

MedBen

WellCare

benefitness for you.

Vol. 2, No. 11

November 2014

Giving Yourself the Gift of Wellness

It's no great mystery why "lose weight" and "get in shape" are among the most popular New Year's resolutions. The period from Thanksgiving to January 1st provides numerous opportunities to toss healthy habits to the curb. But with a little planning and a measure of self-control, you can make it through the holidays with no regrets.

With all the cookies and candies available at office parties and family get-togethers, willpower can get tested. But you don't have to deprive yourself of the occasional treat, so long as you **practice moderation and portion control**. One good idea is to eat a high-protein snack on your way to an event, so you'll feel fuller when temptation beckons.

Also critical is to balance those extra goodies with **exercise**. Get into the habit of going for a walk or jog after a big holiday meal (invite your family and friends for an added incentive). Or if the party runs into the wee hours, make a promise to yourself to get in a workout first thing tomorrow morning – and keep it.

One more thing: If you haven't taken care of your **annual wellness exam**, schedule an appointment with your family doctor today! You'll get guidance on lifestyle changes that you can make to ensure a healthier new year – or better still, you may get an affirmation to keep on doing what you're doing!



'Tis the Season to Stay Healthy (and Happy!)

Here are a few more tips for surviving the holidays without putting on the pounds.

- **Don't let yourself get hungry.** Eat three meals a day and healthy snacks.
- **Don't drink your calories.** Stick with water and tea – and if you drink alcohol, favor wine or light beer.
- **Avoid emotional eating.** Eat because you're hungry.
- **Don't get derailed.** Commit to healthy eating for non-holiday related meals.
- **Don't enable.** If you host a party, offer healthier options.
- **Get plenty of rest.** Sleep deprivation can contribute to weight gain.
- **Focus on the holidays.** The most important thing is spending time with loved ones and creating memories.

SOURCES: Fox News, Dr. Ann Wellness, Whole Foods Market

MedBen
WellLiving

1975 Tamarack Rd. • Newark, OH 43055 • (800) 423-3151 • www.medben.com