

Staying Healthy on the Weekends

After a long workweek, most of us are more than ready to kick back, let loose, and enjoy our weekend. This mindset can oftentimes leak over into our food choices and exercise regimen. Dining out with friends in the evenings, eating mindlessly while watching TV to unwind, and having large family dinners on Sunday are all ways that can easily derail our diet plans.

Tips for Sticking to Your Diet

Healthy eating a lifestyle, not just something you try do during the workweek. There are lots of ways you can stick to your guns over the weekend, and still enjoy yourself.

- **Think Ahead** - keep your house stocked with lots of fruit, veggies, healthy crackers or granola bars, and cooked lean proteins so you don't over-indulge in fatty, sugary snacks when you go to the kitchen.
- **Eat Breakfast** – you might sleep in on the weekends, but make sure to eat a healthy breakfast with satiating protein and fiber soon after waking. You'll keep your metabolism running and will be less likely to binge later in the day.
- **Plan Your Cheat Meals** – it's okay to have small portions of indulgent foods occasionally. Planning your special meal ahead of time will prevent you from going overboard.
- **Bulk Up** – on fiber, that is. Eat plenty of fruits and veggies. Their hefty water and fiber content will leave you feeling full (without adding too many surplus calories to your diet) and will help squelch your sweet tooth.
- **Be Menu-Mindful** – when you go out to eat, remind yourself that there are plenty of delicious, healthy choices available, and you don't have to eat the huge portions restaurants tend to serve. Try eating a salad to start, and take half of the meal home with you for lunch the next day.
- **Keep Your Car Stocked** – keep your car stocked with healthy snacks and water. Running errands and attending events can leave you strapped for time to make a healthy meal. Having access to healthy snacks to tie you over will help prevent drive-thru trips.
- **Get Physical** – try doing some of your favorite physical activities; it will burn calories, distract you from food cravings, and help you feel energized.

