



MAINTAIN DON'T GAIN

Week 4: Stay on track – wherever your travels take you

The holidays and travel go together like mashed potatoes and gravy. Whether you're visiting your grandmother in Pittsburgh or sailing away on an island cruise, travel can trip you up if you're watching your weight. But there are always ways to stay healthy and motivated – even when you are surrounded by tempting, high-fat foods.

Here are some tips to help you stick with a healthy food and fitness plan during your holiday travel. Remember: every bit counts!

- **Snack smart.** If you are driving to your destination, be sure to pack healthy snacks with you, such as raw carrots and celery, hard-boiled eggs, or almonds.
- **Put healthy in the mix.** If you're helping out with a big family dinner, bring a vegetable side dish or salad to the table.
- **Know when to stop.** Still hungry? Remember, it takes 20 minutes for your stomach to signal your brain that you're full. So if you think you want second helpings, take a break for 20 minutes, then ask yourself if you really want more.

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