

Holiday Weight Gain Can Be Managed

(KAIR)--The arrival of the holiday season brings the opportunity for many of us to indulge in some of our favorite foods. There's a common perception that everyone gains at least a bit of weight during the holidays as a result, and for most people, this is true.

K-State Research and Extension family and consumer science specialist Sharolyn Jackson says that this weight gain is a result of eating more, and exercising less. She says that most people gain 1-2 pounds over the holidays, with some people gaining 5-8 pounds. That is not that concerning on its own, but a lot of people are not losing that weight once the holidays are over, and can even carry it over to the next year.

She adds that it is important to remember to not completely stop any physical activity that you may be doing for the rest of the year. Even if it is not as much as you normally do, that exercise will make it easier for you to get back into your normal routine once the holidays are over.

Jackson says there are three key components to having a healthy and enjoyable holiday season. You should find some time for physical activities, plan your meals, and get plenty of rest.

More information on health and nutrition is available at county and district Extension offices, and at the Extension website ksre.kse.edu.

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