



Welcome to my monthly newsletter. Here you will find some information on Wellness, Upcoming events, Fitness, Healthy Eating Tips & What's New. I hope you enjoy it. - Rhonda



How to Avoid Overeating during the Holidays!
Tips for eating less at parties

IN THIS ISSUE:

- How to Avoid Overeating during the Holidays
- Healthy Nutrition Tip
- Upcoming Events – Reminder
- Christmas Gift Ideas – Available @ Rhonda's Fitness:
 - o "Fitness from the Chin Up" DVD
 - o Gift Certificates



Fitness is from the Chin UP!

Tis the season when parties are all around us. . . Christmas, year -end parties, office parties, New Year's Eve parties, etc. With parties come a lot of food and only one stomach to handle it all.

Here are some tips to avoid overeating and weight gain during the holidays:

- **Enjoy a healthy snack and a glass of water before attending a party.** Snacks such as fruits, vegetables, whole grain crackers, or protein. Drink a glass of water before meals; it gives the stomach a fuller feeling.
- **Wait between each different type of food** before trying something else. Determine if you are still hungry. If not, walk away from the buffet table.
- **Choose a Salad as the Entrée.** Greens are not only healthy; they give the stomach a fuller feeling for a longer period of time. Ask for very little dressing or order it on the side.
- **Choose Low Fat and Low Calorie Dishes.** There is certain to be healthier food choices for the health conscious. Choose grilled or baked options vs. fried.
- **Serve yourself smaller portions** of the meal or use a small plate to control the amount of food consumed. If the portion served looks "biggy size," share it with somebody else or eat half of it.
- **Eat slowly and chew your food.** Savor the taste of the food before swallowing or gulping it. Give your body more time to digest it.
- **Do not forget to exercise.** Exercise will burn the extra calories consumed at parties. It also helps you to digest heavy meals and activates your metabolic system.

Remember. . . Attending a party is not just about eating and/or drinking. Enjoy hanging out with friends and family. The trick to avoid overeating is to choose wisely, eat smaller portions, and exercise. **Happy Holidays!**

PERSONAL NOTE:

Thank you for voting me "2009 Best of Fresno - Fitness Trainer"



UPCOMING EVENTS -
Reminder . . .

The Toys 4 Tots Holiday Fun Run is this Saturday, Dec. 5th @ The Fresno State Campus. If you signed up for "Team Rho Fit," please meet me at my booth by **7:40 a.m.**

HEALTHY NUTRITION TIP

I have a phrase that I say to myself each day to motivate me... "**Look at food as fuel, so I can do great things.**" If we think of food in a different way we can control our weight issues. Ask yourself this question. Why do I overeat? Is it because I'm really hungry? Or is it something else? Overeating comes from inactivity, situational changes like depression, divorce, job loss, etc. Things that we all experience at one time or another. **My personal tip this holiday season is for you to think of food as fuel to your body and not as comfort. Take time for yourself and enjoy being around friends and family.**