

SUBJECT LINES:

1. Tips for staying true to your weightloss goals this holiday weekend
2. How to not reenact the Very Hungry Caterpillar this Labor Day

PREHEADER:

- Here's your plan for indulging without backsliding
- One hot dog, one cheeseburger, one bag of chips, one cup of potato salad, one slice of watermelon... 🥒

BODY:

Let's face it, {{first_name|default:'friend'}}:

Labor Day seems like a cheat day invitation.

(Or depending on your family and friends, a cheat day enforcement!)

All the **mouthwatering barbecue**...

The sides like **potato salad** that are so good you could just eat a whole plateful.

I'm from **Nashville**, one of the BBQ capitals of the world. So believe me...*I know the temptation!*

But when all the holiday fun is over,

We're either going to have renewed **confidence** in our weight loss goals based on how we handled ourselves...

Or we're going to feel defeated.

Now I'm not saying that overindulging is the end of the world – *it happens to everybody*.

But it's so much better to be conscious of the challenge and prepared to **make yourself proud!**

The really good news?

You can **partake** in the fun, **feast** on your favorite dishes, and *still* **keep your health commitments** intact.

It's all about coming up with a Labor Day game plan.

Step 1: You'll want to “pregame” with a hearty salad.

This dose of fiber and nutrients will **fill you up** so you aren't as tempted to ladle all of the goodies onto your plate.

Use greens like **spinach** or **romaine** as a base and top it with shredded carrots, olive oil, and a drizzle of balsamic vinegar.

Don't have time to nosh on a big salad before you head out?

Have a few **celery sticks!**

They've got so much fiber and water that you'll get almost the same effect.

When your stomach's already full ... you'll be better prepared to stick with the rest of the game plan.

Step 2: Hydrate, hydrate, hydrate.

Our bodies often mistake thirst for hunger, leading to extra calories.

So make sure to drink **several glasses of water** or a hydrating, low-sugar beverage before you head out to Labor Day festivities.

You'll be surprised by how much **less hungry** you are!

And if you hear the little voice telling you to "*get seconds of that beautiful peach cobbler*"...

Just drink another glass of water 😊

Step 3: Know what you're eating before you arrive

Think of this as your personal barbeque strategy.

You get one plate. On it goes your favorite protein (yes, it can be brisket), your favorite carb, and your favorite vegetable.

Okay ... and a dessert! *Reasonably-sized, of course.*

And when you're done, you're done.

You're **not restricting yourself** — you're just choosing the MVPs of the meal that you're going to *enjoy most*. No need to waste extra calories on things that aren't your favorites. (Even if Aunt Barb already put it on your plate!)

One thing is for sure though...

When you've filled up with salad and hydrated beforehand, your game plan will be the easiest thing in the world to execute.

Remember, this weekend isn't about perfection, but balance.

And most importantly, don't forget to enjoy yourself!

It's a celebration, after all.

Say hi to Aunt Barb, for me 😊

Let's get healthier one day at a time,

Dr. Travis Stork