

Weight Management Newsletter



Welcome- “Holiday Season 2024”

This year, avoid holiday weight gain and welcome in the New Year as a healthier, happier you. Don't follow the crowd this year, instead avoid becoming a victim of holiday weight gain and regret. Stay on top of your good habits and routines. Enjoy the holidays in moderation and without the regrets.



Tips to Avoid Weight Gain During the Holiday Season



Holiday weight gain is a common concern for many adults. Seasonal holidays may encourage overeating, sedentary behavior, and consumption of calorie-rich foods. In fact, between mid-November and mid-January, adults in Western societies gain an average of 1 pound (0.5 kg). This may not seem like a lot, but most people don't lose this extra baggage. Therefore, holidays — no matter the time of year — may be one of the biggest contributors to your total annual weight gain. That said, holiday weight gain is not inevitable.

Stay Active with Friends & Family

Sedentary activities, such as sitting on the couch watching TV, are common holiday traditions for many families. Inactivity may contribute to weight gain, especially if accompanied by overeating. Doing some type of [physical activity](#) with your family may prove beneficial for weight control. Even something as simple as a family walk can get your mind off food and allow you to bond with your loved ones. Community fitness events are popular, like Turkey Trot or Hot Chocolate Run.

Snack Wisely

During the holiday season, unhealthy snacks like cookies and other goodies tend to be available for you to take as you please.

When treats are easy to access, you're more likely to snack unnecessarily.

At home, this problem can be solved by keeping treats out of sight. However, that strategy is more difficult to avoid in situations that you cannot control, such as at your workplace or a family party.

Try to be mindful of your [snacking](#) habits. If you find yourself munching just because there's food around — and not because you're hungry — it's best to avoid snacking altogether.

However, if you are hungry and need a snack, opt for real foods. Fruits, vegetables, nuts, and seeds are filling snacks that don't contain [added sugars](#) or unhealthy fats — both of which can lead to weight gain.

Watch Portion Sizes

When the holidays arrive, it can be easy to overload your plate.

Those who eat larger portions tend to gain weight more easily than those who don't.

The best way to overcome this is to control [portion sizes](#) or use smaller plates.

Tips continued



Practice Mindful Eating

To practice this, eat mindfully and minimize distractions — including work and electronics.

Try to chew slowly and thoroughly, which will allow you to better recognize your body's fullness signals and consume fewer calories.

It can also be helpful to take a few deep breaths before you start eating. This can induce relaxation and help you keep your full attention on your plate, rather than your to-do list.

Get Adequate Sleep

Sleep deprivation, which is quite common during the holidays, may cause weight gain.

This is because those who do not sleep enough tend to be **hungrier**, consume more calories, and exercise less.

Sleep restriction may increase your hunger hormone levels, ultimately leading to higher calorie intake

Control Stress Levels

Keeping up with the demands of the holidays can be stressful.

Stressed individuals commonly have high levels of cortisol, a hormone that's released in response to stress.

Chronically high cortisol levels may cause weight gain, as they have been linked to greater food intake.

Additionally, a stressful lifestyle may cause more cravings for junk food.

For these reasons, it's important to keep stress levels under control in general — but especially during the holidays when you might be busy and surrounded by unhealthy foods.

Plenty of techniques can help you **reduce stress**. Some options include exercise, meditation, yoga, and deep breathing

Protein Focused Meals

Holiday meals are typically rich in **carbs** but low in protein.

However, it's important to include some protein with every meal, as it promotes fullness and may be useful for weight maintenance.

In fact, eating protein with meals may automatically reduce calorie intake by reducing hunger and appetite. Protein is also beneficial for weight control because it increases your metabolism and levels of appetite-reducing hormones.

Bring a Healthy Dish to Share

It can be easy to overeat — or focus on **fattening**, high-calorie foods — at holiday parties.

However, you have control over what you consume. One simple trick is to bring your own healthy dish to share. That way, you can guarantee you'll have something to eat that aligns with your weight goals

Limit Liquid Calories and Deserts

Savor the desserts you do indulge in, simply taking the time to eat them slowly — which may leave you feeling more satisfied and less likely to overdo it.

