeping within your budget.
- 5) Learn to say no**
- ❖ Saying yes when you should say no can leave you feeling resentful and overwhelmed.
  - ❖ Friends and colleagues will understand if you can't participate in every outing or activity.

### Stress and Weight Gain



The “stress hormone” **cortisol** is secreted during times of physical or psychological stress in which the normal pattern of secretion can be altered.

The disruption of cortisol secretion may not only promote weight gain, but it can also affect where you put on the weight. Elevated cortisol tends to cause fat deposition in the *abdominal area*, which is strongly correlated with the development of cardiovascular disease.