

FOR THE FESTIVE SEASON

For many people, having a healthy Christmas seems impossible and gaining a few kilos is a bit of an unwanted yearly tradition. So how can you avoid it and start the New Year with a positive bang?

Hints and Tips

- Set realistic goals – even if you aim to maintain, that is a great start.
- Enjoy the great options this time of year has to offer – turkey, ham and other meats are ideal and should form the foundation of your meal, along with greens and salads.
- Minimise the impact of alcohol on fat burning - choose soda water with lime and vodka or a mid-strength beer. Also be sure to alternate alcoholic drinks with water too. *Did you know: Alcohol can reduce fat burning by up to 73%.*
- Hold out for what you really want - is it the wine or the bread that you really want at a holiday dinner? If you set priorities in terms of indulgences, you'll be less likely to munch mindlessly on crackers or chips just because they're there.
- Incorporate regular fasting - doing so can help with hunger, access to fat and cell regeneration.
- Be active with family – incorporate a morning bike ride or enjoy a game of bocce and totem tennis
- Keep a diary - it's called self-monitoring, and it really can make a difference. *Studies have shown that people who keep food diaries during the holidays are better able to manage their weight.*
- Contribute a healthy dish - bringing your own dish to a holiday party means you'll be guaranteed at least one healthy option.
- Give the gift of leftovers - if you're hosting the big meal, send tempting leftovers as care packages with your guests. They'll appreciate the thought and enjoy the delicious food for days to come.
- Try to maintain your regular exercise regime – put it in your diary or have a buddy system with a friend to keep you accountable. *Research has shown that exercise is a key factor for weight loss maintenance.*
- Snack on nuts – buy the uncracked packs which can help with portion control.
- Get enough sleep –not getting enough sleep is associated with a host of negative health effects including hunger, cravings and impaired cognitive ability which may result in poorer eating decisions.
- Don't let one slip up turn into an entire week – the more you splurge, the more your body will crave sugar and make it harder to return home to your usual healthy eating habits.
- Buy something to encourage healthy habits for Christmas – think new gym clothes and kitchen accessory.
- If metabolically suitable ensure you incorporate HIIT training - it not only saves time but it can help appetite control and target visceral obesity.
- Remember your why reasons – what do you want more that Christmas cake or the energy to play with your kids?



"Will it be easy – no, will it be worth it – absolutely."

Recipes

The perfect refreshing drink for the festive season - *Berry Chia Mocktail*

- Serves 2
- 500 ml water
- 25 g frozen berries I used raspberries
- 2 tbsp chia seeds
- 1 tsp granulated sweetener - we suggest stevia or xylitol

1. Using a blender or smoothie maker, blitz the frozen berries, sweetener and water with the blade until all the berries have been pureed.
2. Adjust sweetness to your taste.
3. Add the chia seeds and pulse a couple of times to break some of the chia seeds up (this helps them swell) or if you like whole chia seeds in your drinks, simply add them then shake or stir.
4. Allow the sugar free berry chia fresca to sit in the fridge for 10-20 minutes to allow the chia seeds to absorb the water and swell.
5. Shake once or twice to distribute the swollen chia seeds.

Perfect Christmas treat - *Chocolate Mint Truffles*

- Serves 15-20
- 250 g cream cheese
- 100 g 70% dark chocolate
- 1 tsp granulated sweetener - we suggest stevia or xylitol
- 1/4 tsp peppermint essence
- 2 tbsp cocoa powder unsweetened

1. Warm the cream cheese in the microwave for 15 seconds then stir to soften.
2. Melt the chocolate and allow to cool to the same temperature as the cream cheese, otherwise the chocolate will harden into lumps as it mixes with cold cream cheese.
3. Mix the softened cream cheese, chocolate, cocoa, peppermint essence and sweetener - adjust to your taste.
4. Cool in the fridge until firm enough to roll into balls.
5. Roll generous teaspoons of the truffle mixture and cool again in the refrigerator.
6. Dust with a little cocoa powder to serve

Summary

Wishing you and your family a very Merry Christmas and Happy New Year. Remember to book your metabolic check up with MHS for 2018 to keep on track over the festive period and help you achieve long term results.

