Tips for the Thanksgiving Holiday

The holidays are here! The parties, rich meals, and less time to exercise. Thanksgiving's turkey, dressing, sweet potatoes and pumpkin pie can undermine the best intentions. Here are some tips to survive the holiday season.

Stockpile exercise. Create a "calorie deficit" by exercising more in advance. Go longer, work harder.

Eat breakfast. Don't try to save all your calories for the Thanksgiving feast. You don't want to be starving when you sit down at the table.

Cook lighter. Whether you're the host or just bringing a dish, try to use less fat and sugar. Reduce oil and butter, and try yogurt or fat-free sour cream in dips, mashed potatoes, and casseroles.

Small portions and seasonal treats. Don't spend calories on foods you can have the rest of the year, but if you have to have some of everything, go for smaller portions. And eat slowly!

Go easy on alcohol. A glass of wine or a spritzer keeps the calories down; sparkling water will help keep you hydrated.

Focus on family and friends. That's the real reason we all get together!

Source:www.webmd.com