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Healthy Habituator

All the Fit News to Email

Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

In This Issue

HoHoHo No-No's for Holiday Eating
 News of the Month
 Is 30 minutes enough to get a workout?

Quick Links

Services
 Locations
 Trainers
 Clients
 Company

HoHoHo No-No's for Holiday Eating

The holidays are here. Our annual month and a half long celebration of family, friends and food. And also a time when many Americans gain 5-8 pounds, or about 1 pound a week. So, how can you minimize the damage but still enjoy yourself? What are the no-no's of the hohoho season?

First, change your mindset. The holidays are not an excuse to go crazy, but you also don't want to feel deprived. Don't just HOpe to eat less - create a plan to try those foods you really enjoy, but in moderation. Stay away from any foods around which you cannot control yourself. And don't beat yourself up or give up on your plan if and when you mess up. We all mess up on occasion. Just go back to your plan and try again. Recognize where you got into trouble and figure out how to overcome that issue the next time.

Second, keep up your healthy habits. Don't HOrde calories by starving yourself on the day of a party so that you can stuff yourself when you get there. Eat regular meals and exercise as always, maybe even more to compensate for the extra calories. You can anticipate that parties will be light on fruits and vegetables, so make up for that with your breakfast and lunch choices. Keep your alcohol intake in check. Alcohol has 7 calories per gram, more than the 4 contained in carbohydrates or protein. Plus, it reduces your inhibitions, thus making it easy to succumb to the temptations on the buffet table. Speaking of which, be strategic. Scan the buffet table first, to identify what you will choose and what you will avoid. Once you have your plate and drink, move well away from both places and stay away. Eat slowly, so you savor each bite or sip and enjoy them more. And, you'll get the signal that you are full much sooner than