

[Previous Story](#)[Next Story](#)

Article rank | 1 Dec 2016 | 201 | WRITTEN BY

Pack Presents, Not Pounds

5 tips to manage your weight this holiday season

December has become synonymous with weight gain. Combine the gutbusting family dinners on Thanksgiving and Christmas with the constant stream of cookies, cakes and other holiday treats at the office and you've got a recipe for a bigger pants size come the new year.



But, fortunately, diet and nutrition experts insist it doesn't have to be this way. You can enjoy the holiday season – and even indulge in a slice (or two) of Mom's famous pumpkin pie – and not gain the average 5-10 pounds that most Americans pack on this time of year. Don't Set Yourself Up for Failure According to Debra Grossano, owner of Riverfront Nutrition Associates in Oradell and Edgewater, the number one mistake people make this time of year is setting unrealistic goals. "A lot of people try to lose weight during the holiday season...but it's really best to strive for weight maintenance and simply stick to the healthy habits you've already established throughout the year," she says. Stick to Your Normal Routine This time of year comes with a slew of extra demands on your time, from shopping to cooking to frantically cleaning your house for an extended visit from the in-laws, but that doesn't mean you should let all of your healthy habits fall by the wayside. "If you normally pack a lunch for work or take a walk after work, continue to do that. Don't let a busy schedule get in the way," says Grossano. Celebrate the Holiday, Not the Season According to Erin Spitzberg, registered dietitian nutritionist and certified diabetes educator in Glen Rock, the biggest reason so many people gain weight this time of year is that the holiday season keeps getting longer and longer. "People now see the holidays as Thanksgiving Day through New Year's Day, so it has become a six-week period of binge eating and indulging instead of just three separate days: Thanksgiving, Christmas and New Year's

Eve," she says. To combat weight gain, go ahead and enjoy your favorite holiday meals and dessert – on the actual holiday.

This article was shared by a user of PressReader - an online source of publications from around the world. PressReader contains copyrighted material, trademarks and other proprietary information. Receipt of this article should not be interpreted as grant of any licenses express or implied, to the intellectual property of PressReader or publishers of publications presented. PressReader - Connecting People Through News PressReader, 200-13111 Vanier Place, Richmond BC V6V 2J1, Canada Phone: +1 604 278 4604 © 2003-2016 NewspaperDirect Inc. dba PressReader. All rights reserved. Terms of Use: <http://care.pressreader.com/hc/articles/206528495-Terms-of-Use> Privacy Policy: <http://care.pressreader.com/hc/articles/205818089-Privacy-Policy>

[Previous Story](#)

[Next Story](#)