Tips for Managing Healthy Behaviors During Events

Holidays, birthdays, graduations, anniversaries, Super Bowls, potlucks, promotions, office parties, picnics, and more. Special events throughout the year tend to derail our best intentions. Choose one or two of the following tips to try during your next event.

- Don’t decide the next few days don’t count because you will resume your diet after the event. Make your resolution: Beginning now, I will not overeat.
- Determine that it is an event, not an excuse to leave your entire plan behind.
- Plan indulgences into your plan. Total deprivation can lead to overindulgence.
- Pick your indulgence prior to the event
- Avoid the all-or-nothing approach. Strive for achieving 80% of perfect.
- Don’t put your fitness goals on hold during the event.
- Keep a record of your activities. Reward yourself at special milestones.
- Share your workouts with a family member, friend, or co-worker. Get out and power walk together.
- Use the event to create quality family time. Turn off the TV and go bike riding or sledding with the kids.
- Eat regular meals prior to a party
- Eat a snack before going to a party
- Socialize more – eat less
- Position yourself away from the buffet table and snacks
- Follow the 3 Bite Rule: 1st bite tastes great, 3rd bite is satisfaction and throw away the rest.
- Plan healthy snacks if you are the hostess
- Take healthy snacks if it is potluck
- Make a fruit tray with unusual fruits or veggies
- Eat small amounts of various foods
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- Ask the hostess for a doggie bag when the party is over, because “you are too full now”
- Substitute sparkling water or flavored waters for high calorie beverages.
- Use alcohol sparingly. It decreases your self-control.
- If you are cooking, prepare healthier versions of traditional dishes.
- Be mindful of what you are eating. Don’t get carried away in conversation and eat thoughtlessly.
- Plan. Think about what you will do prior to special occasions.
- Plan on not dieting after the event. The anticipation of a diet can set you up for binge-type eating.
- Make one plate of foods that you really want.
- Eat slowly, savoring each bite.
- Pop a mint or piece of gum in your mouth immediately after eating.
- Nurse a tall glass of water all evening.
- Maintain perspective: Overeating at one meal need not break your eating plan. Plan to get back to usual routine the next day without guilt or despair.
- When you eat a scrumptious pie, leave the crust.
- Use a small plate.
- If you hosted the party, donate the leftovers to a homeless shelter.

Source: TrestleTree