

# 7 TIPS TO STAY FIT THIS HOLIDAY SEASON

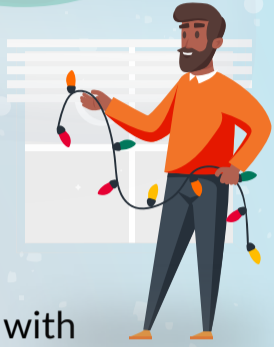


## 1 STICK TO YOUR ROUTINE

Don't use holiday season as a reason to slack off. It is okay to go a little astray but don't break the routine altogether.

## 2 STAY ACTIVE

Don't let winter come in the way of your activity. Do some chores like vacuuming, hang up Christmas lights outside your house or dance with your friends. Even a small step can help.



## 3 CHOOSE A SMALLER PLATE

Trick your brain into eating less by picking a smaller plate. It will keep your portion size in check.



## 4 GET GOOD SLEEP

Sleep deprivation is common during the holidays but it is essential to get good sleep to keep your energy levels up and stress levels low. However, avoid oversleeping as it can cause to weight gain.



## 5 EAT YOUR VEGGIES AND FRUITS

Eating fruits and veggies will satisfy your stomach without adding unnecessary calories. It will also help you avoid binging on unhealthy foods.



## 6 DRINK MORE WATER

During winter moisture is lost from the mouth rather than sweat. Indoor heat causes dry air leading to winter dehydration. That's why it is important to drink water to stay hydrated & feel full.



## 7 EAT, DRINK & MERRY

While it is important to stay abstinent, holidays are all about being merry! Enjoy the delicious holiday foods but just remember, moderation is key.



**Make smart choices and enjoy the holiday season with these weight management tips!**



Talk to our experts to start your custom weight management plan.

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