



Healthy Holiday Eating 60 Sec PSA

Between hearty helpings of turkey and fixings, heaps of cakes and cookies for dessert, and a bunch of food-filled holiday get togethers with family and friends, you're bound to gain some extra weight over the holidays. But, believe it or not, there are ways to savor the tastes of the season without packing on the extra pounds.

Several studies say that the average American with a normal BMI gains about one to two pounds between Thanksgiving and New Year's Day – and that one to two pounds can increase up to five pounds if you are overweight or obese.

It can be hard to deprive yourself of tasty treats, but at least try to enjoy them in moderation, and do your best to stick with some form of exercise routine during the holidays. Research shows that sleep deprivation can also contribute to weight gain and stalled weight loss, so make sure you are getting enough sleep during this busy time of year, too.

For more tips to help you stay healthy during the holidays, visit Alabama-Public-Health-dot-gov-slash-nutrition. That's Alabama-Public-Health-dot-gov-slash-nutrition.

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