



DON'T HIDE



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No matter what your religion or traditions, holiday eating habits can get out of control. Decide to break the cycle and join the winners circle.

Uh Oh, guess what's here?

Winter, the season we are tempted not to exercise anymore because it's too cold out and you don't want to get out and walk or go to the gym. The season we are most tempted to stay inside. Get out the stretch pants and vegetate on the couch like the potatoes we really are! Mmmmmmm, hot cocoa sounds perfect and don't forget the mini marshmallows. We eat all winter, and gain the weight that we are going to have to lose come spring for the summer season. Hey, in that winter coat no one can really tell that I am gaining weight right? WRONG! Let's not do it this year, and now that the season of holidays is behind us let's forget what we did. Let go of the shame and move on. Holding onto shame and guilt only leads to more pounds gained. I have observed people, who I call in my book, the winners circle. Those people who lose weight and keep it off for the rest of their life, five years or more, they move onto the next moment, and never look back at what they did even one meal or snack ago. If they binge for breakfast they go right to the next meal and eat healthy as if the morning never happened. If we say "oh, I blew it for breakfast so now the rest of the day is shot" like most overweight people do, then all we do is add on anywhere from 2,000 to 5,000 calories depending on who you are and that, my friend, is what leads to weight gain. One day binging leads to two, leads to a month and, in my case, led to 15 years of nonstop overeating. TRUST ME, THE WINNERS ARE FAITHFUL TO THIS WAY OF THINKING!! Nobody ever got fat on one binge. By the time New Year's comes we have already packed on the pounds from Christmas, Chanukah and Kwanza. When it comes to eating on the holidays I take on everyone's religion! Let's really get it right this time. The first two years after my gastric bypass surgery, I did not even do the holidays, because I was not confident it was something I could handle. It took a few years in recovery to go back to the tables (sounds like I'm going to Vegas) lol! Break the cycle, you can do it. The problem with eating on all the holidays is that you will never ever get thin. Let me prove it to you.

September: Labor Day, Rosh Hashanah, Yom Kippur

October: Halloween

November: Thanksgiving, Black Friday and the beginning of the holiday season

December: Chanukah, Christmas, Kwanza and New Year's Eve

January: New Year's Day

February: Valentine's Day

March: St. Patty's Day

April: Easter and Passover

May: Mother's Day

June: Father's Day

July: Fourth of July

And finally that leaves us August, the one month for dieting as there are no holidays, But, keep in mind, shrinks go on vacation in August so you are on your own!!!!

We need to remember what the holiday is really all about instead of focusing on the food as the center of of it all. There are also many great substitutions that would make you happy and not gain weight. Here are just a few. Most of the holidays center around a protein, a vegetable and a starch. Go for a turkey or a very lean ham. Believe it or not, chicken would be the third choice, as it has the most fat, always choose the white meat. You can have any and all the vegetables that you like, just do not use butter or cream sauces. Get creative. One of the veggies I like is butternut squash baked in the oven with some margarine and cinnamon. To quote Rachael Ray, "Its delish!" I also like to cut up slices of zucchini, eggplant or squash, lay them on a flat cookie sheet and take a pastry brush and brush with a little olive oil. Then sprinkle on some parmesan cheese and bake or broil till golden brown. I also make regular or sweet potato fries in the oven with olive oil garlic and a little salt. They taste

In Your Winter Coat

yummy, and I dip them in a bit of ketchup or mustard. Go easy on the side dishes. It's always better to eat more protein to fill up. As far as dessert I like to buy Mrs. Pudges brownie mix. You can get it on line, or at specialty store in your area. Nobody at your table will know you made a diet dessert. It's a mix that you add vanilla yogurt to and then bake. The best part to me is you can also measure out single servings on other days if you are like me and you cannot deal with whole trays of anything. I promise you one thing, no food and no holiday food can ever compare to the new life I have. I literally went from immobile to mobile. I have no more diabetes, no more high cholesterol, and my high blood pressure is gone. Not to mention I now have male attention, go on dates and can look like a diva! So, please don't hide in your winter coat and pretend the warm weather

is never coming. It truly is and sooner than you think. I personally will never wear a bikini but I sure as hell will wear some nice off the shoulder tops, I will no longer hide in my house sucking up the air conditioner and be miserable. I will be out in the sun enjoying life and making up for all the lost time. I wish you all the happiest holidays ever. Remember, if you are not with someone on Valentine's Day it is perfectly ok to love yourself. This has become my mantra after everything I write." **TO MY VOW I HOLD TRUE I WILL NOT GO BACK!**

I have kept over three hundred pounds off, and I have been at it now for five and a half years. Please feel free to write me at www.winningafterlosing.com

Happy holidays to all of you! ■