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4 Weekend Fat Traps and How to Avoid Them!

On the weekends it can be kind of tricky to stay to your diet or not eat unhealthily especially when hanging out with your friends. Here are four places you may find your self on the weekend and how to get a healthier alternative.

Restaurant dinner dates. Sunday supper with the family. A nachos-supreme-enhanced happy hour. While weekends are full of fun, they're also full of food. (Hello, Japanese dinner on Friday nights, shrimp tempura included!) People take in up to 400 extra calories over Saturday and Sunday, according to a study in the *Journal of Public Policy & Marketing*, which can lead to a weight gain of 6 pounds over the course of a year. But with these smart, [easy-to-implement strategies](#), you can savor your favorite leisure activities and [stay slim](#). Try these simple tweaks.

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