

tip sheet



Christmas Tips

WE ARE FAST APPROACHING THAT TIME OF THE YEAR WHERE WEIGHT CONTROL IS CHALLENGING, NOT ONLY IS THERE MORE FOOD AROUND THAN NORMAL BUT MORE SOCIAL EVENTS WHICH INCLUDES AN INCREASE IN ALCOHOL CONSUMPTION COMBINED WITH THE UPTAKE OF HIGH CALORIE FOODS. HERE ARE SOME TIPS THAT WILL HELP YOU MANAGE YOUR WEIGHT OVER THE SILLY SEASON.

Rules

1. Keep the real indulgent days to a minimum i.e. Christmas Eve or Day, Boxing Day and New Years Eve or Day
2. Don't try to lose weight over Christmas. Parties and Celebrations can make this a near impossible task, so let your goal be to simply keep your weight stable

Social Tips

1. Don't arrive to a function starving, have a small healthy snack (i.e. protein shake, 2 wholegrain crackers with 2 slices low fat cheese, a raw carrot & cucumber) or light meal before you go to avoid overeating unhealthy party food like party pies, sausage rolls & chips. Limit or avoid "pastry" party food, this is loaded with calories and high in saturated fat
2. Don't pile up your plate, take small portions and go back for more if you genuinely feel the need to. Apply the two-thirds / one-third rule. Pile your plate high with whatever vegetables are on hand before gravitating to the meat. This rule will help you limit your intake of starchy carbohydrates like pasta salad, potato salad and fried rice
3. Talk to more people and you'll eat less and have a dance!

Avoid Overeating

1. Let people know that you don't want food as gifts i.e. lollies, chocolates or nuts
2. Use small wine glasses; A standard glass of wine is 100mls not 300mls
3. Place leftovers in the freezer or share them with your guests to take home

Cutting Calories

1. Start your meal with soup or salad
2. Limit alcohol to particular times i.e. after 6pm as a general rule and alternate between alcoholic and non-alcoholic drinks
3. Choose low-cal drinks (use diet drinks or mineral/soda water with fresh lemon or lime to mix spirits)

Keep Moving

1. Plan a day out in the park or visit the zoo
2. Book an adventure holiday rather than a lay-a-bout by the pool holiday
3. Buy active presents for the kids or ask for an active present like rock climbing, kayaking or surf lesson voucher