



## Get Fit. **Life Tip.** **Don't be Over Stuffed**

When the holiday season comes around we are often faced with the temptation of all the comfort foods; pies, grandma's cheesy mac n' cheese, fried appetizers and then some. While its okay to partake in the traditions, just be sure that it doesn't deter you from the progress that you've made up until then. Here are some simple ways to enjoy the holiday feasts without seeing it on the scale.

- Eat the white meat in poultry which is leaner than dark meat.
- Don't arrive to the holiday party hungry, you are more likely to binge. Eat a healthy snack before the feast.
- Fill up on fiber! The vegetable platter, vegetable side dishes, salads are all great ways to keep you fuller longer and load you up with nutrients. Just make sure they aren't covered in cheese, butter, fried, etc.
- Drink lots of water to stay full and aid in digestion.
- Eat small portions so you can try a little bit of everything without over doing it.
- Continue your workouts throughout the holiday festivities; it will help keep you on track, relieve stress and still let you enjoy the holidays.
- Reduce or avoid alcohol which is filled with empty calories; if you do drink be sure to drink plenty of water between cocktails.
- Substitute healthier ingredients (egg whites, egg substitute, fat free dairy products) and healthier methods of cooking (steaming, roasting, using less fat and oil) for your favorite dishes.
- After eating take a walk, it will allow the food to digest and take away the temptation of eating more.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

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