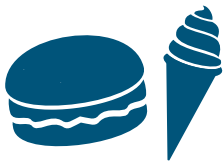




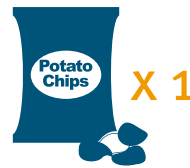
Tips to help you stay in shape over the festive season



The festive season is a time to eat, drink and be merry, but Australians on average gain between 0.8 - 2kg in just a few short weeks. Whilst this may not sound like much, researchers have identified that weight gained over this time is rarely lost. Stay on track this festive season and start 2016 on a positive and healthy note by following these few tips:



Limit the pig outs. Keep the over - indulgent days to a minimum. One or two days of real overeating won't be as bad as a month of festive feeding. The key is to get back on track the very next day.



Moderation is key. There is no need to deny yourself of treats (e.g. mince pies, chocolate crackles, trifle) but limit yourself to small amounts. Chips, chocolate and lollies are available all year round so don't go crazy; stick to one or two of your favourite treats.



Stick to your routine. Don't quit over the festive season, continue your exercise routine. Gyms are usually half empty at this time of year, or it's a great time to get outdoors (with the kids) and enjoy the warmer weather. Go bike riding, swimming or take a brisk walk after dinner when it's a bit cooler.



Get enough sleep. Lack of sleep can lead to bad food choices and cancelled workout plans. Whilst the occasional late night won't do too much damage, back to back sleepless nights can lead to hormone imbalances, a messed up metabolism and weight gain.



Explore your holiday destination. Don't fall into the trap of just lounging around and over - indulging, integrate some activity into your holiday plans. Walking is a great way to explore new places.



Choose your booze wisely. Alcohol consumption in Australia triples during the festive season. If you have invitations to several parties, try to differentiate "special" occasions from run of the mill drinks, and offer to be the designated driver at a couple of them. Have at least two alcohol-free days each week, drink plenty of water and avoid high-kilojoule mixers such as juice, soft drink and flavoured drinks.



Be conscious of your portion sizes. Research shows the larger the plate the more food dished up and eaten. Eat off the smallest plate you can find and eat slowly. Food takes 20 minutes to hit your stomach, so wait and you can be a better judge if you should go up for seconds or not.



Have some time out. The festive season is one of the most stressful times of the year. The combination of drinking, relatives, lack of sleep and the stress of shopping can be too much for some people. Try to find some time alone, take a relaxing bath, go for a walk or talk to someone you trust.



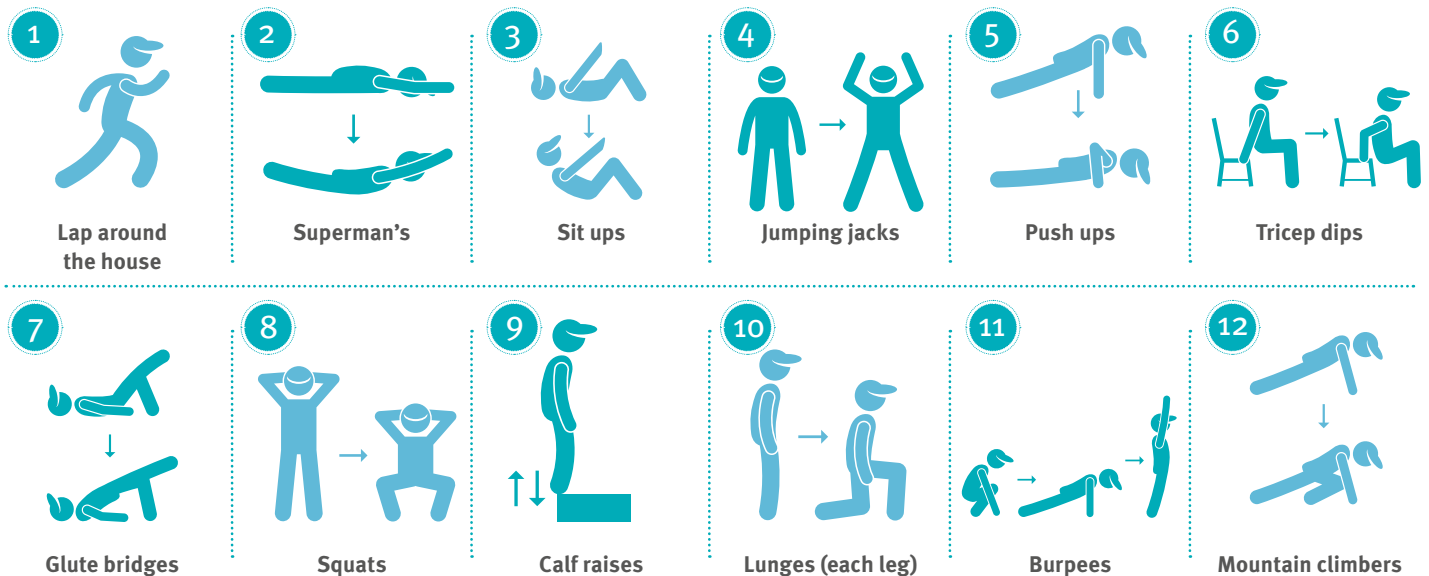
Be realistic. Don't try and lose weight over the festive season, just aim to maintain your weight by balancing your food intake with plenty of physical activity.



Dance. Enjoy yourself at the next party by getting up for a dance with friends. It is a great way to have a quick workout, while being festive and having fun.

12 Days of Christmas Workout

Perform the following workout, just like the song. Start at day 1, adding a new day each round (e.g. 1, 1+2, 1+2+3).



This guide is for information only and the exercises should not be relied upon as appropriate for all individuals. You should consult your physician or health care professional before attempting any new exercise technique. LGIS accepts no responsibility for any injuries which might arise as a result of you undertaking these exercises.

No bake Christmas puddings

Ingredients:

- ▶ 225g fresh pitted dates
- ▶ 1 orange
- ▶ 250g dried apricots, chopped
- ▶ 1 ½ cups almond meal
- ▶ 1 teaspoon vanilla bean paste or extract
- ▶ 1 tsp ground cinnamon
- ▶ ¼ tsp ground nutmeg
- ▶ ¼ tsp ground ginger
- ▶ 80g white chocolate, melted for decoration (optional)

Method:

Combine dates, orange zest, apricots, vanilla, almond meal, cinnamon, nutmeg and ginger in a food processor.

Process until mixture is combined and looks like fine crumbs.

Spoon mixture into a large bowl, add 1 – 2 tablespoons orange juice and mix again. Your pudding mix should come together in your hands when lightly squeezed.

Divide pudding mixture into 6 small puddings. The best way to do this is to line the base of your desired mould with glad wrap and press the pudding mixture into it firmly. Invert the pudding and remove the glad wrap. Repeat until all the puddings are formed.

Melt white chocolate in a small bowl over a simmering pot of water. Spoon a little white chocolate over the tops of the puddings and garnish with fresh cherries, berries or anything you fancy.

Arrange onto a serving plate and set aside until needed. Puddings can be stored in the fridge for up to two weeks.



Lvl 3 170 Railway Parade,
West Leederville WA 6007

 (08) 9483 8888  www.lgiswa.com.au

The information provided in this newsletter is general guidance only and should not be relied on as a substitute for professional advice. No liability will be accepted for losses resulting to any reader relying solely on this publication. No part of this newsletter may be reproduced without permission from LGIS.

Renee Rohde is a specialist health and wellbeing professional and Program Manager at LGIS.

Contact Renee on 9483 8888 for more information regarding these programs.