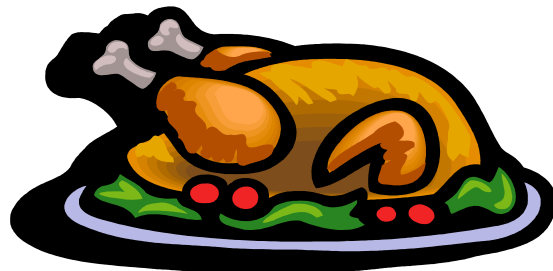


Ten Ways to Maintain Weight during the Holidays

- 🌿 **Focus on maintaining your weight-** it's not a time to try to lose weight.
- 🌿 **Eat small meals throughout the day-** don't skip breakfast or lunch.
- 🌿 **Eat a small snack before you attend parties-** less chance of over eating.
- 🌿 **Drink water-** it will fill you up and cause you to eat less.
- 🌿 **Limit your intake of alcoholic beverages-** lowers caloric intake and prevents dehydration.
- 🌿 **Limit yourself to one plate of food per meal.**
- 🌿 **Make time to exercise** a minimum of 3-5 days a week for at least 30 minutes.
(something is better than nothing)
- 🌿 **Tweak holiday recipes-** cut back on salt, sugar, butter, cream. Look for healthier alternatives.
- 🌿 **Put your scale away-** judge by how your clothes fit instead of focusing on weight.
- 🌿 **Celebrate traditions that don't involve eating-** share stories, look through old photos, make scrapbooks, play board games, or participate in outdoor games.



If you have any questions please email UWSP Employee Wellness: empwell@uwsp.edu