



COIN Weight Loss Program

You Gotta Fight for Your Right... to Party!! (RESPONSIBLY!)

Week 7

This week you will:

- ✓ Continue focusing on healthy eating strategies
- ✓ Consider strategies for hitting your calorie goal during weekends, holidays, special occasions, and while traveling
- ✓ Think about your drinks!

Planning for Special Occasions

This week, we will continue focusing on the “N” in the COIN approach. Specifically, we will focus on navigating weekends, holidays, travels/vacations, and other special events. Below are some key strategies for hitting your calorie target and avoiding weight gain during these events.

Stay Consistent: Try to stay as consistent as possible with the routine that works best for you.

- If you are on a good routine during the weekdays, try to stay on the same eating, exercise, and sleep schedule the best that you can during weekends, holidays, vacations, and other special events.
- Continuing logging is a great way to keep yourself focused and honest!

Define your Goal: Decide whether you will focus on weight loss or avoiding weight gain.

- Particularly during the holidays and special events, like vacations, it is important to decide whether you are going to commit to avoiding weight gain or losing weight. Sometimes setting the goal to not gain weight is a major accomplishment during special events.

Act with Intention: Go into holidays, special events, and vacations with a plan!

- Take healthy dishes or snacks with you.
- Plan to have an appetizer instead of a full meal.
- Make sure grocery shopping is included in your schedule.
- Go online and look at the menu before going to a restaurant.
- Don't go too hungry.

Stay Active: Think about unique opportunities for staying active.

- Plan opportunities for exercise and movement while you travel and over the weekends. Try something new, sightsee on foot, or plan a longer bout of exercise!
- Use activity as a way to connect with others rather than eating.

Keep Tracking: Remember keep tracking during the holidays, special occasions, and while traveling!!

Think About Your Drinks!!

Holidays, weekends and special occasions present opportunities to indulge in high calorie beverages, like sweetened coffee and tea, juice, soda, punch and alcoholic beverages. In general, we recommend you EAT your calories, not drink them, although some drinks (like protein drinks with low sugar) can be used as meal replacements. If you are going to drink high calorie beverages, try to limit them and definitely track them. Individuals who are trying to manage their weight are also advised to watch alcohol consumption, as alcohol can pack on several additional calories. As discussed in Week 1, there is evidence that elevated alcohol consumption is associated with several cancers; therefore limiting alcohol consumption to no more than one drink per day (for women) is strongly advised (see ACS Guidelines for Nutrition and Physical Activity). Please see below supplemental reading materials to learn more about navigating holidays and special occasions, and reducing high calorie beverages.

Holidays

- Tips for Weight Loss During the Holidays
- 10 Eating Tips for a Healthy Holiday Season

Special Occasions

- Ways to Handle Special Occasions

Alcohol and Sugar Sweetened Beverages

- AHA: Decreasing Sugar Sweetened Beverage Consumption
- Yale Rudd Center: Sugar-Sweetened Beverage Fact Sheet: Sports Drinks