

Early Resolve



by Chris Cosich

The holidays are right up upon us and festive social gatherings have filled the calendar. At every turn dazzling arrays of copious quantities of mouth watering foods will threaten to sabotage even the most disciplined amongst us. Overindulgence seems subconsciously desired, hence, inevitable. The mantra of many is "live for today and worry about it later." But after the ball has dropped, the Bowl Games are over, the leftovers finished and the sugar buzz subsides, the waistline has widened yet again and the regrets creep in. Why not take positive action now, so that on the first of the year you are not making ANOTHER resolution to rid yourself of ANOTHER notch to your waistline, or a size on that dress.

Get a glass of seltzer with a citrus garnish to have in your hand and refill as needed—no one will notice you're not drinking and you'll cut down on empty alcohol calories.

If you're not exercising — start. Saying you don't have the time is hogwash. 40 Minutes 3 x per week is easy. Millions do it and still make it to their parties. If you need motivation, hire a trainer as a gift to yourself for the holidays. Having a commitment to a pro-fessional that you have to see regularly helps thwart giving into the sloth of holiday indulgence. If you are exercising, follow these simple tips that are applicable to all who view the holidays with a certain zealous fatalism.

Party Goers:

- Eat a small portion of protein and veggies before you arrive—you won't be tempted to eat the starchy appetizers that will surround you.

- Get a glass of seltzer with a citrus garnish to have in your hand and refill as needed —no one will notice you're not drinking and you'll cut down on empty alcohol calories. Save the spirits for the real festive times and, even then, be moderate.

- Asked to bring a dish? Choose a healthy recipe such as mashed sweet potatoes with low-calorie maple syrup and cinnamon rather than candied yams.

- Grab for vegetables and nuts versus the starchy hors d'oeuvres.

- At a buffet — go first to the proteins and vegetables, you'll eat far less of the rich buttery foods, if at all.

- If you must have dessert, ask for a small portion of your choosing. There is nothing written in stone that says you have to try a piece of everyone's "specialty". Trust me, they'll get over it.

- Most of all remember, no one is holding a gun to your head to eat everything crossing your path. As Oprah Winfrey often repeats, "Holidays are one day, not a season." You don't have to turn a few days into six weeks. The choice is yours. You can take charge and pay now or pay — with interest. What will it be?

■HJM

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