

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! Keep It Off!](#) (\$12.91), for easy-to-follow-tips for the holiday season and beyo

"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, talk to her and ask her to put it away. Or, if you're tempted to pop a piece in your mouth every time you walk by. And bring your own pre-portioned snack (like a container of yogurt, or a Ziploc bag containing cut-up veggies or 1-ounce portion of almonds) so you aren't starving and

"At parties, stand as far away from the food table as possible to prevent temptation," says Rotchford. With the help of Food and Brand Lab, they 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 practice. If there's guacamole in front of me, I'm going to eat it whether I'm hungry or not—especially if I'm drinking wine. Instead, take time to make a plan. "I like meatballs and pigs-in-blankets, which are easy to inhale without realizing it. Instead, take time to make a plan, 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 routine. Instead, use this month as a time to ease into a New Year's program. Shopping, cooking, tree trimming, and other holiday festivities, none of us have a spare moment—not to mention the time to exercise everyday." Same goes for intense dieting. There's just too much temptation. Instead, use this month as a time to ease into a New Year's program. "It shows it takes 66 days to develop a new habit. So get a jump on the process by establishing a few manageable habits three times a week and only drinking on the weekends. "When I say manageable, I mean something you can do every single day and not drink at all are not habits most of us can swing this time of year," says Rotchford. "By the time the New Year starts, you will start to have become ingrained and you'll feel healthier—which will make you want to keep them up."