

It's that time of year when extra calories lurk around every corner. If you're like most Americans, you'll put on some weight by the New Year... and will have difficulty losing it!

# MAINTAIN NOT GAIN



## TIPS TO SUCCEED

**Plan Your Goals:** If you create realistic attainable goals before you begin, then you are more likely to achieve them. Planning ahead will allow you to foresee future obstacles.

**Believe in Yourself:** Tell yourself that you can do it! Know that you have enough discipline to overcome any obstacle ahead. Having confidence and the knowledge that you can achieve your goals will increase your chances of success.

**Tell Someone:** Tell your family, a friend, or a co-worker that you are about to embark upon a new journey. You are more likely to stick to your plan and achieve your goals.

**Reward Yourself:** When planning your goals, design a reward system for when you achieve milestones. Create rewards that will keep you focused and motivated, not sabotage your efforts.

## MINDFULNESS & HEALTH

### Using Mindfulness to MAINTAIN not GAIN over the holiday season

While the average amount of calories consumed per person per average day is usually between 2,000 and 2,500, one holiday meal can weigh in at 3,000 calories (not including drinks and other foods eaten that day).

#### BEFORE THE HOLIDAYS, ASK YOURSELF...

- What is your post-holiday weight goal?
- What were your past holiday challenges?
- What are your strategies for this season?

#### HOW MINDFUL EATING CAN HELP...

- Paying close attention to what you are eating (awareness)
- Eating to fuel your body (intention)
- Using body cues to determine hunger level
- Noticing details such as textures, sounds, temperature, smells and flavors
- Not labeling food as “good” or “bad”

# HOLIDAY STRATEGIES

## The Challenge

## Holiday Strategy

### Food Focused Celebrations

- Make socializing, rather than food, the focus of the event
- Stand far away and with your back to the buffet table
- Make it a point to learn something new about someone you do not know well

### Tempting Tasty Treats

- Eat a little before you go; hunger can undo the best intentions
- Offer to bring a food dish. Make it a healthy one!
- Pass up the everyday snack. Spend your calories on the treats you really want
- Plan how much alcohol you will drink

### Too Many Events

- Practice saying “No, thank you.” It is okay to turn down invitations
- Do not feel the need to attend every event

### Maintaining Goals

- Plan in advance
- Seek support of your friends and family
- Rather than planning to lose weight, set goals to maintain weight



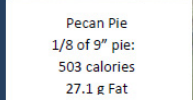
According to researchers at the National Institutes of Health, most Americans never lose the weight they gain during the winter holidays.

## Calories ADD UP!

Portions add up! And alcohol calories do add up too!

Even lower-calorie drinks contain about 100 calories of alcohol. Here is the calorie content of some common alcoholic beverages:

Drink	Calories
Beer (12 ounces)	150
Light beer (12 ounces)	100
Wine (5 ounces)	110
Wine cooler (12 ounces)	220
liquor (1.5 ounces)	100
Martini (2.5 ounces)	155

	<b>Roasted Dark Turkey</b> 1 cup diced 297 calories 15.5g Fat
	<b>Turkey stuffing</b> 1 cup 320 calories 18.0g Fat
	<b>Sweet Potato Casserole</b> 3/4 cup 624 calories 17.2 g Fat
	<b>Pecan Pie</b> 1/8 of 9" pie: 503 calories 27.1 g Fat

**BEWARE: Alcohol stimulates eating!**

See your Atlas Provider for in person coaching and your pre-holiday weigh-in!

Pre-Holiday Weight	Post-Holiday Goal	Post-Holiday Weight
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**What are your Obstacles:**

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**What are your Strategies:**

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