

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

TOP TIPS FOR DECEMBER

This week's focus: How to balance a healthy lifestyle through the busy and often indulgent festive season.

Why is it important?: Keeping ourselves accountable through December ensures we have a great Christmas and New Year but allows us to get right back to it come January!

What will we tell you?: Top tips for damage limitation through party season.

- 1 We don't need to be kill-joys to stay on track through the festive season – we can plan to have fun and over-indulge, just as long as there's a plan to get back on it again.
- 2 Think and plan ahead! Each Sunday check your diary for what you have got on for the coming week. Can you avoid a calorie crisis by looking what could throw you off track, and planning for it? If you are planning on overindulging, do you want to rein it in a few days before and after to limit the damage to your progress? Check in with the 'weekender plan' for help with this.
- 3 If you want to keep your exercise up, plan this in too - when and who you will do it with, so that you don't miss out. Our routines go to pot around this time with extra activities so it's important to bear this in mind if you want to keep your fitness up.
- 4 If you can't get to your usual group, log in online and add your weight in the 'weight tracker', do the 'workout of the week', read and watch The Knowledge to keep you focused.
- 5 Get some support in the Facebook group from other members - there is always someone willing to lend some supportive advice or maybe even arrange a walk or some other activity.
- 6 Are you attending a party? If it will be full of food that you don't want to eat, why not eat at home first and avoid the buffet table when you get there. Or if you are out for a big meal, have a look at your '5pm plan' calories for the day, to help you to eat less during the day and make way for a bigger evening meal. Or call ahead with a sensible choice before you arrive and get swayed by what's coming out of the kitchen.
- 7 Delay doing the big Christmas food shop until you really need to, so that you don't end up eating it and having to replace it before the big day comes.
- 8 If you really fancy a treat, calories shared are calories halved – share that treat with a friend or loved one.
- 9 Set yourself a date where all the food that can throw you off track goes in the bin, or to the food bank so that you don't spend weeks overindulging.
- 10 Most importantly!!! Don't let a set back knock you off track, get back up quick and get back to it... and of course have a very merry Christmas and a wonderful New Year!

KEY MESSAGES

It is absolutely ok to overindulge at Christmas and New Year – just hold yourself accountable and accept that it will probably show on the scales.

It is also absolutely ok if you want to stay on track and avoid all the extras – particularly if you are totally focused and achieving your goals.

Most of all have a wonderful time with your family and friends.

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