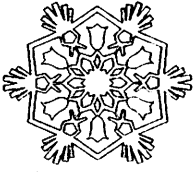


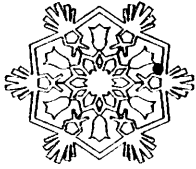
Tips for Holiday Eating



The holidays are a time to enjoy friends, family and food. Contrary to popular belief, you can have all three without putting on the extra pounds! Enclosed is a few simple strategies.



To avoid hidden calories avoid juices, ciders, eggnog and pop.



Balance your holiday meals with plenty of healthy proteins and vegetables



Spending time with family and friends reduces stress.



On average, American gain approximately one to two pounds during the holiday season. While this weight gain is small, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through moderation.



Remember to find a place for fitness in your busy holiday schedule. Physical activity can help relieve stress and burn off some of those holiday indulgences. Walking, skiing, skating are all great ways to get some exercise this Holiday Season!

