

## 5 Tips for Having a Skinny Margarita – and Being Healthy, Too

- **Skip the Big Workout.** You might think it's a good idea to burn lots of calories before drinking, to compensate for the calories in alcohol. But you don't have to endure a grueling workout. Have some fun with a zumba class, or enjoy an easy walk. Rehydrate with plenty of water, and refuel with a snack. Your metabolism will be elevated, so you can enjoy that skinny margarita without weight worries.
- **Don't Be *That* Person.** It's Friday – do you tell yourself that you deserve to drink (a lot) after your hellish work week? If you're looking for excuses to drink, or if you're drinking because you need it, you may have a bigger problem than you realize. Instead of turning into your alcoholic Aunt Sally, do yourself a favor and reach out to an addiction counselor to get help being healthy.
- **Wing It.** While you're sipping on your skinny margarita, consider snacking on a few chicken wings, french fries, or chips and guacamole. You cut calories on your drink, so you can splurge on some yummy appetizers! Plus, these higher-fat foods can help slow the absorption of alcohol into your bloodstream, so you won't get "too drunk, too quickly" (can you say embarrassing)?
- **Don't Diet.** Diets don't work – an estimated 95% of dieters will regain any weight they lose (plus more). So don't diet. Or skip meals, to save calories for alcohol. Or make yourself throw up after you eat, so you won't gain weight. Just DON'T do it. If you starve or purge regularly, you may have an eating disorder – consult an eating disorder counselor to help you be a healthy weight, in a healthy way.
- **Get the Skinny on Being Skinny.** Some people are naturally thin. Most people are not. If you feel pressure to "be thin to fit in," break free from society's ideals, and stop trying to mold your body into something it's not designed to be. Recognize the beauty that comes in all shapes and sizes – including your own body. Clip images of people *you* find beautiful (who you won't see on a traditional model runway), and post these in prominent places for inspiration. Love the skin you're in!

*This information is presented as an educational resource only. If you need more detailed and customized advice or support, please consult with an Eating Disorder & Addiction Specialist.*

*This tip sheet may be reprinted in part or entirety, if author bio below is included.*

©2018 **Dr. Dorie McCubbrey, MEd, PhD, LPC, LAC, CEDS** is passionate about guiding people to achieve healthy and successful lives. She is an Eating Disorder & Addiction Specialist who helps her clients discover diet-free solutions to their weight worries and freedom from addictive behaviors so they can achieve their highest levels of success. Read more tips at [www.DrDorie.com](http://www.DrDorie.com)