



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## How to lose the Holiday Bulge

The average person can gain 7-10 pounds during the Holiday season. Even if you followed the last PTI Buzz, you may still be up a couple of pounds. Here are some easy tips to lose the bulge:

- Water, Water and more Water!!!!
- Give away your leftovers
- Add even more fiber to your diet
- Stay away from sweets and high sugar foods
- Increase fruits and vegetables
- Eat 6 small meals a day
- Stay away from fried foods
- Increase your lean protein
- Stay away from white carbs, go with the high grains
- Watch your Alcohol intake
- Go easy on the salt

These small changes can add up to 5 pounds of fat loss in no time at all.

Increase your cardio output by parking your car as far from the mall as possible. You can burn an extra 100 calories taking that walk!!!!

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