

## Shopping and Eating and Walking

The crunch is on to buy holiday gifts and walking around a mall is a great way to exercise. However, there are many tempting restaurants and eateries that can sabotage anybody's healthful eating plan.

You can enjoy your favorite foods while shopping for last-minute holiday gifts. Here are tips for eating well while shopping this holiday season:

- Eat breakfast or a snack before you head out. Shopping on an empty stomach may make you go overboard at lunch. Have a light morning meal of instant oatmeal topped with cranberries or lean ham on a toasted English muffin with vegetable juice.
- Share your lunch or snack with a friend and cut your calories in half.
- Don't deprive yourself of your favorites. If you crave something sweet, don't worry. The average person can burn 200 calories to 300 calories per hour during a brisk walk. Carry your packages and park away from store entrances to help to burn extra calories.
- Drink up. Carry a water bottle and drink one cup every hour.