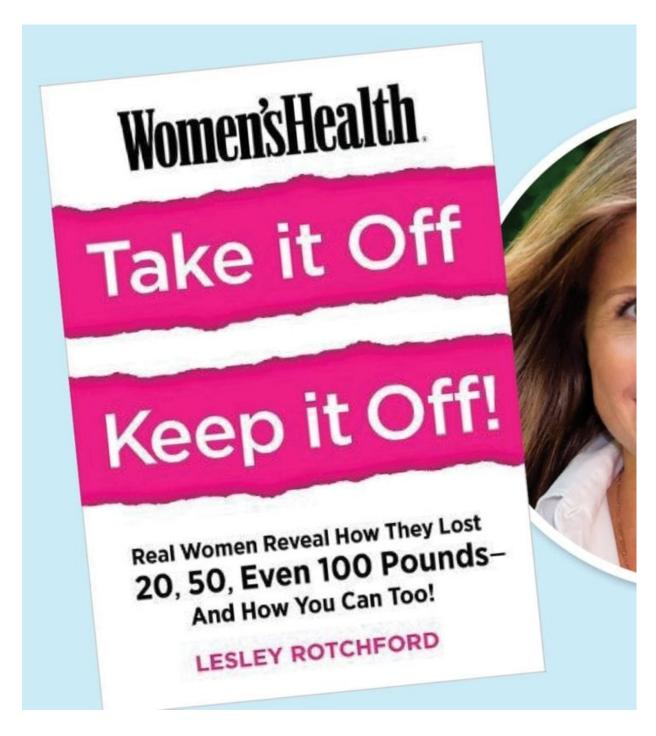
How to Get Fit After the Holidays

By Judy Koutsky



Between the holiday parties and ever-present treats, December can be a tough month to make healthy *Women's Health Take It Off! (\$12.91)*, for easy-to-follow-tips for the holiday season and beyc

"Most people gain an average of one pound over the holiday season (overweight people gain five or mo new gym memberships, most people don't take the weight off in the new year," says Rotchford. Setting now will prevent holiday weight gain, so you have less damage to undo in January. Here's how:

Keep temptation at bay

"The key is avoidance," says Rotchford. If your coworker has peppermint bark sitting out on her desk, tal tempted to pop a piece in your mouth every time you walk by. And bring your own pre-portioned snack yogurt, or a Ziploc bag containing cut-up veggies or 1-ounce portion of almonds) so you aren't starving a

"At parties, stand as far away from the food table as possible to prevent temptation," says Rotchford. We Food and Brand Lab showed that people with higher BMIs were more likely to seat themselves facing the

Avoid common holiday mistakes

First, skip the pre-party snack. Rotchford says this favorite advice from nutritionists doesn't work in prac advice. If there's guacamole in front of me, I'm going it eat whether I'm hungry or not—especially if I'm d like meatballs and pigs-in-blankets, which are easy to inhale without realizing it. Instead, take time to matwo, but fill up on mostly healthy options.

Use the holiday time to ease into a New Year's program

Key word here is *plan*—not start. "The holiday season is not the time to suddenly adopt a strict exercise shopping, cooking, tree trimming, and other holiday festivities, none of us have a spare moment—not to everyday." Same goes for intense dieting. There's just too much temptation. Instead, use this month as a shows it takes 66 days to develop a new habit. So get a jump on the process by establishing a few *mana* three times a week and only drinking on the weekends. "When I say manageable, I mean something you every single day and not drink at all are not habits most of us can swing this time of year," says Rotchfor will start to have become ingrained and you'll feel healthier—which will make you want to keep them up