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Can eating ice make you gain weight

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Stockbyte / getty nobody wants to be a killjoy at a Christmas party or a family that meets. But when it comes to tackling the temptations of the high calorie bounty of the season, you don't have to be a grinch. You need a plan, says Susan J. Bartlett, Ph.D., an associate director of clinical psychology at the Johns Hopkins Weight Management Center in Baltimore and a specialist in weight and consumption disorders. Last year, you drove a small group to the center through the following eating-right strategies. His skills and experiences of his students provide practical lessons for anyone to try. It is only that the holiday season continues to go, it has been composed of almost two months of celebration, says Bartlett, with good appearing in homes and offices to Thanksgiving and continues until the beginning of January. "At Christmas, most plans to eat less and exercise more wrapped, and it's easy to get a significant amount of weight, even seven at 10 pounds," he looks. One way to monitor taking over time: keep track of your daily habits and set the weekly objectives about the recruitment and exercise of food. Making the challenge "At any time of the year, lose weight and keep it off is very difficult," says Bartlett. "The holidays are a particularly high time." The idea that you should stick to a "diet to lose chili" is the addition of stress to a season that is already stressful. Set achievable goals, suggests Bartlett. Of course, you can be able to exercise four days a week and eat only 1,400 calories a day on other occasions, but is it really feasible during the holidays? It is much more likely to stick to your plan and succeed if you set your expectations more realistically, aiming to keep your weight or to minimize weight gain to, let's say, one to three pounds. Write it when you understand your goals, write them and keep a diary of what you eat. "When researchers talk to people who succeed to lose weight and keep it off, inevitably they say that writing everything made the biggest difference. This will be available to stay in touch with what is eating that it is important," he explains Bartlett. Even more critical is keeping track of your weight: the members of the group weighed every week. "People say that this responsibility factor makes a big difference", note Bartlett. "Often, people avoid the scale because they don't want to face to face with the news." But if you detect a gain of two or three pounds, there's still time to go back to the track before things come off. Buddy up. It is easy to underestimate the toll that the season takes physically, psychologically and emotionally. To avoid gaining weight, we need commitment and awareness. It is better to do this with a group of people à 6 "even one or two friends or a close friend à 6" that you can call to talk about problems to eat. In the Bartlett group, the members "have gone specific" when they provide each other with support, preparing strategies for potentially annoying situations that come that week. For example, how could anyone manage your food intake with three festivals in a row? When the group brought together the next week, they would examine how things had gone. Identify difficult situations One of the best results of a group of calories chats is identifying the situations that cause you overindulge. Barbara Bohner, a 55-year-old elementary school guidance consultant, who worked with Bartlett since last December, has his trick to get through the holidays: "I eat raw vegetables or a piece of fruit before going out, so I have something in the My stomach. I don't drink alcohol, instead I try to keep a glass of water So I feel like I'm doing something with my hands. And I try to talk more than I eat. Avoiding alcohol also addresses Martha Barchowsky, a 43-year-old businesswoman who lost more than 100 pounds working with Bartlett. "Last year I had a New Year's Day; I served all the champagne toast at the holiday, but I had sparkling water in my champagne flute. It is notChampagne that counts; The real deal is you're celebrating with your good friends. "Successively: pay attention to what happens if you have identified your red flags, but haven't you listened to them? Bohner uses a quick test to put things in perspective." I use a scale from zero to 10, with hungry zero and 10 really stuffed. I write how I heard when I started eating and when I finished. "When she goes over seven, she knows she was eating to meet emotional needs rather than current hunger." There is no reason to eat until you are stuffed " adds. Whatever method you choose, it is better to make the warehouse and be honest with yourself. If your goal is to exercise three times a week, how many sessions do you miss before you admit that you are slipping? Go to an event without a plan also a signal you're not focusing on your eating. Be honest in addition to red flags, it is important to understand other subtler tricks you use to justify an overindulgence. "Let's tell us the same stories, time after time, I like "If I want to eat too much Friday or Saturday, I'll be an extra good Monday morning," says Bartlett. "Other half family truths are:" I ate a thousand extra calories so I will do an extra session at The gym, "or" I will eat what I want tonight and I worry about this tomorrow. "" Still, the fallen are unevitated No matter how well prepared you are. And when you slide, you become vulnerable to a common trap - abandoning your entire plan until after the holiday because you made a mistake. It