

Holiday Hints

Yes, Virginia, You Can Manage Your Weight During The Holidays

(NAPSA)—You may think the only workouts you'll get during November and December will be fighting off crowds at the mall, power-walking to the sale racks, feverishly addressing holiday cards, and hoisting tray after tray of Christmas cookies into the oven.

Not so, according to Lisa Talamini, RD—Chief Nutritionist and Program Director for Jenny Craig, Inc. “Even during this hectic time of year, you can still find time to exercise and maintain a positive mindset,” says Talamini. “In fact, with all the hustle and bustle of shopping, baking and entertaining, it's probably more important than ever to move your body and nurture your spirit.”

Here are some simple ways to maximize energy and minimize stress:

- Enjoy the beauty of the season by taking a hike along a leaf-laden trail, enjoying several runs down a nearby ski slope or ice skating on an outdoor rink.

- Get the whole family together for a rousing snowball fight. Build a snowman. Make snow angels. Enjoy special time together as you model positive exercise behaviors for your children.

- Four hours of shopping can burn up to 800 calories. Park far from the entrance (no holiday valet parking!) and take an extra lap or two to window-shop before you make your final purchases.

- When you're especially stressed, a brisk walk around the block can calm you down and lift your spirits.

- If you overindulge a bit in eating one day, try overindulging



a bit in exercise the next day. Moving more than usual will help burn up those extra calories.

- By spending more time on the dance floor at your next company function—and less time at the hors d'oeuvres table—you'll minimize calories and maximize fun.

- Take a break from the stress of all-day meal preparations by building in three 10-minute bouts of brisk walking.

- Set realistic weight management goals. If your typical pattern is to gain weight over the holidays, just maintaining your current weight will be an accomplishment.

- Practice self-care. Make time to take a luxuriating bubble bath, relax with your favorite CD, give yourself a manicure or curl up with a new book or magazine.

- Don't let a lapse turn into a relapse. If you slip up one day and eat a bit more than you had planned, get right back on your healthy eating and exercise regimen.

For more healthy holiday tips, visit www.jennycraig.com.