

Ready, Set, Go!!!

Here come the holidays!! Halloween is just around the corner. Then “stuff yourself” Thanksgiving (and the day after!!), and finally the whole month of December leading up to Christmas. Everywhere you look you see Halloween candy and goodies. November 1st will bring us half-off sale prices on Halloween candy in one aisle, and Christmas candy down the next three aisles. In the office, everyone knows the desk or two that will always have a bowl of seasonal candy out, and before you know it, clients will be dropping off boxes of candy and homemade cookies.

How does one stay healthy and practice new lifestyle behaviors when bombarded with excess everywhere you go? First of all, talk about it. Think about it, plan ahead...strategize. How are you going to stay healthy and not gain the usual 5-10 pounds many Americans gain over the last 2-3 months of each year???

Let's start with Halloween? How many people buy your Halloween candy several weeks before Halloween? One, because there it is in the store and you better not forget to buy some before Halloween, and then two...the store may sell out of your favorite so you'd better buy it now and put it away for Halloween. So come on, fess up, how many of us have had to go back to the store to buy more Halloween candy to give out, because we ate it all before the actual day ever arrived? Been there. Done that. How about if you did it differently this year. Wait to buy your Halloween goodies until the day before Halloween, and even better yet. How about buying Halloween goodies that aren't edible? Your local drugstore, dollar store, party store, or Oriental Trading Company (mail-order/web-order) has lots of fun treats that kids love, and last a lot longer than something they eat. The kids will get plenty of candy from everyone else. They'll be thrilled to get some cool stickers, trading cards, super balls, spinning tops, and other toy trinket items like that. (If you need more ideas, let me know). Start a new Halloween tradition. It sets a wonderful example for your own child, and who knows, maybe ten (fifty??) years from now, Halloween will be about trick or treating for fun, non-edible treats. Where did this candy thing start anyways???

Ideas for what to do with all that candy that you or your kids will get from everyone else???

-Have them pick out their favorite seven pieces to then have one a day for the next seven days. The rest you can buy back from them (for a nominal fee to be set by you), and then go to your nearest senior center, residence, or convalescent home and donate it to them. Better yet, have your kids take it and donate the candy with you. The seniors will love it....and at their age, better them eating it than us!!

-Let's hear from all of you? Anything you've tried in the past or heard of when it comes to limiting the intake of Halloween candy?

Also, please feel free to suggest other topics for "TIPS" you'd like to receive. We'll keep talking about the holidays a lot for the rest of the year!!