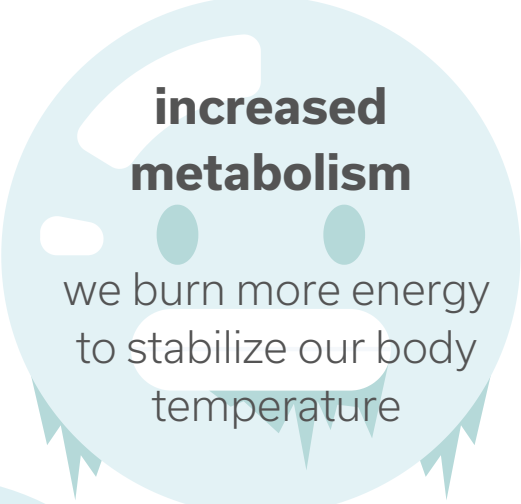


Winter Munchies



increased metabolism

we burn more energy to stabilize our body temperature



food = warmth

eating (any food) boosts our body temperature



hormone changes

less daylight = more melatonin and less serotonin



dehydration

we confuse thirst with hunger



opportunity

holiday gatherings come along with lots of food



self-fulfilling prophecy

we think we'll overeat, so we behave that way

Accept that you are human, be gentle with yourself, and then try these tips:

focus on fiber, lean protein and healthy fats

make the good choice the easy choice

find non-food ways to address emotions

let there be light (and warmth!)

keep moving as best you can

stay hydrated

create a holiday food plan

challenge your assumptions

What good is the warmth of summer, without the cold of winter to give it sweetness?

- John Steinbeck

In the midst of winter, I found there was, within me, an invincible summer.

- Albert Camus