



7. **Be realistic.** Do not try to diet during the holidays. Set a goal to maintain your present weight. Get back on track if you go overboard.

8. **Limit alcohol consumption.** Replace alcoholic beverages and sugary punches with hot cider, sparkling apple or grape juice, and flavored waters.

Plan on staying away from the booze.

Look, a drink or two isn't going to be the end of the world. But when two turns to three...

I'm not getting on my soap box here. I'm just telling you something you already know: Booze leads to bad decisions. And in this case, we're talking about bad eating decisions.

When alcohol enters the equation even the best laid plans crumble. The extra calories from the cocktails is one thing. But really it's the extra calories you chew that start to add up. One piece of cake turns to two...

A handful of chips turns into a bag... The dip sitting in front of you mysteriously vanishes...into your belly... You get the picture. ;-)

Have fun. Enjoy yourself. Just be conscious of what alcohol does to your decision making. Here's a thought, try drinking water...

9. **Socialize.** Engage in conversation and activities to draw attention away from the buffet table.

10. **Proximity.** Position yourself away from the food and from the kitchen. Let it be where it is, and focus on engaging with others with your holiday *presence*.

11. **Be active.** Look for ways to incorporate some daily physical activity during the holidays. Enjoy a brisk walk, either outside or at an indoor mall. Exercise can be a huge stress reliever.

Thank you to Dave Brown of Underground Functional Fitness for contributing to these Holiday Eating Tips.