



Is weight gain inevitable over Christmas?

Not if you follow 10 simple rules

1. **Stand or sit as far from the buffet table as possible** - and load up with veges and protein. Nothing fried or in pastry should find its way to your plate.
2. **Under no circumstances are you to skip regular training** - in fact, if you can, schedule in extra to compensate for the extra calories you will be consuming.
3. **Eat lightly if you are going to be eating out** - this means soup or salad for the other meal of the day.
4. **Eat a snack before you go** - if the alternative is to arrive at a function starving. A protein shake or bar, nut bar + 1 vegetable will suffice.
5. **Adopt the 3 bite rule** - of anything you love but know is laden with calories – the first bite to try it, the 2nd to enjoy and the 3rd to bid it farewell. Leave the rest on your plate.
6. **Alcohol is not your friend** - with excess calories and a tendency to weaken your resolve around food. Limit it over this period.
7. **Quality over quantity** – commit to enjoying a certain food if it is very good quality but don't waste calories on poor quality party snacks, chocolates and lollies.
8. **Do an extra 30 mins** - of exercise any day you have a function and are going to be eating and drinking more than usual.
9. **The 2 vegetable rule** – this is not just a Christmas rule but munching on 2 vegetables a day will help to keep you full so you are less likely to overindulge in rubbish.
10. **Don't have it in the house** – only buy the naughty stuff when you need it and get rid of leftovers straight away.
Better in the waste than on your waist.

Stick with these rules and you will hit the ground running in January!