



As seen on New England Cable News....

Top ten tips for sensible holiday indulgence from Boston fitness expert, Mike D'Angelo:

1. **Think before you leave.** With parties at night and extra snacks around the office, it's easy to go overboard and pack in hundreds, if not thousands of extra calories during the holiday season without even thinking about it. So *think about it*—take a moment to focus and plan what your strategy for not overindulging will be before you go out. Make a promise to yourself to have a great time without letting the wheels come off of your eating plan. And don't feel sorry for yourself for passing up holiday favorites, you'll be so happy for not gaining the extra pounds—and guess what? There will always be more food.
2. **Fill up—on water.** At parties, drink a glass of water in between alcoholic beverages. It will slow your drinking pace down, keep you hydrated, and promote a feeling of fullness—all good!
3. **Move it around.** Make time for 2 hours of physical activity each week, which breaks down to less than 1.5% of your time!
4. **Power up your daytime meals.** The old adage about eating breakfast and not skipping meals really is true—managing your holiday eating is much easier when you feed yourself well during the day. So, start each day with a strong nutritional base with a big bowl of oatmeal and fruit. For lunch, eat a big salad with lots of veggies or a veggie soup. You'll get your nutrients, while keeping calories down and allowing room for holiday indulgences.
5. **Portion control!** Instead of nibbling throughout a cocktail party, take a plate and select foods that you want, then sit and eat. You're more likely to notice what you're eating and stop when you're full, rather than if you're taking a bite here and there. Also, it's easier to talk to people if you're not juggling a plate of food.
6. **Be the weird person who won't leave the vegetable tray.** *Only* eat party foods that are good for you, filling and delicious: shrimp cocktail, crudité's or vegetables, small portions of hard cheese, fruit, and other forms of party protein—chicken skewers, meatballs, sliced meat. Skip the dips and sauces, and don't even start with the cookies, chips, cakes, chocolates, candy, fried foods and gooey holiday things that come your way. You'll feel better about yourself, really.
7. **Be minty fresh.** Bring mint gum or mentholated drops to parties. When you're done eating, pop in a piece of gum, which will discourage additional eating. It will also ensure that you have fresh breath when talking to folks!
8. **Be uncomfortable!** Wear a pair of tight pants or skirt to the party...first of all it will remind you that you don't want to gain anymore weight, and tight clothes can serve as your early warning system to help you tell right away if you're eating too much.
9. **Eggnog—just say no.** Say yes to social drinking during the holidays, but be careful—not only can too much drinking cause a hangover, it can really pack on the pounds—especially when you pair high calorie mixers (eggnog, tonic, cream, fruit juice, etc.) with alcohol. One cup of eggnog has almost 350 calories—wouldn't you rather have 3 glasses of wine for the same amount of calories—a healthier choice all round?
10. **Feel the love.** Even though it feels like food plays center stage through the holiday season—remember that this season is really about sharing and giving. Focus on the fact that it is not about eating, but about the opportunity to socialize and enjoy your friends, family and the ones you love—that's what this time of year is really all about.