lyondellbasell
Advancing Possible

HEALTHY HOLIDAY EATING

HOLIDAY WEIGHT GAIN

The holiday season is a time to celebrate with family and friends. Unfortunately, it also can become a time for over-eating and weight gain.

According to the US National Institutes of Health, holiday eating can result in an extra pound or two every year. The bad news? Most people don't ever lose that extra weight. Over a lifetime, holiday weight gain can really add up!

No one wants to be on a strict diet during the holidays, so don't schedule the holidays for a time to lose weight.

Instead try to focus on maintaining your current weight.

- If you overeat at one meal go light on the next

- It takes 500 calories per day (or 3,500 calories per week) above your normal / maintenance consumption to gain a pound.

PLAN TIME FOR ACTIVITY

If you can't make it to the gym, create a new holiday tradition! Plan group activities with family and friends that take the focus off of food.
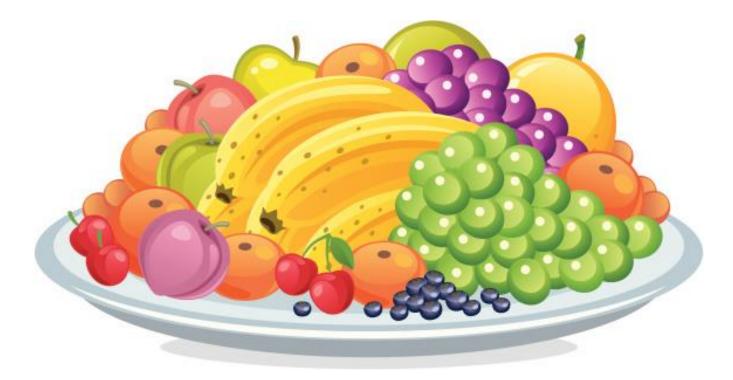
- **Go on a Walking Tour to See the Decorated Homes in your Neighborhood**

- **Have a Dance Off!**
  - The best holiday parties always involve dancing!

- **Go Caroling**

- **Play Games**

- **Tell Stories**

Don't save up calories just to overeat at gatherings.

- **Before leaving for a party try eating a light snack like raw vegetables or a piece of fruit to curb your appetite!**

- **Drink a glass of water before lunch and dinner**

BE A FOOD SNOB

Buffets give an "all you can eat" vibe but if you don't love it, don't eat it!

- **Choose your favorite foods and skip your least favorite.**

- **Try to include vegetables and fruits to keep your plate balanced.**

- **Go light on the fatty foods.**

- **If drinking alcohol, alternate drinks with water.**

life beats

- **Although we may not all gain weight over the holidays, we do tend to eat and drink more and exercise less.**

- **Try to implement these healthy tips during the holiday season. Your body will thank you in the end!**

- **Visit this [Holiday Healthy Eating Guide](#), provided by the American Heart Association, to find more ways you can stay healthy during the holidays.**

Season's Greetings
Merry Christmas
Happy Hanukkah
Fijne Vakantie
Schöne Ferien
Feliz Navidad
नया साल मुबारक हो
חנוכה שמחה
Celebrate Kwanzaa
Happy New Year
दीपावली की हार्दिक शुभकामनाएं
Gelukkig Nieuwjaar