

## Stay Fit not Fat over Christmas! Some tips for the Silly Season (or anytime really)!

So you want to stay fit and healthy over the silly season? Here are a few food tips to keep you on track.

1. Use smaller plates so you don't put too much on your plate.
2. Choose the protein sources first - Chicken, Turkey, Beef, Lamb, Eggs etc.
3. Choose steamed vegetables over roast vegetables.
4. Choose Low GI options. (see my article on GI Examples)
5. Avoid bread, pasta and potatoes (except for sweet potato)
6. Go easy on or avoid the sweets, if you have to indulge choose low fat ice-cream or custard or make a desert with artificial sweetner instead of sugar.
7. Go easy on the Alcohol, choose sugar free and low carb options.
8. Go for a walk or play a game of cricket, tennis, bocce etc. after the meal has been digested to burn off some of those calories.
9. Help with the cleaning up! Think of all those extra calories you'll burn off and the brownie points you'll earn for helping.
10. If you're visiting multiple family members for Christmas, avoid some of the meal times, try not to have more than one Christmas meal.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie