



Say Goodbye To Holiday Weight With These Tips

The holidays are not kind to our figures. With all the tempting Noche Buena dishes, endless supply of holiday desserts, and New Year celebration spreads, gaining weight is a given, even before the fireworks settle.

The good thing is that it's not impossible to shed all this holiday "baggage". With the right attitude and a bit of discipline in dieting, we can all get fitter! Here are some tips:

1. Be kind

First of all, don't be so hard on yourself. Thinking too much about the holiday weight gain is counter-productive and will only make you feel worse about yourself. Instead, give yourself a break and just focus on the fact that you are being proactive about making the change.



2. Start small

Tiny weekly changes in your diet are more beneficial in the long run than changing the way you eat in one go. Since the latter can be a major shock to what you're used to, it might prove to be too frustrating to follow. It's easier to maintain small weekly diet alterations like reducing your rice intake to only one cup per meal or substituting sodas with [Del Monte Juice Drinks](#) or snacking on fruit instead of candy.

3. Stay hydrated

We all know that it's very important to stay hydrated when we work out. Drinking a bottle of [Del Monte Fit 'n Right](#) will not only provide hydration, it will also help burn calories and speed up metabolism.



4. Don't rush

Looking at losing weight quickly? There's a reason why they call it crash diets. They send your body into a frenzy from a sudden lack of nutrients... and then you crash. Instead, you should aim for something much safer and more achievable, like losing one or two pounds per week.



5. Eat often

This might sound surprising, but frequent light meals can actually curb your appetite. Eating up to five small portions can provide you with energy for the whole day while improving your metabolism because your body is in a constant process of digestion. Try having a [Pineapple Scramble](#) or [Fiesta Granola Layer](#). Since the meals are small and you keep your metabolism going, your body will store less. Meaning no excess baggage.