

How To Get Through The Holidays Without Gaining Weight

Most anyone who has been dieting and lost a few pounds looks towards the holidays with mixed feelings. You want to show off your new figure in that holiday dress, but you dread the temptation of all that holiday food. Even the most dedicated of dieters can give into temptation over the holidays.

But you've worked hard during the year to lose that weight and you deserve a little bit of enjoyment. Since we all know how hard it is to take that weight off, the more you can minimize weight gain over the holidays, the better. Here's some tips you can use to avoid weight gain during the holidays and still have a good time!

Watch What You Eat

Load up on high glycemic index foods. Foods that are high in fiber or water fill you up quickly and help keep you from overindulging on the "bad" stuff. Take an extra scoop of vegetables and fruit when filling your plate, and by the time you finish, you won't have room for the other foods which are higher in calories and more likely to cause you to gain weight.

Limit Your Portions

One way to be able to enjoy all those goodies without overeating is to limit the portions you take. Instead of reaching for that big dinner plate, grab a smaller dessert sized plate and fill to your hearts content. You'll get the satisfactions of a plate piled high with great food, but you'll eat much less. Another thing to do is to just take small portions, instead of loading up 3 spoonfuls of mashed potatoes stick to just one. You can always go back for more if you REALLY feel the urge.

Keep Your Distance From The Snack Table

The snack table is one of my favorites with the holiday cookies, party mix, nuts and the like. However, if you want to avoid mindless snacking then it's best to just avoid that table all together. Take a seat on the other side of the room or keep yourself busy by helping the hostess if you find yourself gravitating towards the snacks.

Don't Forget To Exercise

During the holidays, it might not be a bad idea to step up your exercise routine. Doubling up on your workouts can help combat any extra calories from all those holiday foods.

If the weather permits it, go out and take a quick walk around the house or block. If your celebration is taking place in a colder climate, you'll be more inspired to quicken your pace and burn a few extra calories in the process. If the weather is bad, do 10-20 squats, stretches, or other brief exercise each time you go to the restroom. You only want to do just enough to elevate your heart rate, but not break out into a sweat. Chances are, no one will know what you're doing, and you won't have to feel self-conscious about trying to maintain your figure.

Drink Lots Of Water

Drink a fair amount of water or other unsweetened beverage before each meal, as well as during and between them. The liquid in your stomach will help trick your mind into not feeling as hungry, which reduces the tendency to gorge yourself on potentially fattening foods.

Of course, you probably will eat more over the holidays but if you follow these tips you may be able to minimize the damage. If you do gain weight, though, don't beat yourself up about it. Just get right back into your routine of healthy eating and regular exercise and you'll be back to your pre-holiday weight in no time!

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