During the holidays, alcohol, **soda**, and other calorie-rich beverages are prevalent.

These drinks can contribute a significant amount of sugar and empty calories to your diet, which can cause weight gain. Additionally, **alcohol consumption** is often linked to increased appetite and is a risk factor for weight gain.

Losing Weight as A Couple

Avoid Comparison

Weight loss as a couple is not a competition. Everybody is different, and it's unfair to compare your progress to your partner's. "Celebrate the uniqueness you bring to the relationship without focusing on who is 'winning,' who is 'not as committed,' or who could 'step it up,'" "The goal should not be to 'win' but rather to work together to reach shared goals."

In other words, be each other's cheerleader and acknowledge your own successes along the way. That includes achievements that go beyond the scale.

Share Responsibilities

While partaking in joint routines and activities can support your weight loss journey as a couple, the reality is life is busy and routines vary. It's important to take turns with house and family duties to give each other time to practice healthy habits. "Schedules will not always be in sync, so being each other's helper in the day-to-day responsibilities will.

Remember, It's a Lifestyle

"Losing weight is one aspect. Keeping it off is a whole other ball game," maintaining shared weight loss goals even once you both hit your goal weight. "This part is just the beginning, and keeping it off together may pose an even greater challenge."

Once you accomplish your weight loss goals as a couple, take time to celebrate the big win while continuing to practice the healthy habits that helped you get there in order to achieve long-lasting results. It's also a good opportunity to check in with each other and set new individual or joint goals.



Client Spotlight

Cheryl: Age 60, Height 5' 0", Starting weight 170 Current Weight 129,
Weight loss -41 lbs

Darrell: Age 60, Height 5' 9", Starting weight 233 Current Weight 185,
Weight loss -48 lbs

What was your motivation for beginning your weight loss journey?

Simply health reasons for both of us.

Cheryl: I was taking two prescribed antacid medications. I had acid reflux at night which sent me to the hospital twice. I also took Celebrex for my knees to which the doctor said I would need knee replacements within 5 years. Something had to give and I knew it was my weight. I am currently off all medications with no issues.

Darrell: My father had a massive heart attack at the age of 51. I have hereditary high cholesterol and high blood pressure. Continuing to be over weight drastically increased my chances of repeating my father's path. He was overweight and had poor eating habits. He passed away at 72 years old due to his poor health. Making this change was necessary to change the health course I was on.

What lessons did you learn? We discovered we were eating not only the wrong foods but way too much of it. We often ate out of habit or boredom. Correcting just these two habits has made a dramatic difference in our eating. Sharing a meal when we eat out has become a new habit and we leave the restaurant content.

What recommendations would you give others beginning their journey?

Be patient. You will go through periods of no weight loss but remain committed and it will come off. We used an App (MeThreeSixty) that kept track of our measurements. At times we would lose inches but the weight would be the same. Seeing the difference in our weight or measurements motivated us to keep going.



Supplement of Month

N-acetyl cysteine (NAC) is a supplement form of cysteine, a conditionally essential amino acid. NAC has many health benefits, including replenishing antioxidants and nourishing your brain

At a glance, supplementing with NAC may help:

- replenish glutathione, an important antioxidant
- detox your body
- treat overdoses of acetaminophen
- regulate glutamate, a neurotransmitter involved in mood regulation
- relieve respiratory symptoms
- support cognitive functions like memory and learning
- reduce inflammation
- support sugar regulation and reduce insulin resistance
- protect heart function
- improve your immune system

N-Acetyl Cysteine

\$20.00

This derivative of the amino acid cysteine is often used as the preferred substrate for intracellular glutathione synthesis. It also assists detoxification, provides cellular antioxidant protection, and is much safer than cysteine.†

500 mg 90 capsules

Suggested Use: 1 to 2 capsules daily.



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Also at IHC Pharmacy