



MAINTAIN DON'T GAIN

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Week 7: Bring your party game plan


Holiday parties are the mecca of delicious, high-calorie foods – from cocktails and wine to cookies, chips, cheese, and more. With so many temptations, how can you possibly stay on track? You've got to learn some survival skills or you'll ruin all of your hard work. With the right game plan, you can stay strong when you stand up to the usual holiday suspects. Here are some easy tips to guide you – so you can hit the party and still stick with your health goals.


Your Tips:


- **Don't arrive hungry.**
Eat a small, protein-packed snack before you head to the party. That way, you won't be starving when you get there.
- **Pick and choose.**
Fill up your party plate carefully. Reach for healthy, high-fiber foods, like fresh, sliced veggies, roasted turkey, whole-grain crackers, and hummus.
- **Lose the booze.**
Think twice before you enjoy that bottle of beer or glass of wine. Alcohol is empty calories, plus it fuels your appetite. If you're going to drink, alternate with water to help cut the amount of alcohol you drink.

Your UCI Resources:

- Register for weekly free [FitSquad](#) fitness classes at multiple UCI locations
- Discover alternative treatments at [The Susan Samueli Center for Integrative Medicine](#)
- All UCI employees and retirees are invited to attend all [Patient Health Classes](#) at the UC Irvine Medical Center

 View a past UCI Wellness workshop:
[Reducing Stress through the Practice of Mindfulness](#)

 Download a recipe created by UCI Campus Recreation Chef Jessica:
[Italian Canaletto Bean Stew](#)

 Watch a recorded EAP webinar:
[After the Holidays: Managing that Debt](#)