

# MAINTAIN, DON'T GAIN

## Holiday Challenge



### Welcome to the Challenge

Our challenge begins soon! Plan to weigh yourself at least weekly at the same time of day and wearing close to the same thing.

Weight maintenance is a balancing act. You need enough calories for your body to operate, If you take in too few, you lose weight. Take in too many? The pounds can add up.

During the holiday season, there are extra temptations and indulgences available that provide excess calories, and therefore, pounds added.

### Step 1: Energy Needs Awareness

To maintain your weight, you need to know how many calories you need. Most people consume too many calories, or they consume empty calories that don't properly fuel the body. There are various apps available to help you figure this. Try this quick online calculator from the Mayo Clinic.

[Calorie Needs Calculator](#)

### Step 2: Energy Intake Awareness

Once you have a better idea of your energy needs, you need to get a handle on how many calories you are consuming. Sometimes simply logging what you eat without knowing the calorie intake can be helpful...as long as you have portion sizes under control. (That's a tip for another day.)

A simple food log is as easy as getting a notepad and pencil...and, remembering to write down EVERYTHING you eat or drink. It does create more awareness of intake.

If you really want to get a handle on the reality of your energy intake, you may need a little more help. Again, there are various apps available, such as [MyFitnessPal](#), which has free downloadable versions for Android and iPhone. There are many apps available so do some research for what will work for you.

One wealth of information doesn't currently have a mobile app. This is [SuperTracker](#). As with these apps, you log your food intake and it quickly calculates how many calories you consumed and how many you have left for the day.

### Step 3: Willpower

Yep! Only you can do this for yourself. But with like-minded friends, this doesn't have to be so difficult.

The remainder of the Maintain, Don't Gain tips will focus on helping you stay the course for weight maintenance for the remainder of 2016 and into the New Year.

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