



Our Lady of Weight Loss's *Tush Kickin' Survival Guide to the Holidaze Glaze*



- 1. Recycle Food Gifts**—FAST! Don't even think about crackin' that box of chocolates open. Send 'em right out the door.
- 2. Steer clear of the buffet table.** What kind of masochist are you, anyway?
- 3. Keep on talking.** It's difficult to eat and talk at the same time not to mention terribly uncouth.
- 4. No sweat pants allowed.** Leave no room for expansion; wear snug clothing!
- 5. Keep your hands busy.** Try knitting, crocheting, cutting and pasting, needlepoint, draw, write—anything to keep your hands busy. Give your creations as gifts!
- 6. Ask Santa for a pedometer.** And then, for goodness sake, use it!
- 7. Eat before the party.** Make yourself a huge (and I mean huge) salad and eat it before heading out, lest you get hungry and act like a reprehensible pig.
- 8. Learn how to say "No, thank you" in several languages.** You'll be saying it a lot, so keep it interesting and fun. French is always lovely. *No merci. Je suis a la diet.*
- 9. It's a holiDAY.** Not a week or a month or the entire season.
- 10.** Should you succumb, over-indulge, carbo-load or drift into a burnt-marshmallow-sweet-potato-sugar-induced coma, confess your sins to Our Lady of Weight Loss. And remember **"All is Forgiven. Move On."**