



Don't let alcohol run you off the rails this Christmas

Despite the delights of alcohol, it is not helpful if you are trying to lose or manage your weight.

If you over imbibe not only will you be taking in excess calories but when you have had a few drinks there is a distinct tendency for your resolve to weaken around food.

So is the only way through to go completely teetotal over the festive and holiday season?

Not necessarily - But you will need to practise a bit of restraint if you don't want to ruin the work you have put in all year.

Check out the following six tips...

- 1. Quench your thirst** - with a glass of water before hitting the alcohol.
- 2. Always have 2 glasses on the go** - the 2nd one being water. Take alternate sips from each glass.
- 3. Volunteer to drive** - and then don't touch a drop.
- 4. Do an extra 15 mins** - of exercise for every glass you intend to have that day.
- 5. Choose wisely** – a spirit and low cal mixer will be around 80 kcals while a generous glass of wine or pint of beer will be nearer 140.
- 6. Stock up on the low calorie drinks** - like sparkling water, soda and lime, cranberry and low cal tonic water.