



Self Control in the Silly Season

Tis the season to be jolly.. but not ROLLY so lets start planning some strategies now for avoiding eating and drinking to overload!



Prioritise your exercise! Four + times a week, schedule in the gym, an hours fast walk or a half hour jog. Have a back up plan for when you're caught short for time. 10 minutes skipping or a jog around the block .. it all adds up! Daylight savings means you can still be outside later so no excuses.



Don't skip meals to save up for a binge at the work do or do's! Having a high fibre breakfast such as muesli and fresh fruit has been proven to help you weigh less not more, and it is likely to reduce your daily calorie/kilojoule intake.



Move away from the buffet table! This applies to family and work functions. Select your morsels and head to the other side of the room to engage yourself in conversation, anything other than the food table!



If you're in charge of food for the next event, make sure the table is laden with N.Z Christmas fare: fresh fruit, lean meats, rolls, salads...make at least one event of the season stodge free!



Of course there is space to indulge in at least some of your favourite high kilojoule foods. Just set yourself a rule before you reach the food... choose one or two of your favourite vices to eat in moderation. Sampling a bit of everything is a fast road to disaster!

Have a great Christmas season & we will catch up with you all in the New Year!