

Mayo Clinic Minute

How Vacations May Make You Fat

| Video | Audio |
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| Vivien Williams | Ah, the sun, slopes or campsite. Yes, vacations can be wonderful. But, a study from the University of Georgia shows they may also make you gain weight. |
| Donald Hensrud, M.D. Healthy Living Program Mayo Clinic | “It was an average of 0.7 pounds; however, the weight stayed on.” |
| Vivien Williams | Mayo Clinic nutrition expert Dr. Donald Hensrud says 0.7 pounds doesn’t sound like that much, but it’s cumulative. If you gain that much weight every time you go on vacation, the extra pounds can really creep up on you. Dr. Hensrud has three tips for avoiding vacation weight gain. |
| Donald Hensrud, M.D | “No. 1 is be aware. Perhaps you don’t need that extra treat, that extra helping or that extra drink while you’re on vacation. No. 2 is plan ahead. Try and maintain good activity through the day. And No. 3, don’t abandon your healthy habits while on vacation or when you get back.” |
| Vivien Williams | Dr. Hensrud says keeping weight off long term is key to avoiding obesity-related health issues, such as diabetes and heart disease. For the Mayo Clinic News Network, I’m Vivien Williams. |