

## Lose That Holiday Pounds!

Many of us experience how the traditional Filipino holiday comes with festive eating. Now that another year has welcomed us, it's time to focus on other goals. Achieving objectives is much easier if we stay fit and healthy along the way. Here are some tips to start the year fittingly well:

1. **Drink water.** Drinking at least a glass of water before you even start eating. Also, replace usually drinks with water or at least, skip adding sugar at your daily coffees and teas. Water does not only reduces your hunger level, it also helps the digestive system to better digest and process the foods we eat.
2. **Count to 10.** Studies suggest that the average craving lasts only about 10 minutes. So before caving in to your urge, set your mental timer for a 10-minute time-out. Use the time to tackle an item on your to-do list; choose one that will give you a sense of accomplishment — and get you out of the kitchen.
3. **Eat more often.** People who have kept their weight off for more than a few years tend to eat an average of five times a day. Light, frequent meals curb your appetite, boost your energy, improve your mood and even speed your metabolism, since the process of digestion itself burns calories.
4. **Take one-third off.** One of the most successful ways to shred all the extra pounds is by following the 'one third' rule. This rule consists on setting aside one third of your meal aside. Whenever you sit on the table and are ready to eat, take your plate and remove from one third of your meal. You don't have to select the foods you eat, try just to keep them healthy filled with nutritional values. Just consume only 2/3 of the meal. This simple tactic could subtract more than 500 calories a day.
5. **Go easy on sodas and alcohol.** Soda drinks and alcohol are both a big source of unnecessary calories. Only one 3.5 to 4 ounce glass of wine contains almost 90 calories. Not to mention cocktails that may contain over 200 calories each! Soft drinks like sodas are the most popular drinks containing empty calories which can only make us gain weight. So, next time when you decide to buy or order on of these types of drinks, just try to think twice...
6. **Think positively.** Experts note that low self-esteem is a major cause of overeating. Train yourself to focus on your best points rather than your weak spots. Buy clothes that fit and flatter you at your current weight. Update your hairstyle and get a make-up consultation so you feel attractive today.
7. **Give yourself a break.** No one says you have to reach your goal without making mistakes along the way. Tell yourself you can succeed in losing weight by taking things one step at a time and starting fresh whenever you slip up. If you overeat one night, just get back on track in the morning by focusing on what's worked for you in the past.
8. **Relax!** Some people binge when they're stressed. A Yale University study found that women who secreted the most cortisol (a hormone released during stress) ate the most high-fat food after stress. The combination of cortisol and insulin prompts the body to store fat in preparation for possible starvation — just what you don't need. If stress has a stronghold on your life, try learning yoga, meditation, or simple breathing exercises.

Source:

<http://www.rd.com/health/diet-weight-loss/20-ways-to-lose-weight-after-the-holidays/>

<http://www.trifind.com/blog/5-simplest-ways-lose-holidays-weight/>