

# Holiday Hints

## Easy Tips To Avoid Winter Weight Gain

(NAPSA)—Even if “lose weight” has been your New Year’s resolution for more years than you can remember, you may have to find a new goal for 2008. There are some easy techniques to prevent those holiday pounds from piling on.

“Cold weather causes us to hibernate indoors. We are less active and we also spend more time socializing and eating,” says Sherry Torkos, pharmacist, fitness instructor and author of “Winning at Weight Loss.” “It’s no wonder that the holiday season can be challenging for those looking to maintain or lose weight. The average person gains approximately 2 to 7 pounds during the winter months.”

Torkos has devised a three-step plan for preventing the pounds from piling on over the holidays:

1. Trim the fat from your next holiday meal.

- Have a full glass of water before your meal.

- Eat slowly. Give your belly a chance to send the message to your brain that you are full.

- Fill up on greens (beans, broccoli, salad) because these foods are high in nutrients and low in calories.

- Choose sweet potatoes over mashed potatoes because they are higher in fiber and lower in the glycemic index.

2. Use supplements to help prevent winter weight gain.

- Carb Control: Phase 2 Carb Controller is an extract of the white bean that has been shown to delay the digestion and absorption of carbohydrates (bread, potatoes, rice and pasta) and may assist in weight control when used in conjunction with a sensible diet and exercise program. Take capsules containing Phase 2 just before a carb-rich meal.

- Green tea: Boosts metabo-



**Dietary supplements can play an important role in minimizing holiday weight gain.**

lism and aids digestion; good source of antioxidants; a great substitute for coffee.

- Fish oil supplements are good for heart health and emotional well-being. New research suggests that omega-3 fatty acids can help fight fat by increasing fat oxidation.

3. Stay active even when you are pressed for time and don’t want to spend money at the gym.

- Do a 10-minute power walk outdoors or 10 minutes marching or stair-climbing indoors.

- Follow with 20 leg lunges, 20 push-ups, 20 squats and then repeat this sequence twice (15 minutes). These exercises work multiple muscle groups so that you are getting the most out of your time.

- Spend five minutes stretching (top to bottom). This will help ease holiday stress and tension, which accumulate in our muscles.

- Supplements are intended to complement, not replace, a healthy lifestyle. Regular exercise and a healthful diet are essential for success. More information is available at [www.phase2info.com](http://www.phase2info.com).

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