

SIX WAYS TO SUCCESSFULLY NAVIGATE THE “FOOD FRENZY” SEASON

Okay, you pushed back from the Thanksgiving table in complete agony because of the amount of food you put away and although you promised yourself you were going to be better this year, it just didn't turn out that way. Maybe it was the 2nd piece of pie you had or the three servings of stuffing. Whatever it was it's over now. Leave it and brace yourself for the start of what I call the “Food Frenzy Season”, the time of year where food seems to be everywhere.

For some people the Food Frenzy Season started back in October with a bag of bite size chocolate candy bars at Halloween and won't end until they've consumed a dozen or so chicken wings on Super Bowl Sunday. If you're one of those people who plowed through a bag of Halloween candy, you may have felt like you were just getting back on track when bam, Thanksgiving arrived with all its carbs; the mashed potatoes and gravy, the pies, the stuffing...

With Halloween behind us and Thanksgiving just around the corner, there is still time to invoke a little discipline. Look ahead. What food challenges do you still have to navigate this holiday season? Your remaining list may include several holiday parties, a cookie exchange, an employee break room chocked full of baked goods, a gift basket with sausages, several types of cheese and a fruit cake, and endless tubs of popcorn and cookies. So what can you do?



1) Set a goal of maintaining your weight during the holidays. Trying to lose weight during the holidays isn't always realistic and if you limit yourself too much it can often backfire setting off mindless eating and a cavalier attitude, “I've already blown it so I'll just deal with it in January”. Stick to maintaining your weight and you'll be much happier in the New Year.

2) Don't abandon your exercise program. Exercise is a great way to relieve holiday stress and burn some of the additional calories you may be consuming during the holidays. If you feel your time is limited try to stick with your cardio program. Doing intervals on a treadmill for as little as 20 minutes a day will help keep those extra pounds at bay.

3) Plan for and allow yourself a treat here and there. If you arrive at a party and they have one of your favorite foods give yourself permission to have your favorite cookie or dessert just don't let it lead to a cascade of treats.

4) Never go to a party hungry. Always try to eat something before you go to a party and only eat until you're comfortably full. People have a tendency to do the opposite. “I didn't eat all day, because I knew I was coming to this party” Okay. How did that work for you? Answer: I ate everything in sight. Don't fall into that trap.

5) Focus on Socializing away from the food table. The party should be about getting together with friends and family. Take the focus off the food and strive to be a social butterfly.

6) Consume alcohol in moderation. Alcohol accounts for a lot of empty calories. Limiting your alcoholic beverages will serve you well at the food table too, because sometimes when we drink in excess our inhibitions go out the window along with the goal we set of maintaining our weight during the holidays.



Trish McKowen is an NSCA Certified Personal Trainer at the Incline Village Recreation Center. To help with your health & wellness aspirations the Incline Village Rec Center offers 52 Fitness and Aqua Fitness Classes each week, Personal Training, Nutrition Counseling and Goal Setting/Life Coaching. Call 775.832.1330 for more information.