

Happy Holidays from Dr. Rogers Centers

Do you want to end the year **STRONG** and **Guilt-FREE**?



Here are the 7 secrets to staying healthy during the Holidays.

1. **Plan ahead for your holiday routine**
 - If you are off work and out from your normal routine, establish a new one that will work for your schedule. Simply planning breakfast is a good start.
2. **Be honest with loved ones**
 - They say "Food is an expression of love, especially during the holidays." Saying "No Thank You" can be tricky, BUT it is not impossible! Try this instead: "Your Christmas dessert looks amazing, but please do not be offended if I only have a small piece. I feel so much happier since losing and I want to continue feeling good." After all, if they support you and have your best interest at heart, they will want you to remain happy too.
3. **Remember what you are aiming for, and why**
 - Trust yourself. You have all the tools provided by Dr. Rogers Center's staff to be ready for the holidays. Make sure you have set up clear and obtainable goals over the holidays and do not hesitate to ask questions when you come in for your follow-up visits. We are here to help! You are in CONTROL of the choices you make.
4. **Be real, not perfect**
 - Spending time with your family and friends is what make this time of year so special. It is okay to enjoy yourself. It is all about MODERATION and BALANCE. If 80% of your choices are healthy ones then you are on the right path to being successful. Be POSITIVE & plan ahead!
5. **Have fun making healthy tweaks and recipes**
 - Enjoy yourself in the kitchen. Try some of the new recipes we have provided on our website and holiday handouts. Experiment with recipes you have been excited to try. Make healthy swaps while modifying the ingredients as needed. Change is good.
6. **Slow and steady wins the race**
 - Eat slowly and savor every bite. Remember, it takes about 20 minutes for the stomach to signal the brain that it is full, so if you eat too quickly you will probably already be on the second round. In other words, take your time and chew slowly.
7. **Start a new family Christmas Tradition**
 - Take a brisk hour-long walk with your family. This could be just what everyone needs to spend more quality time together. Discuss your goals for the next year with your family and set new ones for the upcoming year together.