

LIFESTYLE LESSONS



Personal risk management tips provided by: Peabody Insurance Agency

Did You Know?

The average adult who is at a healthy weight gains one pound due to the holidays. For those that are already overweight, their weight gain is normally at least five pounds around the holidays.

HEALTHY EATING AS YOU CELEBRATE

In spite of the statistics, there are some healthy things you can do while celebrating to stay in control of your eating and drinking.

- Do not leave the house on an empty stomach; you will overeat once you arrive at a party because you are starving.
- Avoid standing or socializing near the food table.
- Making mingling a top priority by keeping yourself occupied in conversation and away from food.
- If you are in the mood for something sweet, eat a piece of fruit rather than a piece of cake.
- Fill your plate with healthy foods such as salad, fresh fruit and vegetables. Then, leave the remainder of your plate for small portions of less healthy foods that you really love.
- When you start to feel full, stop eating!
- Limit your alcohol intake. It increases hunger and also reduces your willpower to refrain from overeating.
- Drink a glass of water or seltzer between alcoholic beverages and order mixed drinks with diet soda.

Healthy Hints

The battle of the bulge is not limited to holiday parties and celebrations. If you get food as a gift, take a small taste and then bring the rest to work for your coworkers to enjoy. Or, donate unopened foods to a local food bank.