



Catch the culprits causing weight gain

If you gain a couple of pounds every holiday season, there may be some surprising causes. Making some small lifestyle changes can help keep your weight in check all season long.

Cause: Depriving yourself. You might not want to completely swear off snacks this time of year, since you may be more inclined to binge when your willpower gets low.

Instead: To avoid feeling deprived, enjoy snacks in moderation and plan healthy meals you enjoy.

Cause: Drinking extra calories. Alcohol and soda have plenty of hidden calories – and sugar.

Instead: If you can't skip the sugary drinks, alternate them with water.

Cause: Skipping exercise. If you have many social obligations, you may find yourself eliminating gym visits or yoga class to make time for it all.

Instead: If you're seeing friends, get outside and take a walk together.

Cause: Skipping sleep. Sleep may feel like even more of a luxury than usual during the holidays. However, not getting enough sleep can affect your metabolism and energy.

Instead: Try to stick to a regular sleep schedule. It's important to also practice good sleep hygiene to help improve the quality of sleep, especially when you might be falling short on quantity. Are you always tired? Consider speaking with your doctor about possible causes.

Cause: Stress. The holidays are infamous for causing additional stress. Stress can affect your metabolism and lead to overeating.

Instead: Consider scaling back your plans, meditating, or doing exercises you enjoy.

Horizon Blue Cross Blue Shield of New Jersey can help you get the care you need when you need it; visit HorizonBlue.com/doctorfinder if you need help finding in-network care.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Source: WebMD®

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2018 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.



EC002192C (1118)

HorizonBlue.com/shbp