

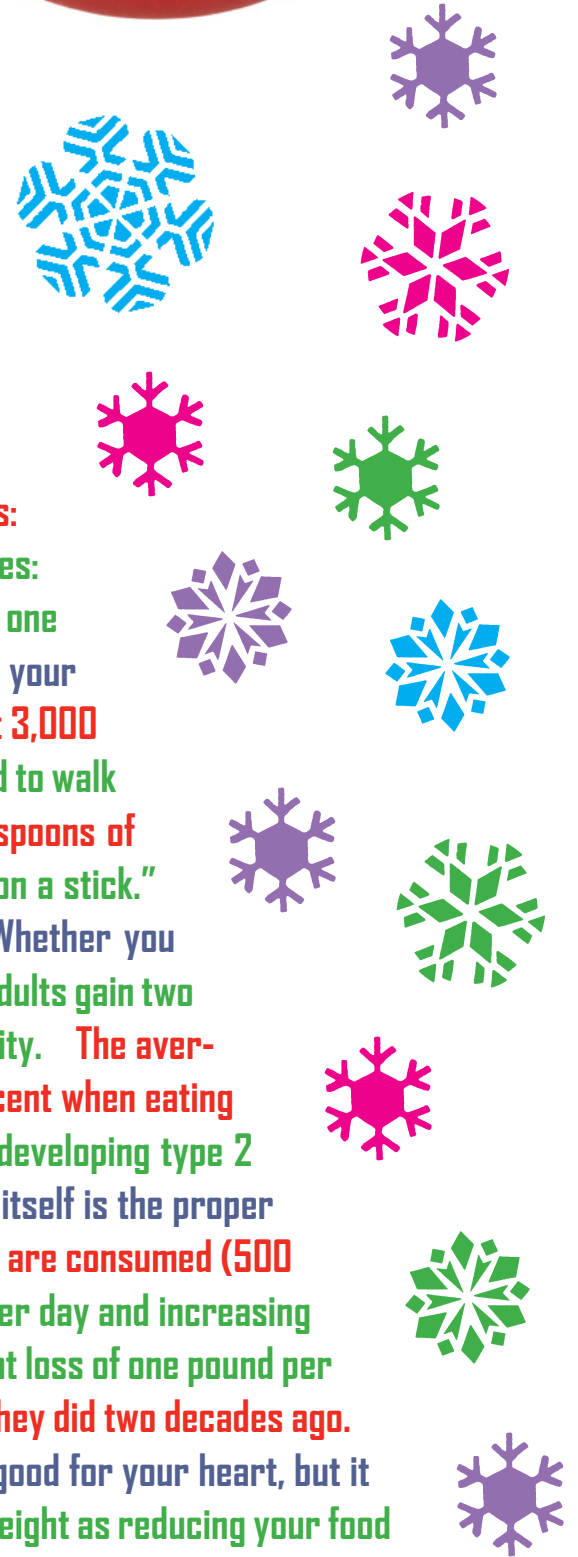
Be sure to drink plenty of water. Being thirsty leads to being hungry.

Try to avoid family and holiday conflict that can lead to stress.

Pay attention to portion size: it's the easiest way to control the amount you eat. The secret is moderation, not denial. Add more protein and save as many as 200 calories a day. A normal serving of turkey is about the size of a deck of playing cards. A serving of mashed potatoes, the size of a computer mouse. I think I just ate my willpower. Sit up straight to eat and hold in your abdominal muscles: you'll eat about 10 % less. Mind the Christmas cookies: eating just 3 Christmas cookies a day can add one to one and a half pounds a week. Don't dig your grave with your own knife and fork. The average holiday meal totals about 3,000 calories and 229 grams of fat—without seconds. You'll need to walk 29.15 miles to walk that meal off. One Candy Cane = 8 teaspoons of sugar. You'll need to walk 17 minutes to burn off this "sugar on a stick."

The average American eats about 150 lbs of sugar a year. Whether you think that you can or think that you can't, you are usually right. Adults gain two hours of life expectancy for each hour of moderate physical activity. The average diner underestimates his or her calorie count by up to 93 percent when eating out. A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of individuals who have not gained weight. Life itself is the proper binge. To lose one pound, a person must burn 3,500 calories more than are consumed (500 calories per day over the course of a week). Reducing calories by 300 per day and increasing daily activity to burn off an additional 200 calories should result in a weight loss of one pound per week. Americans consume an average of 250 more calories per day than they did two decades ago. That's 26 extra pounds to burn off every year just to stay even. Jogging is good for your heart, but it makes your feet mad! You would have to walk 10 miles a day to lose the same weight as reducing your food intake by 1,000 calories. In the United States, approximately seven billion pounds of chocolate and candy are manufactured each year. You may be disappointed if you fail, but you are doomed if you don't try. Taking the stairs for a total of 2 minutes, five days a week gives you the same calorie-burning results as a 20 minute walk. About 40 percent of supermarket foods contain trans fat. Dieting is the penalty for exceeding the feed limit. Sodas are the number 1 source of calories for the average American. Get your family and friends involved. Make wellness a family goal in 2010. There is no such thing as failure—there is only success or quitting.

# HEALTHY HAPPY HOLIDAYS



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