

## **Fit 4 Ever: Christmas Food Survival Guide**

I absolutely love the Christmas season! There's nothing better than celebrating the birth of our Lord in the presence of family and friends.

For many of us, however, this time of year means we abandon our healthy routines, throw off our restraint, and overindulge in huge quantities of food. There is just something about a huge turkey dinner with stuffing, mashed potatoes and gravy, sweet potatoes, dinner rolls and green bean casserole. Finish that with a slice or two of pecan pie, and it's time for an afternoon nap!

While this may seem like a perfectly normal way of experiencing the holidays, it certainly is not easy on your body. Unfortunately, there is no way for our bodies to use all of that food, and much of it will be stored as fat that we will have to burn off later.



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