is much better to forgive yourself and move on. "Recognize what's going on, stop it and get back on track quickly," says Bartlett. "I give people to put things in perspective and remind them that excessive food on an occasion is not what causes weight gain; is constantly eating too much." Taking into account this, Group members have made a lot of planning for "the next day". When someone slipped to a party, they mapped out what to eat at their next meal, controlling the intake of calories and fat. Surprisingly, even when someone jumped through a party, he often needed a strategy to go through the next few days. "It is easy to underestimate how difficult it will be to avoid eating too much at a party, either as a reward or because you were stimulated and you are biologically hungry. And psychologically you're tired, so you may not be good Recognizing the signs of danger." Bartlett keeps. Relieve the stress that Christmas holidays can be stressful. You may feel financially pinched or extra tired from the lack of sleep. And the extended visits with your family are not always without tension. To avoid being trapped in the use of eating as an emotional crutch, conceive strategies for basic self-preservation. "Concentrate on what you absolutely need so you don't get caught in a vortex," Bartlett suggests. This could mean having time alone, sleeping enough, having your family help with shopping or food preparation or taking extra help to clean. Because you might feel under a lot of stress, it's easy to eat too much at home. Here, pay to challenge some of your basic assumptions. For example, just because you've always done it, you need to bake six dozen sugar cookies this year? If you're around the house, you'll eat them. Cook less or give a little distance. Several members of the group found themselves in a quardary on what to serve at their holidays, worrying that their guests only appreciate rich foods and zabaione. But it is perfectly acceptable to change recipes, using lower fat options or to offer a variety of choices. "When I have a party, I can control the types of foods offered," he says."Obviously, I will not invite my friends and give him only the low-fat and low-calorie foods. The biscuits also servic." And share the wealth: from the left-handed leftovers to the guests while they leave, instead of packaging them in the refrigerator, where they will be difficult to resist. Exercise, exercise, exercise every week, try to have the greatest number of days "normal" - when you eat eat foodi ed esercizio — il più possibile, mentre un allenamento non può compensare la sovratensione, aiuta a stabilizzare il peso and ti dà una spinta psicologica anche. of course, è spesso la prima cosa da Eliminae da un programma occupato. "scrivi il tuo tempo di esercizio nel tuo pianificatore settimanale and considerlo come assoluto," dice bartlett, che suggerisce anche di toccare ciò che può essere una risorsa nascosta, vale a dire, la tua famiglia. se hai un problema di peso, i membri della famiglia potrebbero non sapere come aiutare. spetta a voi capire le vostre vulnerabilità e i vostri punti di forza — e comunicare. alcuni suggerimenti specialista di peso susan bartlett suggerisce i seguenti modi per mantenere il vostro conteggio calorico in controllo a large event: non arrivare affamati, mangia qualcosa prima di andare. avian arachidi, pretzel, patatine and altri snack daily. trascorrere le calorie sulle specialità che si desidera. indossare un vestito a forma di montaggio, con una waist, se possibile. fai socializzare, piuttosto che cibo, il focus dell'evento. tenere le vostre porzioni in controllo — per mantenere le calorie sotto controllo. pianifica as alcol bevi. allenta le inibizioni e contrisce al consumo calorico. non stare vicino al tavolo del buffet. in effetti, tieni le spalle, quindi non lo vedrai nemmeno! fai un patto con te stesso che imparerai qualcosa di nuovo su qualcuno che non conosci alla party. indossare un pezzo speciale di gioielli — un bangle scintillante o un anello grande — come un richiamo visibile a te stesso per mangiare in moderazione. practice the direct "no, grazie." va bene disattivare gli inviti o dire a un ospite spinoso che non vuoi secondi. questo contenuto viene creato e mantenuto da un terzo, e importato in questa pagina per aiutare gli utenti a fornire i loro indirizzi e-mail. potete trovare ulteriori informazioni su questo e contenuti simili a piano. io david Turner/Studio di ogni volta che prendo una rivista, leggo informazioni su come losee weight. il problema è che devo guadagnare peso. can fare qualcosa? anche se la maggior parte delle persone non può riguardare il tuo problema, c'è molto che si può fare per ottenere peso sano. perggio puntare le squame a tuo favore, concentrati su alimenti nutrienti ad alta calorie che sono bassi in grassi saturi, come noci the succhi di frutta al 100.% qui ci sono altri cibi ricchi di calorie tra cui scegliere: bagel di grano intero, cereali a basso contenuto di grassi, frutta secca proves the intrufolare alcuni di questi all nei tuoi pasti. ad esempio, aggiungi fette di avocado al tuo panino preferito, olive tritate and ricche condimenti di insalata ai verdi. and si potrebbe mangiare su un mix di trail fatto da una varietà di noci e frutta secca. -- delia hammock, M.S., R.D., and samantha buckanoff, M.S., R.D. questo contenuto viene creato e mantenuto da un terzo, and importato in questa pagina per aiutare gli utenti a fornire i loro indirizzi e-mail. potete trovare ulteriori informazioni su questo e contenuti simili a piano. io piano.

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