

Smaller Portions, Exercise Can Help

**It's a good idea to slow down and focus on enjoying friends and family during the holidays. Eating too much food can often take away from being able to do that.**

**Holidays seem to be a time when we go on auto-pilot, and we like to eat most of the foods that are there and available. I think one reason we do that is because it's the holidays; this is not food we traditionally eat throughout the year.**

**When you are in the 'Season of Feasting' and you want to sample everything in front of you, just take small amounts of it. It's okay. You won't offend anyone. It's okay to take just a tablespoon or so.**

**Start with your favorite foods first: That's when you're probably most hungry and food tastes**

**the best. You can satisfy your hunger and enjoy your favorite foods.**

**Eating too much often leads to needing rest, which takes away from the reason for getting together. You want to be able to enjoy people, but if you over-stuff yourself, you probably just want to be left alone because you need your stomach to settle down.**

**Make time for exercise like going on a family walk. Do something that your body will thank you for.**

**If you can turn your holiday gatherings into enjoying the people around you and not so much focus on the food itself, you'll find that others won't even notice and if they do they might take your lead.**