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Be Mine – Tips for Getting Rid of those Love Handles

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The holiday season has come and gone and now February, the month of love (and chocolates), is here. That usually means romantic dinners, fancy desserts, and extra special sweet treats. And for some it means spending the next six months working off those excess pounds and “love handles”.

To provide some perspective, your cardio system can maintain up to 80 calories of blood glucose. If this level goes above 80 calories, insulin is released to remove excess glucose from blood. The kicker is that fat will fight for glucose, even if muscle glucose and liver stores are empty. What does this mean? If you eat a lot in a short period of time you probably just added some bodily fat. The solution? Eat smaller meals with more frequency to minimize the circulating glucose.

But before you break out the duct tape and contemplate using it as a dieting device by taping your mouth shut, here are some eating tips to get back on a more regular eating routine after indulging from November to February:

1. Alcohol

One of the quickest and easiest ways to pile on the calories is through alcoholic drinks. If you plan to drink, alternate between alcoholic drinks and water. Or go sans alcohol and opt for seltzer water with lemon or lime.

2. Buffering the Buffets

Buffets are the black hole of uncontrollable eating temptation. Stick with a smaller plate and fill but don't OVERFILL your plate. Then enjoy conversation with friends or family away from the buffet table. If there is a dessert table, avoid all together or have a few bites from someone else's plate.

3. Chocolates, Chocolates, Chocolates

Don't know what to do with that one pound box of chocolates? If you have iron willpower, save one small sweet treat for after dinner. If you have no willpower, enjoy one more bite and toss the rest into the garbage can.

4. Skip the Appetizers and Watch the Extras

Patience is a virtue and your waistline will thank you. Skip appetizers, which I consider “food noise”, in lieu of having room for the main meal. When the main meal arrives, go easy on the gravy, cream sauces, nuts, and cheeses. A little dab will do just fine.

5. Keep Your Hands Busy

Avoid mindless “reaching and eating” by keeping a glass of water nearby. Need something a little sweeter? Opt for hot tea with a little agave nectar or honey.

6. Walk the Walk

After a meal, head out for a 10 minute walk. It will help aid digestion and if you go with a friend or family member, odds are the walk will last more than 10 minutes which is bonus for burning the calories in your system rather than having them stored as fat.

You can thoroughly enjoy yourself without overindulging – just incorporate a few of these tips and you will feel much better and much lighter coming out of the holidays and heading into bathing suit season!

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