

F I T FACTS



18 WAYS TO KEEP OFF THE HOLIDAY KILO'S

The Festive Season is the perfect mix of catching up with friends but it tends to involve indulging in food and drink and exercising very little. No wonder we all complain in the New Year that we have put on weight.

Ward off the New Year weight gain blues by staying focused. Don't get me wrong have fun, enjoy yourself and the occasional treat but know when enough is enough.

Changing your behavior relies on a change in attitude which can be hard when you're surrounded by a host of temptations and celebrations. Here are some ideas to keep those extra holiday kilos off:

1 Set Goals: At the start of the holiday's set yourself a goal weight for Jan 1. You may want to maintain your weight or lose a couple of kilos. Make it attainable! Write your goal on a piece of paper and stick it on the fridge or in a prominent place in your wallet! Use it to strengthen your resolve.

2 Visualise: Creative imagery is a powerful tool to take your results to the next level. Imagine yourself at your ideal body weight/shape and use that visualisation to keep you on track.

3 Go for Balance: By all means enjoy good food this Festive Season but don't go overboard. Watch your portions and keep unhealthy snacks to a minimum.

4 Plan Ahead: Plan what you are going to eat for the day. Having healthy snacks on hand will make you less likely to be tempted. If you are going to a work function and you know they will be serving deep fried fatty foods then eat before you go.

5 Drink Up: Drinking plenty of water helps to ward off hunger pains. Lack of water causes dehydration and headaches which are all too common when alcohol comes into play.

6 Healthy Snacks: It's not always the main meals of the Festive Season that stack on the extra kg's it's the sneaky snacks in-between. Watch the sugary and deep fried options.

7 Avoid the Buffet: A buffet can be one of the greatest threats to achieving optimum weight loss. Just because you can doesn't mean you have to! Load up on salads and veggies.

8 Cut Down on Sweet Drinks: Sweet calorie rich soft drinks and alcohol are one of the most effective ways of putting on weight.

9 Be Active: Just because it's the holiday season it doesn't mean you need to become inactive. Exercise will be paramount in reaching your goal. Mix it up with a PT session or a class and feel less guilty about the extra indulgences.

10 Go Low: Aim for low GI foods making you feel fuller for longer. Avoid processed sugary foods.

11 Buy Active: The Giving and receiving of gifts is always a highlight at Christmas. Buy presents that encourage people to be more active. Such as a gym mem-

Personal Training Pack, Ipod, Sporting goods.

12 Take a Breather: It takes a while for food to hit your stomach so wait at least 20 minutes between courses. This will allow you to better judge how full you are.

13 Get Support: It's hard to be disciplined when going it alone. Make a pact with a friend or your trainer to stick with healthy eating and workout routine.

14 Avoid Stress: With extra expenses and events it can be a stressful time of year. Stress can lead to over eating. If you are feeling stressed go for a walk or head to the gym.

15 Avoid Takeaway: We are out and about so much it's not surprising that this time of year is the busiest for takeaway shops.

16 Shift the Focus: Remember that Christmas is about family and friends which often revolves around meals but doesn't have to be the focus.

17 Don't Skip Meals: In the lead up to a party or holiday meal this only sets you up to over eat and can slow your metabolism.

18 Slow Down: What's the rush! Slow down and enjoy your meal.