

Have Yourself A Healthy Little Holiday

10 Ways To Minimize Calories & Maximize Enjoyment

(NAPSA)—This time of year, seasonal favorites such as pumpkin pie, homemade fudge, eggnog, and sugar cookies can tempt even the most committed to stray from their healthy eating plans. For those also finding it hard to fit physical activity into their hectic routines, the result can be weight gain—and loss of motivation.

The good news is that it doesn't have to be that way. If you've already got a positive weight loss mindset and have resolved to achieve and maintain a healthier lifestyle in the coming year, there are ways to not only survive the holidays—but to thrive during them.

“The key is moderation, not deprivation,” says Lisa Talamini, chief nutritionist for Jenny Craig, Inc. “There's no need to pass up your grandmother's apple pie or dressing with your turkey. Just take small servings and balance out higher-fat choices with nonfat dairy products and fresh fruits and vegetables.”

Here are Talamini's top 10 strategies for staying on track this holiday season:

1. Learn to say “no, thank you” to an offer of unwanted food. By doing so, you're saying “yes” to yourself and your commitment to a healthier lifestyle.

2. Don't skip breakfast to “save” all of your calories for the big feast. Follow your healthy eating plan for the entire day so you're not starving by dinner time.

3. Bring a vegetable platter to a party so you'll have plenty of crunchy veggies to munch on.

4. Roast your turkey without the stuffing, breast-side down, to keep it moist and allow the fat to run off. For a browned top, turn



Family favorites like sledding and ice skating are great ways to keep active during the holidays.

your turkey right-side up for the last half hour.

5. “Volumize” your meals with fruits, vegetables, lean protein and high-fiber starches to feel full on fewer calories.

6. Enjoy a rousing snowball fight, go sledding or build a snowman.

7. Park far from the mall entrance and walk extra laps around the mall before you begin your holiday shopping.

8. Spend more time on the dance floor—and less at the hors d'oeuvres table—at your next company function. Enjoy higher-calorie beverages only on occasion, and in moderation.

9. Savor the season by taking a few runs down a nearby ski slope or going ice skating on an outdoor rink.

10. Enlist support from others by exchanging healthy recipes, being active together and sharing words of encouragement.

For more healthy holiday tips, visit www.jennycraig.com.