

Holiday Health Hints

No-Excuses Healthy Living Comes Home For The Holidays

(NAPSA)—With every holiday gathering comes more than one delicious opportunity to gain weight. The season also brings longer shopping lists and shorter days, leaving less time to exercise and plan healthy meals.

With last New Year's resolutions a distant memory, you may adopt the yearly holiday mantra: "Come January, I'll get in shape." This holiday season, give yourself the gift of health. By keeping up with your fitness goals, you won't have to spend the first few months of the new year working to get back in shape. Here are five quick tips for keeping your diet and exercise on track:

- Make an appointment with yourself to exercise. If you can't make it to the gym, try working out at home. A new television network from Discovery Networks, FitTV is dedicated to health, fitness and wellness. The channel's no-excuses fitness programs can help you get in shape, in the comfort of your own home and on your own schedule.

- Eat a small meal or snack before you attend events or parties where there will be a lot of food. Snack on fresh fruits, vegetables and high-fiber foods and remember to drink lots of water throughout the day.

- At the buffets, use a small plate to avoid overindulging. Fill your plate with healthy options such as vegetables with low-fat dip or fruit first, leaving only a small space for high-calorie holiday treats.

- Save calories by limiting alcohol consumption. Alternate alcoholic drinks with water or club soda. Remember, alcohol may also make you more likely to overeat.



- Whenever possible—get up and move! Instead of parking close to the mall entrance, opt for a parking spot that's farther away and burn some calories walking from your car to the door. Take the stairs instead of the escalator while shopping. Even trimming the tree and holiday decorating count as great calorie-burning activities.

On almost any day, but especially during the holiday season, there are excuses to skip exercise. By making your fitness a priority this season, it may be the year you don't have to make a New Year's resolution to drop that extra holiday weight. Your plan may be made easier by working out with FitTV. The network aims to have something for everyone, from in-depth information and instruction on fitness techniques to motivational tips and nutritional advice.

To find out more, visit www.discovery.com and click on FitTV, or contact your cable or satellite provider.