

Handling Weekends

Do you find it hard to eat less and stay active on weekends?
Here are some tips:

☒ **Plan ahead.**

A lack of structure can make weekends a challenge.
Instead, plan what you will eat and when.
Plan how you will be active and when.
Include a back-up plan.

For instance, what if you're too busy shopping to get home for lunch?
Plan some healthy choices you could make at a fast food restaurant.
Or pack a healthy lunch.

What if your friends ask you to eat out on Saturday night?
Plan to eat half and bring the rest home in a doggie bag.

☒ **Plan pleasures other than food or drink.**

Many of us use the weekend to do chores and errands.
But try not to expect too much of yourself.

Plan daily times to relax, too.

Think about how you can make being active a fun part of the weekend.



☒ **Don't skip meals.**

It may be tempting to sleep late and skip breakfast on weekends.
Or you may be so busy running errands that you skip lunch.
But skipping meals can lead you to eat too much later in the day.

Instead, plan quick meals and snacks.

For instance, drink some low-fat milk and have a piece of
fruit and toast when you get up.



Pack an apple or some low-fat crackers before you leave home to
run errands. You'll have them on hand if you can't eat lunch on
time.