

How to Avoid Christmas Weight Gain

If your normal cycle is overeating, indulgence and weight gain over the festive season and then feeling disappointed and discouraged come January, follow my top tips and turn that around. It is common for some to gain 3-6kg just over Christmas - don't become a statistic. You can feel fantastic, empowered and energised instead by following these top tips:



1. Eat before you go to the party

Eat a healthy protein-rich meal about an hour before you go to the party. This will help fill you up, suppress your appetite and leave you less tempted to overindulge on the calorie-loaded party food. This will allow you to connect with friends and get maximum enjoyment from the party.

2. Reduce calorie intake on non-party days

On the days when you don't have any parties or Christmas meals reduce your overall calorie intake, particularly sugary foods and carbohydrates and instead load up on fresh vegetables, fruit and hydrating fluids. These nutrient dense but high fibre foods will nourish your body and help counteract any negative effects of excess rich food or alcohol.

3. Get regularly exercise

Stay active. Don't stop your usual exercise regime and at least get in some 15-20 minute walks each day. Why not take the family out with you for a brisk walk in the park or even go out window shopping. The exercise will not only burn calories, but will help suppress your appetite, fuel your will-power and elevate your mood.

4. Visualisation

Our minds are very powerful. Close your eyes and picture yourself happy, healthy, confident and trim in January and then imagine the days prior to that and how you handled yourself at parties and dinners. If we tell ourselves regularly and believe we are already that person our subconscious mind can't tell the difference. We will start becoming the person we want and imagine ourselves to be.

Wishing you a very happy, healthy and joyful Christmas and New Year!