

Take the Holiday Weight Maintenance Pledge

'Tis the season to enjoy. Trying to lose weight during the holiday season can be unrealistic. Instead, make the commitment to yourself to maintain your weight. Eat smarter and exercise to burn a few more calories. Use common sense, portion control and some of the suggestions in this brochure. You may feel better than you did during the last holiday season!

We suggest you cut out the "pledge" below and put it in your wallet or purse. Take a look at it from time to time to remind yourself of your pledge and to remember some of these suggestions. Good luck and healthy eating!

HOLIDAY WEIGHT MAINTENANCE PLEDGE

I want to end the holiday season at the same weight I began it.

My weight on / (enter start date): lbs.

My weight on / (enter end date): lbs.

Remaining Healthy Is Important for You and Your Family

In this brochure, the UniCare State Indemnity Plan offers you some practical tips for the holiday season, including suggestions about exercise and eating, to help you avoid the usual annual holiday weight gain. These extra pounds are typically hard to lose, despite New Year's resolutions. Instead of focusing on *losing* weight, try focusing on *maintaining* your weight.

Party Heart-y

Try these three suggestions for healthier eating when attending your office party, family gatherings, holiday festivities, the after-hours party, or whenever:

- **DO drink the water.** That's right. Try drinking a 10 oz. glass of water before every snack and meal to help fill up your stomach and curb your appetite. Begin the party with a big glass of water. Alternate each drink—alcohol or otherwise—with water.
- **Never GO hungry.** Have a piece of fruit, a handful of nuts or pretzels or even a quick bowl of cereal before you go to the party. If you arrive hungry, you are more likely to overeat.
- **TAKE the conversation elsewhere.** Reduce the temptation to overeat by walking away from the food table to have a conversation with your friends, family or co-workers.

For more information, please visit us at www.unicarestatemanagement.com



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HEALTHY TIPS
**WEIGHT
MANAGEMENT**
Have fun. Stay healthy.



Maintaining your weight throughout the holidays

The holiday season is upon us, so brace yourself for family, fun, food and feeling full. As we all know, the holiday season provides the excuse for us to overindulge in our favorite foods. It is no secret that our consumption during this time ultimately leads to weight gain. But small steps can help you feel better, enjoy the holiday season and begin January no heavier than you were in October.



Exercise Without Knowing It

That's right! This year, try burning extra calories before and during the holiday season. If you are too busy to go to the gym, try to remember that exercise comes in all forms.

Here are just a few suggestions you can incorporate into your life to help you maintain an active lifestyle:

- Be active when playing with your kids or grandkids. Go out and participate in the family football game, even if you are the cheerleader.
- Get out and rake leaves to burn some calories, or shovel or sweep light snow (but get the kids to shovel the heavy stuff).
- Don't dread cleaning. Working around the house is another way to increase your activity level. Turn on your favorite music to help you get motivated.
- Whenever possible, take the stairs.
- Park a little farther away from the mall entrance or from your workplace each day.
- Walk around the mall, around the block, and maybe even around the yard at half-time (or before dessert).

Of course, if you have the time, going to the gym one-to-two days a week or completing a couple of 20-minute workouts at home is always beneficial to maintaining a healthy weight, in any season. Remember, your health depends on your body, mind and spirit!

More Party Time Eating Choices

Modifying the way we eat takes time, patience, and the passion for change. Of course, change does not happen overnight, or even during the course of a single season. However, you can start to make small changes right now, to kick-start your path toward eating and feeling healthier. Try to use these additional tips this season to help you maintain your weight:

- **Think "portion control."** Try to eat smaller quantities of your favorite foods. If possible, use a salad plate so your plate looks full (and then your eyes won't feel cheated).
- **Fill up on proteins and veggies first.** Try eating lean proteins (i.e., turkey, chicken, or fish) and raw vegetables on your first round. Once you have something in your stomach, go back and get a small portion of your starchy favorites like mashed potatoes or mac and cheese.
- **"Listen" to your stomach and stop eating when full.** Eat slowly, chew well, and stop eating once you feel satisfied. Remember, it takes time for your stomach to "send a message to your brain" that you are full, so slow down.
- **Select low calorie, low fat, low sugar and/or low sodium options.** When available, try to select low calorie options for soft drinks, whipped cream, sour cream, broths, gravies and ice cream.
- **Consume alcohol in moderation, if at all.** This tip has as much to do with common sense and safety as it does nutrition. Alcohol's calories are considered nutritionally empty—not only are they void of nutritional value but drinking too much alcohol may result in diminished resolve to stick with your healthy eating plan.
- **Skip desserts and choose fresh fruit if it is available.** If you cannot resist, slowly enjoy half of a dessert to help satisfy that sweet tooth.
- **Balance your meals.** Eat smaller meals with fewer calories during the day so you can enjoy the party. You can do this without exceeding your energy intake for the whole day. For those smaller meals, include low-fat protein as well as fruits, vegetables, and whole grains for fiber (which helps keep your stomach feeling full).

We hope you enjoy the holidays and the warmth they bring. And we hope you feel proud of the things you do to stay healthy year-round.

For more information, please visit us at www.unicarestateplan.com