

# Getting Ready for the Holidays.

Planning ahead is the key to staying active and eating healthy during the holidays.



1. Take time to think about potential problems in advance.
2. Write down the problem. List some possible solutions.
3. Choose the best strategy. Write it down.
4. Plan to reward yourself. Write down what you will do to earn the reward. Write down what the reward will be.

## Ten Ways to Get Ready for the Holidays

1. Plan pleasures other than food or drink.
2. Hold a family conference well before the holidays.
  - a. Are we going to have tempting high-fat/calorie foods in the house?
  - b. Get the family to agree not to nag you about what you eat or your activity plan.
  - c. Are there positive ways they can help?
  - d. What changes can be made to the holiday menus?
3. When you decide to eat a special high-fat/calorie food, choose quality, not quantity.
4. Plan ahead to be assertive with hosts. Let hosts know, in a clear and direct way, what you are planning to eat and not eat.
5. Eat something before you go to a party.
6. Decide what you want to do about alcohol. Alcohol increases appetite. It also lowers self-control. If you drink, are you aware of the calories involved?
7. Beware of fatigue, rushing, and tension. Look for early warning signals. Plan nonfood ways to cope, including exercise. Also, make plans to simplify.
8. Prepare for old friends or relatives you see only at holidays.
9. Plan for other pleasures *after* the holidays.
10. Make *reasonable* New Year's resolutions.

