



**BESTING THE
XMAS BULGE**





**This is a short list of six key tips
and tricks to help you**

Enjoy but not self destroy over the Xmas period!

**I am not suggesting you do not enjoy your family time,
Time away from work,
Or the many parties that this time of year presents
But if you are concerned, read on for some tips to
Limit the impact and help settle your head.**

**Be realistic in your approach and follow these
Six key tips to best the Xmas bulge**

A decorative border at the bottom of the page featuring green leaves, red berries, and pine branches with red and yellow plaid bows, mirroring the top border.



1: Eat Before Parties

When we socialise there is often the temptation of food.

Xmas parties are notorious for smorgasbords of delights.

- **Eating prior to leaving will setae your desire for food.**
 - **Assist your willpower to resist food.**
 - **Improve your mood prior to leaving.**

2: Stay Active!

There is a habit of sitting at tables eating

Sitting watching films and shows

- **If you cannot attend the gym, get out for a walk**
- **This gives you great time with your family and keeps the blood pumping**
 - **If you can attend a gym, priorities high energy strength workouts**

3: Snack Wisely

There are always so many tasty treats available at this time of year

Don't deny yourself but if you do indulge try these tips

- **Keep treats out of sight – out of sight out of mind**
- **Where possible reach for something more robust or higher in protein**
 - **Balance your snacks with your regular diet –**
 - **if you want to snack, do, but account for the energy**



4: Get Enough Sleep

It is very easy to neglect your sleep during the Holidays

Late nights, and often after alcohol can lead to poor sleep

- **Limit your alcohol intake closer to your time of sleep**
- **Wind down before bed, games and excitement to a minimum**
 - **Get plenty of fresh air**

5: Avoid Stress

While times of gatherings, garnishes and gifts can be wonderful

The combination of rich food, late nights and reduced movement can lead to stress

- **Allow yourself to indulge, but don't be excessive**
- **Remember to relax, a week won't ruin your goal**
- **Don't over think – you WILL stress yourself out**

6: Water – Drink it, Plenty of it

Its very easy to fall into social beverages

Both alcoholic, high sugar juices, or high caffeine drinks

- **For every drink you have, drink a glass of water**
- **If you know you are attending a social gathering, hydrate well before you go**
- **The more water you have, the easier the treats and alcohol will be processed**