



DR.LORI.PUSKAR.

1180 NE Cleveland Street - Clearwater, FL 33755
chat@drloripuskar.com Call/Text:727.304.2592 www.drloripuskar.com

HOW TO SURVIVE THE HOLIDAY WEIGHT GAIN

- 1. Before you eat, drink a glass of water.**
- 2. Eat what you want, when you want it.**
- 3. Eat enough just to fill you, stomach is size of your fist, eat only that amount.**
- 4. Never eat your whole meal. Eat it again, later.**
- 5. Share, so you eat less.**
- 6. Eat before you go to party/event.**
- 7. Pretend to eat to blend in, by “fake eating”.**
- 8. No blame, shame, or regret. Just enjoy.**
- 9. Go see Dr. Lori after the holiday.**