

## Health Tip of the Month

### Weigh in on the Holidays

This holiday season  
share the gift of good health.

It's hard to stick with a diet plan during the holiday season. Over eating is hard to avoid. Eating healthy is even more of a struggle.

Instead, **set a goal to maintain your weight.** It is an easier challenge to tackle.

Enjoy the  
company of your  
family without  
eating too much!



Here are some clever  
ways to say “no” to  
the ones you love.

#### Avoid that extra drink.

Say **“No, thank you. I’m driving home this evening.”** OR carry seltzer water so you can always have a drink in your hand.

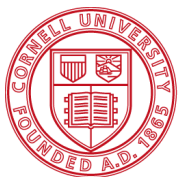
#### Everyone wants you to eat more.

Say **“I will a little later!”** OR **“I had some earlier. It was delicious!”** OR take it home so you can enjoy it later.

#### They won’t take “no” for an answer.

Politely decline by saying **“Once I start, I won’t be able to stop! And I’m sure it’s so delicious!”**

You’ll find that maintaining your weight  
during the holidays is not impossible.



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**Worksite Wellness Initiative:** by Camille Gregorio, Dietetic Intern  
CUNY Hunter College 26: 12/12  
More Health Tips? visit <http://nyc.cce.cornell.edu>