

## Survival guide for healthy holidays, beyond

**H**olidays revolve around food, family and friends. Christmas is a time of joy but it also represents serious temptation for a dieter. Here are your Top 10 Holiday Survival Guide tips to help you succeed instead of "starting over" after the New Year:

- (10) **SLEEP.** Getting enough sleep could lead to less overeating. Sleep-deprived conditions would more likely make you feel hungry and have larger appetites.
- (9) **COMPROMISE.** Let yourself indulge here and there, as long as you're willing to have it as part of a compromise. Wine or dessert is okay but not both.
- (8) **TRAIN.** Train your brain before actively trying to lose weight. Focusing on weight-maintenance skills before worrying about weight loss can create a teachable moment and foster a sense of accountability.
- (7) **DRESS.** Dress to Impress. Buy yourself some nice workout clothes (better yet, get our Bench Gym outfit!).
- (6) **DRINK.** Be careful of what you drink. While diet sodas are better than their high-calorie counterparts, you should drink them only occasionally because the more diet soda you drink, the more likely you are to gain weight.
- (5) **FRIENDS.** Surround yourself with health-conscious friends. Social influence is indeed a big factor in weight loss and gain. Those who socialize with leaner friends tend to maintain their weight, or even lose a few pounds.
- (4) **EXERCISE.** It can encourage people to eat healthier because of certain brain changes that affect impulsive behavior. Exercise not only affects energy output, but it also may affect how people respond to food cues.
- (3) **FIBER.** Eat foods high in fiber. These foods tend to be lower in fat and more filling than foods without fiber.
- (2) **WEIGH.** Weigh yourself. If we don't accept the reality of our weight changes over time, we're not going to be motivated to lose weight. It's important to be attuned to even small changes in body weight because, over time, they can really add up.
- (1) **GET HELP.** Hire a fitness trainer! The biggest barrier to weight loss is sticking with it. Trainers can motivate simply by watching over you. With them on the sideline, you know someone will notice and correct you if you skip that workout, or if you don't give it a good effort and hold you accountable.

### Happy birthday, Dominic!

Help us celebrate  
Dominic's Birthday  
Friday, Dec. 14 | 6 pm  
at our



### GREEN HOLIDAY PARTY

Think Green | Eat Green | Get Moving



**BUZZ** A new study suggests that the positive effects of green exercise may have more to do with the color green than with being surrounded by nature. The study is the first to show that the color green may contribute to the feel-good benefits of outdoor exercise.

**TRENDING** The Los Angeles City Council declares Mondays "Meatless." For one day a week, Angelenos are encouraged to eat a more varied plant-based diet to protect their health, animals and the environment. More than half of LA County adults are overweight.



### HOLIDAY TREAT

Sign up a friend and get a free massage with Bench Gym's massage therapist, Juan Del Risco. Call or e-mail for details.