



## How The Internet Can Help Your Diet During The Holidays

T'is the season of decadent foods, overeating, and missed workouts. During this time, you are so busy shopping, travelling, and gathering with friends and family to celebrate that it can be easy to let routines slip a little. Unfortunately, many people will put on anywhere from 3 to 7 pounds in December alone. It may be a whirlwind month, but it's also a time that you want to feel your best and stay energized and fit while meeting the demands of your busy schedule. If you've been working hard at eating healthy, losing weight, or maintaining your weight, this time of year may be a difficult one for you. The last thing you want to do is overindulge in the countless temptations of pies, cookies, and other sugary treats that surround us during the holiday season and sabotage all your hard work. So, what do you do to prevent typical

holiday weight gain and minimize the effects of holiday stressors?

Go online! The internet is more than just a place from which to purchase your holiday gifts. There are many websites, blogs, articles, and forums that provide support for those seeking to keep their waistslines under control and avoiding the dreaded holiday bulge during this most wonderful (and busy) time of the year. Here are only a handful of websites that you can use to stay healthy this season:

### habitforge

Does your busy social calendar have you forgetting to take your vitamins? The folks at **www.HabitForge.com** know it takes at least 21 days to form a habit. Decide what health-supportive habit you'd like to be doing daily, and for 21 days in a row, you'll receive an email in your inbox asking if you achieved your goal that day. Commit to a change and they'll keep you on track.

### FIT DAY™

Research has made it abundantly clear that those who record their food intake lose twice as much weight as those who don't. But what do you do over the holidays when you can't turn in your food log at your weekly nutrition visit? Go to **www.FitDay.com** to get your free online diet and weight loss journal and enter your daily foods, weight loss, and goals. Simple accountability at your fingertips.

### flickr® from YAHOO!

Want to know a great way to track your progress with your weight loss program? Take before and after photos! You may not like the idea of getting your picture taken, but the process is about honestly assessing where you are today and making the necessary changes to improve. After the photo shoot, upload your pictures online at **www.flickr.com** then record your progress photos monthly to monitor the visual changes taking place.



At [www.SparkPeople.com](http://www.SparkPeople.com), they understand that using social groups for support works. This site provides numerous features, but fundamental to its success is the sharing of experiences and struggles of other users and experts on message boards and blogs, helping you stick to your goals when motivation is lacking.



Whether you're travelling from one festive dinner to another, or you're spending your day in a crowded shopping mall, the holidays always seem to interfere with our best eating intentions. In the midst of the busy holiday season, eating well becomes inconvenient and it's common for people to eat fast-food because they don't consider other options. No one can help you eat healthier on the go than [www.Google.ca](http://www.Google.ca), where you can scope out the location of where you will be by checking out what "search nearby" turns up on Google Maps. Build up a repertoire of restaurants that you know offer healthy choices, and keep that list of options in your back pocket when the tough times hit.

Stay on track this holiday season with the internet resources listed above. Best of all, they're free. Now that's the best kind of holiday gift ever.