

Gobble, gobble!

It's the time of year for Turkey, stuffing, and oh yeah, pumpkin pie! Personally, I'm not a huge fan of turning mushy squash into a dessert (seems like a waste of a pie crust to me!) but I recognize that many people are fully on board the pumpkin pie train. It's also a time when many people tend to overindulge in general, regardless of their pie preference.

Here are three things to keep in mind during this Thanksgiving long weekend...

- 1) Balance - enjoy a little bit of every thing you like but also make sure you get the good stuff (hint: lots of veggies)
- 2) Eat Slowly - savour what you are eating rather than shovelling it all in. You will be less likely to over eat and more likely to enjoy your meal.
- 3) Exercise - a nice walk after your meal, a relaxing yoga class or a workout at the gym can be great ways to keep moving over the long weekend. Resist the urge to punish yourself with exercise for over-eating or working out to 'earn' your meal. This creates poor associations with things that are good for us!



Furthermore, it's important to remember that Thanksgiving is just that - a time to be thankful for a delicious meal and the friends & family that surround us. Have a fantastic long weekend!