

Trimmer Tames The Trimmings

Wrapping your waist could help you watch your waist this Thanksgiving.

SAN RAFAEL, CALIFORNIA, USA, November 19, 2015 /EINPresswire.com/ -- The average American eats their way through a massive 4500 calories during a turkey dinner with all the trimmings, but there are ways to ensure you don't over-indulge these holidays.

Tempting as it may be to skip breakfast to make room for dinner, it's possibly the worst way to prepare for the day, slowing your metabolism only to dump calories into your sluggish digestive system later.

Have a workout during the day instead, before the gluttony begins to help start up your fat burning engine in the approach to Thanksgiving dinner.

Snacking can stuff you, so avoid packing in the packaged food before the turkey even makes it to the table and ensure your stomach won't be stretched to capacity.

Sampling just one or two of the five kinds of sweet potato dishes your mother makes, no matter how much they remind you of your childhood, is a simple step to surviving the biggest meal of the year.

Make sure your plate is mostly salad and vegetables, but do remember the pumpkin in the pie does not count as a vegetable!

Drastic steps could be taken to avoid overeating at Thanksgiving and most joke they should tighten their belt before the meal begins.

This option has become reality, with many opting to wear a comfortable [waist trimmer](#) under their clothes to restrict their food intake.

Unlike a stiff and rigid corset, a waist trimmer is made of stretchy neoprene, making it easy to wear. at the same time



supporting your back and making you sit up straight, which can help you digest what you eat.

Made popular by the Kardashians, the waist trimmer is one of the most in demand items in sports and outdoor on [Amazon](#), with a range of designs to choose from.

Select one with a blend of Neoprene, nylon and polyester to make sure it keeps its shape over time and look for double stitched edges with robust velcro so it stays in place over your hips and waist.

Wear yours during exercise before and after the holidays, to increase the amount of toxins you sweat from your stomach, as well as supporting your lower back and of course, you might even want to wear it to dinner!

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