



A Healthy Christmas

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- 1. Don't starve yourself before a party. This will only cause craving and resulting in overindulging on naughty treats later. Snack on something healthy before you go, like protein or vegetables, which will keep you fuller for longer, prevent hunger and cravings.**
 - 2. Avoid high sugar drinks. Try and stick to the healthier options like vodka / gin with soda water.**
 - 3. Eat slowly to prevent over eating. Stop when full, not stuffed!**
 - 4. If you overeat at one meal, just snack at the next to balance your calorie intake**
 - 5. Make sure you plan time for exercise. Christmas is a time for eating and drinking more, but there is no excuse to skip a workout.**
 - 6. Get out and walk as often as you can. As well as helping burn off the excess calories, walking reduces stress hormones and will help you deal with this crazy time of year**
 - 7. If you have a few parties in one week, remember your treat at the weekend does NOT still apply, be more mindful of what and how much you eat and drink**
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**Most importantly, relax, enjoy ,
smile and laugh a lot. Have a fantastic
Christmas. Keep fit, happy and Healthy**

