



Thanksgiving Ideas

Avoiding Holiday Weight Gain

(NAPSA)—There are ways to keep weight gain from becoming part of your Thanksgiving tradition.

Doctors and dietitians say moderation is the key to getting through special occasions without overindulging or missing out on familiar goodies. That means festivities don't have to be eliminated or avoided. You can have a fabulous time while maintaining your weight and without giving up your favorite things.

Try these tips to help you eat right during those hectic holiday weeks. They come from Weight Watchers:

1. Plan Ahead—Start thinking about how you will manage the holidays before they arrive. Create a storyboard and post it on the refrigerator. Describe a step-by-step plan for how you will make it through the holidays and stay on track with your healthy eating and activity goals.

2. Get Friendly Support—Chances are your friends, family and co-workers have the same fears as you about holiday weight gain. Get a buddy and attend a local support meeting or join a community chat online at [Weight Watchers.com](http://WeightWatchers.com). Getting advice from others who have succeeded and who share their techniques may help inspire you to stay on track.

3. Wear Fitted Clothing—Don't give in to baggy sweaters and stretchy fabrics. You might think twice about grazing at the holiday party buffet when you have your "skinny" jeans on. Also, buy a party dress or a fantastic outfit that makes you feel great now and hang it on the bathroom door as a reminder that you want to look and feel your best this season.



Creating a step-by-step plan can help you avoid gaining weight over the holidays.

4. Stay Flexible And Adapt—Your routine and schedule may be thrown off at this time of year. The days are shorter, the weather is cooler and you might not have the time to make it to the aerobics class after work. It's okay; just try and get in some activity whenever possible, even if it is a walk across the mall parking lot. Don't give up activity completely. Remember that every bit counts at the end of the day.

5. Pick Only Your Favorite Indulgences—Be selective. It's okay to indulge once in a while, but not every day. Keep in mind that 3,500 calories equals one pound of fat. It only takes 500 calories or a few Snickerdoodles (approximately 500 calories) every day for seven days to gain a pound.

To learn more, visit [Weight Watchers.com](http://WeightWatchers.com). To find the nearest Weight Watchers meeting location, call 1-800-651-6000 or click on the "Find a Meeting" link on the Web site.