

## Halloween Survival Guide

The stores have been selling them for weeks already but buying your Halloween treats too early can lead to candy overload. Here are a few strategies to help you survive this scary celebration without saying 'boo' to your health.

1) Buy your treats as late as possible – Those ones sitting in the cupboard for days or weeks tend to get eaten before Halloween arrives anyways.



2) Buy treats that you don't like – You are less likely to overindulge if they are not your favourites.

3) Stick with your workout plan – Exercising will offset some of the extra calories you may be consuming.

4) Don't allow the Halloween candy to become your meals - Fill yourself up with healthy food and then have a treat or two for dessert.



5) Don't keep leftovers! The day after Halloween, bring the extras to work, give them to the neighbours, or drop them off at a homeless shelter.

And remember, a few treats won't make or break you. Allow yourself to enjoy a few of your Halloween favourites. If you are eating well and exercising 90% of the time, the last 10% really doesn't matter. Trick or treat!

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