

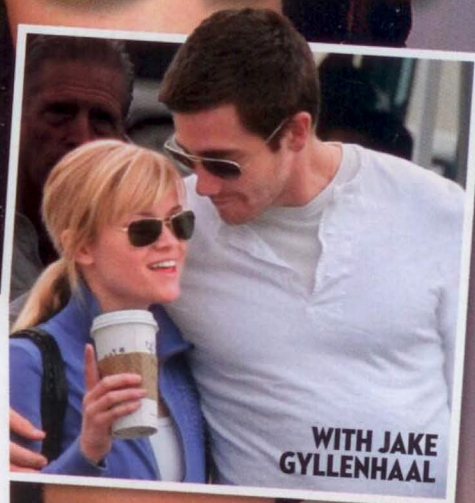


**REESE
WITHERSPOON
BACK
ON TOP!**

**HOLLYWOOD'S
HIGHEST
PAID ACTRESS**

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HIGHEST
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How she overcame a painful divorce to find joy with her kids and true love with Jake!



WITH JAKE GYLLENHAAL

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ISSUE #49 DECEMBER 8 2008 WWW.OKMAGAZINE.COM \$3.49

**10 TIPS TO GET
YOU THROUGH THE
HIGH-CAL SEASON!**

Holiday

STAY SLIM TRICKS!

Desperate Housewife Teri Hatcher fends off seasonal bulge: "I snack on berries and melon," she says.

1 KEEP YOUR HANDS FULL

When you're schmoozing your way around a party, you're probably sipping as you go. Jackie Keller, nutrition expert and founder of NutriFit, tells OK!, "Carry your drink in your non-dominant hand and a water glass in your dominant hand. You're more likely to drink from the dominant hand first." The best part is, if both your hands are full, you're less likely to mindlessly eat finger food.

2 NOSH BEFORE YOU GO!

Whether you're headed to a holiday party or just hanging with the girls, don't show up famished. "You're much more vulnerable," explains nutritionist Keller. "Before going, eat a snack: almonds with some fruit, or half a peanut butter sandwich to curb hunger."




3 SLEEP IS STILL KEY

Don't stay up late, whether it's to cook or write holiday cards. Lack of sleep at any time of year will have you making poor food choices. Sleep and proper hydration are key for your metabolism to function adequately.

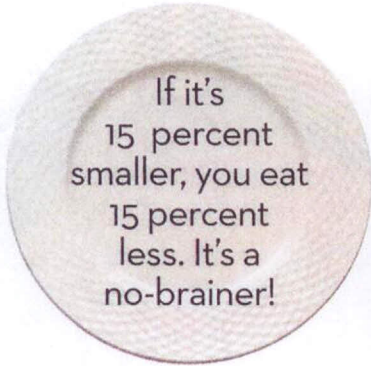
4 GRAB AN EXTRA 15 MINUTES

With all the extra cookies and chocolate around your workplace this time of year, temptation is everywhere. "Start each day 15 minutes earlier than usual to do some form of exercise at home before you get ready for work," suggests Jackie. "No matter what other workout you manage to get in, at least you'll have done something vigorous." Then you won't have to feel guilty about every bite!

5 SHRINK YOUR PLATE SIZE



Using a smaller dish is an easy way to save on calories.



If it's 15 percent smaller, you eat 15 percent less. It's a no-brainer!

6 HYDRATE

Whatever the occasion — a friend's party or an office gathering — booze is bound to be part of the celebration. "Drink two glasses of water for each alcoholic beverage you consume," says Keller.



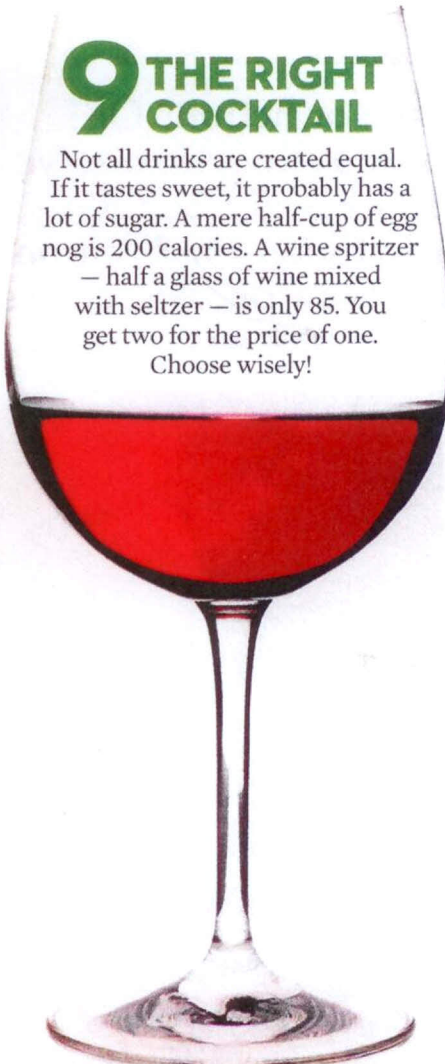
7 GO GREEN

At buffets, hit the veggies first. "Eat an entire plateful before you go for the main dish," says Jackie. "Filling up on veggies is a great way to cut back on things you shouldn't eat."

8 GET MOVING

Offering to help at a party means you'll be walking around (and popular with your host!). Vow to talk to at least 10 people instead of hovering over the hors d'oeuvres.

9 THE RIGHT COCKTAIL



Not all drinks are created equal. If it tastes sweet, it probably has a lot of sugar. A mere half-cup of egg nog is 200 calories. A wine spritzer — half a glass of wine mixed with seltzer — is only 85. You get two for the price of one. Choose wisely!



"One night, I splurge. The next, it's a salad for dinner," says Ali Larter.

10 SKIP DESSERT

During the holidays, be even more diligent about your food choices. Thinking of digging into some apple pie? A slice can be more than 500 calories! Go for sweet berries instead.

—Karen Berg