



Regional Weight Management Center
(605) 719-1375

Special Occasions

The old adage *Failing to Plan is Planning to Fail* is certainly true of weight management. Begin your special occasion weight management plan by thinking about how you handled similar circumstances in the past. Which foods or situations posed the biggest challenge? Begin your plan for coping with these obstacles.

Once you receive or extend an invitation, your plan can become more specific. Think ahead to the circumstances you will encounter. What foods are likely to be served? What will be the most difficult food items for you to deal with? What are the social expectations? What non-food activities will be available, or can you plan? Who will support you in the decisions you make?

By recognizing ahead of time what situations you will encounter and the coping strategies you can use, you can plan how you will deal with each challenge.

Set Realistic Goals

1. Take control of your schedule by setting time limits at food-centered events.
2. Don't arrive famished. You are more likely to overeat if you do.
3. Alcohol adds unnecessary calories and weakens your resolve.
4. Stand on the other side of the room from the food and beverage tables.
5. Bring a healthy treat to share; you'll know you have at least one dish you can eat and enjoy without concern.
6. Choose small servings of your favorite party foods on a plate before eating.
7. Drink a large glass of water before eating to fill you up and help you eat less.

Set yourself up for success by planning ahead. Decide in advance what you will eat and how you will act. Have a realistic and positive attitude about your eating habits. Then relax, enjoy and, most of all, keep your sense of humor and good cheer.

Terry Anderson, Supervisor
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