

# Start now to avoid weight gain from gastronomic holiday foods

Contributed by Brenda Bark, a personal trainer and owner of Focus On Fitness, in Chandler.

## FITNESS

make a New Year's resolution to better your diet and exercise habits.

**B**eginning with Thanksgiving and continuing up to the deep-fried chicken wings of the bowl-game stretch, we relish in our favorite mouthwatering gastronomic delights.



**Brenda Bark**

Most of us will reflect the evidence of our revelry with significantly stouter silhouettes.

Clients have come to me after gaining as much as 10 to 15 pounds over the winter holiday period.

I offer three keys to keeping the extra weight off this holiday season:

» Be proactive. Start your exercise program today. Don't procrastinate or wait to

» Don't slack if you already have a good regimen. If you can help it, this period should not be a holiday off exercise.

» Before and after the days when you indulge in excess of your normal level of consumption, increase your cardiovascular workout duration, and eat lower-fat, lower-cholesterol, lighter meals.

One of my favorite resources for these types of dishes is a cookbook titled "Eating for Life," published by High Point Media and written by Body For Life creator Bill Phillips. Inside, you will find several dishes in which you can incorporate your Thanksgiving dinner leftovers.

Let's all give thanks to the friends and family we have, and encourage lifestyles for health and longevity for all.

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