

Celebrate the Holiday Season with Weight Loss

Week 12. Three months. For the Healthy Weight III group this has been a tough stretch. Busier work schedules, family get-togethers, and preparing for the holidays have really proven a challenge. How is it possible to still lose weight?

A wise philosopher once said: “own less, do less, say no”. During the Yuletide season, when there is so much pressure to “buy more, do more, and please everyone”, this sage advice can easily get lost. But let’s look at each piece individually, and see why it is so important to follow the guidelines suggested.

Own Less. It is hard not to be influenced by the mass of advertising for products we must have during the holidays. Do you really need one more thing? Maybe the gift of time is the best one of all.

Do Less. In the age text messaging, email, and cell phones it is very easy to get over stimulated and overscheduled. It is OK to turn off your phone, shut down the computer, and take a walk with the dog instead. Taking some quiet time to renew your body and collect your thoughts is important.

Say No. Very few people like to let down others. We want to be there for the kids programs, fundraisers, do the cookie exchange, help to decorate the church, or whatever the “extra” the holidays bring on. If those “extras” are possible only at the expense of a healthy diet and exercise program, then eventually you will burn out physically and mentally. Boundaries help to keep us energized.

Losing weight during the holidays is possible, but it may mean adjusting the balance between your usual diet and exercise routine, with the additional demands of special holiday traditions. Setting priorities can help with time management – and what could be more important than your health?