



How can we survive Christmas and New Year whilst still enjoying ourselves, without putting on weight and still looking & feeling great?

Here is an early Christmas present from the Academy 4 Wellbeing to help YOU do just that.

(By Danny Bowers, Sport, Health and Exercise Sciences Specialist and Managing Director of The Academy 4 Wellbeing, Stone, Staffs.)

It always really frustrates me that we work so hard to get in shape ALL year, then Christmas arrives and we let all that hard work go to waste or should I say waist? Starting back in January with our New Year Health, Fitness & Wellbeing resolutions is then so much harder than it has to be?

That's why this year The Academy 4 Wellbeing would like to give you ALL an early Christmas present to get you looking great for the Christmas party season and then MAINTAINING this over Christmas and into the New Year! The average person in the UK will gain Half a Stone over Christmas (British Dietetic Association).

Bearing this in mind, MAINTAINING your new improved Body fat % and Leaner Muscle content through the Christmas period is like losing 7 lbs of body fat in the New Year and a hell of a lot easier to do.

Nutrition Tips for Weight Management Survival

1. **Start your day with a healthy breakfast.** If you don't, you will tend to overeat the rest of the day.
2. **Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy.
3. **Curb your appetite.** Drink a glass of water before every meal. It will help you fill up faster and help you eat less. Keep a water bottle with you at all times.
4. **Slow down.** Eat slower and taste your food. It takes about 20 minutes for your brain to recognize how much is in your stomach. It is a good idea to take a break after you eat to lessen the temptation to go for another serving!
5. **Choose to eat clean 80% of the time.** Eat more protein, vegetables and fruit and healthy fats like nuts and seeds. A handful of almonds or a freshly sliced apple is a great snack to curb your hunger!
6. **Don't go anywhere hungry.** Try to arrive at any parties having already eaten something healthy. That way you won't be too prone to digging into high-calorie party foods. Also, bring a healthy option to a party!
7. **Maintain Portion Control.** Pay attention to how much you put on your plate. Use smaller plates. Moderation is one of the most important elements in weight control –especially at parties!
8. **Eat more vegetables.** Try to fill half of your plate with vegetables.
9. **Throw the snack plate away.** When at a party, if the plate is plastic, toss it. If it is a dish put it in the sink. The longer you hold on to your plate, the more you will eat.
10. **Trim all the visible fat.** If you are cooking it, do it before you cook it. If you didn't cook it, just trim it off before eating.
11. **Split dessert with somebody.** This way you will only have half the calories!
12. **Set goals for yourself over the holidays.** Read them first thing in the morning, throughout the day and before bed. Share these goals with somebody to help you stay accountable!
13. **Leave the kitchen.** Don't hang out by the food table at home or at parties. Too much mindless eating!
14. **Minimise indulgent days.** E.g. Christmas Day and New Years.
15. **Don't give up!** Falling out of habits you are trying to accomplish for a few days, DOES NOT mean your effort is hopeless. Simply acknowledge that you 'slipped up' or ate poorly and get back on your plan. New day, new start!

Tips for Exercising over the Holidays

With all the extra food and drink on offer over Christmas it is essential to build as much exercise into your daily routine as possible. Exercise is the real friend to you during this excessive holiday period, so don't be tempted to put off regular exercise until after the holidays.

Here are our top ways to get exercise in over the Christmas holidays;

- 1. Schedule Your Exercise.** Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. If you can't make it to an A4Wellbeing class, make sure that you get some activity most days.
- 2. Exercise on days you eat a holiday meal.** Try to get a workout in the morning on the days you know you will have a big holiday meal that day. Your metabolism will be running higher and chances are you will choose better foods!
- 3. Set goals for yourself over the holidays.** Read them first thing in the morning, throughout the day and before bed. Share these goals with somebody to help you stay accountable!
- 4. Make a workout calendar for yourself.** Commit to a certain number of days per week that you exercise. Mark them off with a marker to show your progress.
- 5. Exercise early.** An unpredictable, extra-busy schedule can easily derail your usual exercise routines. Try working out early in the morning, before you're interrupted for the day. Have a backup plan, so that in case you miss your usual exercise routine, you take a bike ride or a home exercise session.

Book your Wellbeing December Special Offer Boot Camp Classes

Take advantage of incredible December/January special offers including Pay As You Go options from as little as **£5 per hour session**

Purpose Built Wellbeing INDOOR Health & Fitness Training Facility

Come and join us at Academy 4 Wellbeing throughout November/December and January and look & feel your best this Christmas and New Year.

Treat a loved one or friend to a Wellbeing Christmas Voucher

Give a gift that lasts a lifetime with our Christmas Vouchers. These can be redeemed towards Bootcamps, Fitness classes and Personal Tailored One 2 One Training.

Start your journey to a slimmer, healthier, fitter you today! A new you is a call away. 0845 686 0444 www.academy4wellbeing.com daniel@academy4wellbeng.com Stone, Staffs.

