



## Surviving the Festive Season



As we are approaching another Christmas, so too are we going to be bombarded with festive events.

Nearly all these little parties will no doubt be centred around food and drinks. Everyone likes to enjoy themselves at this time of year, but are you dreading the temptations that may result in you gaining a few kilos that you may have worked so hard to lose?

If you are, then don't despair. With a little planning, you can still enjoy the spirit of Christmas while still managing your weight.

Here are a few tips to help get you through.

1. Share your mission... make sure you are open with the host about wanting to watch your waist. Most friends will be happy to provide healthy options.
2. Keep moving... If you are planted near the food table, you are more likely to keep snacking.
3. Set yourself a limit - little canapés & hors d'oeuvres may appear small and harmless, but 4 or 5 could easily equate to a whole meal worth of calories. If you are just dying to try one of those bacon things, go for it! But pass on something less exciting.
4. If you know you are going to have a big night out, plan to eat light that day. Eg just a salad at lunch.
5. Always snack before you go. Don't arrive at any function starving. That way you won't pick on nibbles, before the main course.







6. Quality over Quantity - Commit to enjoying food if it is good quality, but don't waste calories on on poor quality party snacks, chocolates or lollies.



7. Sip Smartly - As with the food, set yourself a limit with your alcohol intake. Choose lower calorie options. Most 'lite' beers or wine have around 120 calories per serve. A single shot of vodka with lime & soda will only have around 75 calories.



8. Drink like a Fish - and no I'm not talking about alcohol... Remember to alternate with Water. Your head and liver will also thank you in the morning.



9. Remember the 5 veggie rule - make sure that amongst all your party food, you get your 5 daily serves of veg and plenty of fibre. You can't make up for 5 glasses of wine by skipping out on the nutrition. This will keep you fuller too so you are not so likely to overindulge.



10. The final, and arguably most important rule to remember... **COMMIT TO TRAINING!!!** - Under **NO** circumstances should you skip training. In fact, you should do **EXTRA** to compensate for any extra calories. Plan to exercise the morning of the party - this will also boost your metabolism to help churn through all those extra treats. Also go for an extra walk or something the morning after to use up those excess calories before piling more in.



If you've been focusing on losing weight throughout the year, you don't want to throw it all out the window.



You have a new mindset now. Your new way of thinking means you will be eating differently out of a respect for yourself, you will enjoy feeling full but not sickly stuffed. You have really turned a corner in your relationship to food. How will you feel come the 1st January knowing that you remain lighter than 1st December?



Now is the most important time of the year to show to yourself that you really have turned a corner. Follow these tips to help keep your new mindset on track.

