



Christmas - How Not To Stack On The Kilos

The festive season usually brings about the gaining of extra kilograms of unwanted weight in the form of body fat. Most people will continue to carry those extra kilograms of unwanted weight due to the fact it's so much harder to remove that excess weight than gain it.

Here are some tips to at least maintain your current weight over the festive season so you don't blow out.

- Each morning start your day with a large glass of water and squeeze in the juice of half a fresh lemon. Not only will this help wake you up and increase your energy levels, it'll re-hydrate you from the nights sleep. Lemon juice has been shown to aid weight loss and help with liver function. This helps us detox and process toxins. Do this first, before any food and drinks.
- If you're going to a work party or a Christmas function, eat a healthy meal before you go. This could include a good-sized salad or wok tossed or steamed veggies with an array of different healthy fresh ingredients. Always watch the salad dressing though as most are very unwholesome to say the least and are high in calories. Doing this not only provides your body with healthy nutrients but also will keep you fuller for longer so you don't snack on the rubbishy finger foods that are fed to the guests at these functions.
- At Christmas functions, if you have the choice, choose a small plate such as a bread or side plate or a small bowl. This will help you with portion control. Don't pile that small plate up either, as that just defeats the purpose. Also never go for seconds. If you're still a little hungry, wait 10 minutes and you'll realise that 9 times out of 10 you will be full and don't need anymore food. However, if you are then have a drink of water as that'll fill you up.
- Regarding desserts – stay away from them! Desserts combined with alcohol and/or soft drinks are a recipe for stacking on the kilos. If you insist on having them, remember portion control and have a very small amount. However, I would give sweets and desserts the flick.
- Drink about 600ml of water before you get to the function. Not only will this provide your body with a good deal of hydration but will help fill you up so you stay away from those bad snacks. It will also slow you down from drinking too many alcoholic beverages which is notorious for stacking on the kilos.
- If you are going to be consuming alcoholic beverages then make your first drink a glass of water. You can't have an alcoholic drink until you have the glass of water!
- Have a glass of water in between every alcoholic drink. This will not only keep you in a better state of hydration but you won't consume as many alcoholic drinks, which helps you to not become the drunk one at the function and do things you wish you hadn't...
- Refrain from consuming soft-drinks. They are loaded with sugar... all the way up to 12 teaspoons depending of the brand and that will go straight into your fat stores. In my opinion they also contain hazardous preservatives. If you want something fizzy,

then have a soda water with ice and squeeze in the juice from a wedge of lemon and lime for some healthy, nutritious flavour.

There you go... some simple tips that you can implement into your festive season routine to help you keep the unwanted extra weight gain at bay.

Here's to great health,

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