10 tips to gobble [without the added] wobble
follow these tips to prevent unwanted holiday lbs!

**tip #1: rest up**
Take advantage of time off and get 7-8 hours of sleep to boost metabolism and ward off weight gain (fewer zzz’s = 30% more likely to pack on lbs).

**tip #2: up & at ‘em**
Keep stress levels and your waistline in check by being active for at least 30-45 minutes per day — get moving in the am to make sure you fit it into your busy day.

**tip #3: go smaller**
Good gifts come in small packages! Use this idea when choosing your dinner plate to consume less. Pile on veggies + protein first, then enjoy foods you can only have once a year.

**tip #4: rally the troops**
Being active with family and friends is a great way to stay in shape while spending quality time together. Find a local turkey trot!

**tip #5: drink to excess**
H2o that is! Guzzle the good stuff before each meal and you’ll consume 75-90 fewer calories and stay hydrated too! Research shows that people who drank 2 cups before each meal lost an average of 4.5 lbs over those who didn’t.

**tip #6: rise & dine**
Eat breakfast! Whether it’s a quick bowl of cereal or a spread of eggs, toast and fruit, take the extra few minutes to get your metabolism started and consume fewer calories the rest of the day.

**tip #7: party patrol**
Enjoy the people at the party and don’t linger by the food table. Ladies can take a clutch-sized purse or men can carry their coat or cell phone in one hand, leaving only one hand available for that champagne class. Free hands + buffet = holiday scarf-downs.

**tip #8: snack smartly**
Snacking is good, but not when it’s unhealthy. Try high protein snacks like nuts, Greek yogurt and fruit to avoid overeating during the Thanksgiving feast.

**tip #9: indulge wisely**
Don’t waste calories on boxed cookies or candies — choose a dessert that’s worth it! All of them look good: Try a 2-bite sampler of a couple and enjoy with a cup of coffee or tea to savor the seasonal treats.

**tip #10: seconds are for losers!**
Look over all the food options and choose indulgences wisely. Going back for seconds is quite unnecessary and just a holiday habit that leads to tummy aches and tight pants.