

5 THINGS CAUSING YOU TO GAIN WEIGHT IN THE WINTER

Studies show the average person gains 5-10 pounds over the winter. Will you be a statistic this year?

Besides being busy, it's a combination of lack of outdoor activities, heavy meals, more social gatherings, and over the top holiday treats. But, there's good news. By changing these bad habits, you can avoid putting on unwanted pounds. So, what are you doing wrong?

1. LACK OF EXERCISE.

Solution: Stay active & keep moving. With shorter days and cooler temperatures, it's easy to avoid going outside and getting exercise. Most people don't want to leave the comfort of their warm home to go for a walk or jog.

Set up a fitness routine, and get a buddy who will keep you accountable. Choose someone who won't let you off the hook when you say you're too tired. Pick an activity that you'll stick with, set a time to work out, and be consistent. 10-15 minutes daily is a great start.

2. NON-STOP EATING

Solution: Eat three complete meals a day without snacking. I know you're thinking that you should eat several small meals throughout the day. However, that just hasn't proven to be beneficial.

In fact, when you avoid the snacking, you actually burn more stored fat. Eating just three meals a day also balances your blood sugar, improves your sleep, reduces cravings, and helps you maintain your ideal weight.

Increase the amount of high fiber fruits and vegetables that are in season, and add healthy omega-3 fats like walnuts, avocados, coconut oil, extra virgin olive oil, wild caught salmon, and grass-fed butter. If you're eating animal protein, always pick those that are organic, grass-fed, and hormone and antibiotic free.

TIP: Eat your largest meal of the day at lunch, and have a salad or soup for dinner. It's best to stop eating by 6 p.m. Drink water 30 minutes before or an hour after eating.

3. OVEREATING AT SOCIAL GATHERINGS

Solution: Eat something before you go out, so you're not so hungry that you'll be tempted by all the choices.

Once you're at the party, get a small plate, and fill it mainly with veggies and a small amount of meat. Wait to grab a dessert until you've finished everything else because you may not even want one then. If the slices are big, split it with a friend.

Remember why you're at the gathering, and focus on the people and not the food. You want to eat slowly and enjoy the company. Stop eating before you're completely full. Otherwise, you'll overeat and be very uncomfortable.

4. LACK OF VITAMIN D

There's a good chance you may become deficient in vitamin D3 if you aren't getting enough sunlight. This can make you more susceptible to inflammation, depression, osteoporosis, heart disease, cancer, diabetes, and more.

Solution: Get outdoors for at least 10-15 minutes to soak up the sun's rays each day even in cold temperatures.

Also, eat foods sources like wild caught salmon, sardines, eggs, and beef liver. Organic dairy products are okay for people who can tolerate them. If you're not getting enough, take a high quality vitamin D3 supplement.

5. WINTER CAN BE MORE STRESSFUL

Solution: Lower your expectations of yourself and others, and take time to enjoy quality time with family, friends, and neighbors.

Stop aiming for perfection. With holidays movies, Facebook, and Instagram, it's easy to think everyone else is so happy and to you their lives looks picture perfect. If you're lonely, reach out to others and get connected through a church or community event.

Commercials would have you think that the holidays are all about the gifts, so it's easy to feel pressured to overspend. Set a budget, and stick to it. Suggest drawing names instead of buying everyone a gift. Others may actually be relieved.

Have an evening routine, so you're getting to bed at the same time each night and getting enough sleep. Fatigue and stress often go hand in hand.

Winter is often called "the most wonderful time of the year", and it can be. But, it does take thought and planning. Determine this year to be more intentional in how you spend the next few months.

There's never been a better time than right now to start putting healthy habits into place and creating the life you always dreamed of.

To your health,
Coach Maggie
Certified Health & Wellness Coach

I help empower women to take control of their health and wellbeing by making diet and lifestyle changes, so they can live out their God-given purpose.

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