

## Six Simple Ways to Avoid Winter Weight Gain

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By Tara Zimliki, CPT

Research shows that people gain between one and six extra pounds over the winter months. This may not sound like a large number, but research demonstrates that once gained, this excess winter weight tends to become permanent. But you can stop this winter weight gain and even lose weight and get ready for spring by following the tips below:

### **Keep a Food Diary**

Utilizing a food diary will not only prevent you from gaining weight this winter, it can help you lose weight too. By writing down your food intake you will be more accountable and more likely to focus on healthy eating. If you tend to wield a wireless device rather than a pen, why not use a free online food diary service such as [fitday.com](http://fitday.com)?

## **Eliminate Workout Boredom**

Tired of working out on the treadmill? Then get outdoors and use winter as a season to explore a few of the endless workout possibilities. Try snowboarding, snow tubing, skiing, cross country skiing, and ice-skating! Use winter as a time to get in better shape for spring and enjoy the winter season—after all, it will be over before you know it! Make the snow part of your workout rather than hiding indoors!

## **Have Some Tea with Me**

Did you know that if you substitute your daily latte or hot chocolate for a cup of instant coffee or tea you can save between 150 and 500 calories a day? Over the three-month winter period, that's a saving of up to 21,000 calories—equivalent to 6 pounds of body fat!

## **H<sub>2</sub>O is the Way to Go**

Having your centrally heated home at a higher temperature can lead to dehydration. Research shows that thirst is often confused with hunger, so being dehydrated could actually cause you to eat more too. To avoid that, drink at least eight to ten glasses of water a day.

## **Slim Down with Soup**

According to a recent University of Pennsylvania study, “Eating a small bowl soup before your main meal can save up to 700 calories a week.” Subjects who ate soup before lunch consumed 100 fewer calories at that meal. So go ahead, have some soup and slim down!

## **Get to Bed, Sleepy Head**

According to a Case Western Reserve University study, women who sleep for five or fewer hours a night are 32 percent more likely to gain weight and 15 percent more likely to become obese than women who sleep for seven or more hours. It is believed that lack of sleep may slow metabolism or decrease the calories burned by spontaneous activities, such as fidgeting. What better reason could there be to get some extra shuteye this winter?