

DO IT & DIET

Simple Weight Management Tips

(NAPSA)—Entering the New Year is a time of joy and celebration, but it also can be a time of stress for people trying to manage their weight and calorie intake. Faced with hectic schedules, office parties, big, celebratory meals and difficult New Year's resolutions, many Americans succumb to the mindless holiday munch.

In fact, according to a recent survey by Wrigley, 68 percent of Americans feel they often eat more during the holidays than they would at other times throughout the year.

But Americans who want to avoid weight gain before and after the holidays can keep themselves on track by choosing lower-calorie snacks and exercising. Experts agree that managing calorie intake and increasing physical activity are key in the quest for weight management.

"Holiday celebrations often lead to overeating, so it can be challenging for people trying to lose or even maintain their weight with so many tempting high-calorie snacks and leftovers around the office and at parties," says Molly Gee, registered dietician at Baylor College of Medicine. "Taking small steps to eat a balanced diet and stay physically active during and after the holidays are essential for people struggling with their waistline."

Since nearly 40 percent of Americans look for easy ways to avoid consuming high-calorie snacks and foods into the New Year, Gee and Wrigley offer these helpful steps to help keep holiday weight off:

- Steer clear of temptation—have conversations far from the



To cut calories, replace high-calorie snacks with a piece of chewing gum (average of five to 10 calories).

buffet table and replace candy and baked goods at your desk and in your home with more nutritious options

- Party hearty, not hungry—don't skip meals—"saving yourself" for friendly gatherings or meals can lead to binging

- Move more—take the stairs instead of escalators or get exercise by taking extra laps around the mall when holiday shopping or making gift returns

- Chews wisely—replace high-calorie snacks with a piece of chewing gum (average of five to 10 calories). Chew gum when baking holiday treats to avoid nibbling and pack it when traveling to divert your attention from high-calorie snacking

- Stay active—fill your days with festive activities that don't emphasize food, including shopping and decorating your home

For more information about the benefits of chewing gum, visit www.wrigley.com.