

Outsmart Winter Weight

For many folks, it starts with the winter holidays. We add pounds celebrating with month-long buffets, irresistible desserts and drinks. This can also be a stressful, busy time when we lose the incentive to fix healthful meals and exercise.

Don't let your attitude weigh you down in the coming months. Instead, focus on your health and some simple changes.

Eat for energy. Smart food choices can help reduce fatigue and control your hunger and stress levels. Fruits, vegetables, whole grains and lean protein sources, as well as drinking water, provide sustained fuel.

Keep track. Record what you eat and drink, how much and when for a few days to spot diet patterns. For example, if you tend to binge on snacks mid-afternoon, make sure you keep healthy choices handy.

Try frequent, small meals and snacks. People who do tend to have steadier energy and a lower likelihood of weight gain than people who eat 2 large meals a day.

Don't leave eating well and exercise to chance. Plan meals and schedule your exercise — fit in something physical every day; write it down if it helps. Being active throughout your day can reduce stress and curb overeating.



High-energy snack picks:

1 cup plain Greek yogurt with fruit

½ ounce nuts and seeds

Nut butter with vegetable sticks

Sliced turkey with bean dip

Note: If you can't resist sweets, chips and other temptations, don't stock them.

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

Ulliance
Enhancing People. Improving Business.

Contact Ulliance—they're here to help!
Call 800.448.8326 or click LifeAdvisorEAP.com.
This confidential service is FREE for
Fabiano Brothers employees and their families.

