

TIPS AND TRICKS FOR TREATING YOURSELF THIS HOLIDAY SEASON

From fun-size candy to seasonal pies to beloved cookies, treats are a big part of what makes the holiday season special. But if you're trying to lose or maintain a healthy weight, treating yourself to delicious desserts might feel like a setback. Fortunately, there are a few tricks that will allow you to indulge in moderation without losing sight of your health goals.

Plan for exercise

The key to maintaining a healthy weight is to move more and eat less. ***So if you're eating more, you need to move more!***



Ideally, you should work in some form of physical activity every day. Knowing the amount of time and type of activity you would like to commit to will reveal the number of calories you will actively burn each day. The average woman burns about 1,800 calories per day while the average man burns 2,000. We burn these calories in a passive manner. It is the active commitment that makes the big difference.



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Commit to 30 minutes of walking to burn up to 200 calories per day. Does 30 minutes sound like a lot? You can always break your workout down into two 15-minute sessions or three 10-minute sessions.

Design your day

Incorporating good habits into your daily routine will help you stay on track:

Begin your day with breakfast

Eating three meals a day keeps the body invigorated while activating your digestive system, which burns calories.

Move it to lose it

Take the stairs and park farther from the entrance to work in extra steps.

Go the distance

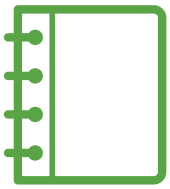
Commit to 20-30 minutes of exercise each day.

Drink up

Drink eight 8-ounce glasses of water per day to stay hydrated and feel refreshed.

Sleep

When sleeping, the average person burns about 60 calories per hour, so make sure you're getting the recommended hours of shut-eye.



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Keep a **food and exercise journal** to reveal patterns and opportunities about your diet and routine that you might not be aware of.

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Count the calories

When you have a treat in mind, check the calorie content. Then balance out the treat calories with an activity. Here's how to walk it off:

TREAT	AVERAGE CALORIES	TIME TO WALK IT OFF
One sugar cookie with icing	100	15 minutes
Three pieces of chocolate	210	30 minutes
Six Halloween candy corns	20 to 95 calories	7 to 15 minutes
One slice of apple pie	290	50 minutes or walk up and down the stairs for 30 minutes



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Choose either a dessert or a drink to minimize your calorie intake. Alcoholic beverages can go down quickly while carrying about 120 calories per serving – as much as or more than some desserts!

5 ways to burn 100 calories

1. Stretching

Doing basic yoga poses for 30 minutes can make you more flexible while helping you relax and use up calories.

2. Taking the stairs

Whether you're at work or out and about, always opt for the stairs. Walking up and down the stairs for 10 minutes is a quick calorie fix.

3. Cleaning

One hour of deep cleaning is the trick to enjoying those treats later on. Now host that party!

4. Jumping rope

While this one might take you back to elementary school, it's also one of the fastest (and cheapest) ways to sweat it off – just seven minutes and you're all set.

5. Dancing

Have a 30-minute dance party and watch those calories crumble.



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Did you know that for every minute you stand, you burn 10 calories? Do your favorite superhero pose and stand with pride. Don't worry if someone sees you – maybe it will make them laugh. Laughter can burn up to 40 calories. Now, remain standing and laughing for 15 minutes. We dare you.

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