

## Holidays – Maintain Don't Gain

During the holidays we tend to make food the focus of our celebrations. The weeks between Thanksgiving & Christmas often lead to weight gain due to overeating from too much celebrating, stress, depression, or just because the food is in front of us. And as the years go by, it is not easy to lose those extra pounds.

This year, let's take the focus off on the food or what is missing or what we don't have, but take these weeks to focus on what is true and worthy of our praise; our Lord and Savior Jesus Christ.

Let's give thanks to our Father God for His heaven-sent, most precious and perfect gift. Give thanks for His goodness and grace and mercy.

God knows our struggles. He knows we struggle with self control and guilt. But if we take the time this holiday season to focus on the Giver and the Gift, we can conquer any struggle that we have. Every promise in the Word of God is ours; just ask, believe and receive.

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:6-8, NIV)*

Remember our goals for Healthy Eating:

1. Eat More Fruits and Vegetables
2. Eat More Whole-Grain Foods
3. Eat More Chicken, Fish & Beans than Red Meat
4. Drink More Water