

# 10 Strategies to Prevent the Holiday Bulge

## Holiday Season

In November and December, we're faced with every culinary temptation imaginable, which makes it difficult to maintain peak fitness. In fact, it's common for some to pack on extra five to 10 pounds of body fat, which can compromise performance at winter races and make for a slow return to peak form in the Spring.

1. Eat four to six smaller meals daily.
2. Workout before a holiday party or big meal.
3. When eating, SLOW DOWN!!!!
4. Include whole grains, fruits and vegetables on your dish.
5. Take advantage of nutritious holiday foods (pumpkin, cranberries, chestnuts...etc).
6. Offer to bring a healthy holiday dish to holiday parties.
7. Modify recipes with healthier choices.
8. Drink alcohol in moderation, if at all.
9. Don't hang out at the appetizer table!
10. Use a journal to monitor your training and nutrition.

