

Healthy Weight for Life Club News



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December 2009

Sailing through the Silly Season

At this time of year, we thought you might appreciate some tips for enjoying the Silly Season and still maintaining your new healthy lifestyle habits....

1. Be Realistic

This time of the year, with all the parties and get-togethers, it is going to be hard to try to **lose** weight, so make it a time when you are happy to just **maintain the weight you have already lost** until you can fully resume your program in the new year.

KicStart can be a great help to you when trying to maintain your weight over this period.

2. Keep up your exercise

Don't completely give up your exercise routine over the holidays because it makes it that much harder to get back into it later. If you don't have the time to get to the gym as often as you should, try to be active around the home & in the garden, plan to go for a swim at the beach or local pool with family or friends.

Try to get as much incidental activity in as possible, e.g. when out doing your Christmas shopping – park in the furthest space from the front doors of the mall and choose stairs

rather than lifts & escalators.

3. Actively enjoy the company of family & friends

When family & friends come round, instead of sitting around drinking & eating, organise a game of backyard cricket, touch football, soccer, tennis, volleyball etc – you may even start a new tradition!



Party Plans

We've put together some strategies to help you plan for social events so you won't end up feeling guilty afterwards...

Don't fast before a feast

Never arrive at a party with an empty stomach! Always eat something healthy and substantial before you leave home so you don't head straight for the snack table upon arrival.

A **KicStart shake** is a great option to have before any function. It will fill you up and keep you feeling full for hours.

Drink water, drink it first, drink it often

Make your first drink at a function a glass of water to quench your thirst and fill your stomach. Another trick to help reduce how much you eat is to try to always keep a glass of water or low calorie soft drink in your hand.

This will help to fill up your stomach and it also means your hands are occupied which provides an additional reason not to reach for snacks.



Limit the alcoholic drinks

Alcohol is "empty calories" with no nutritional value. Alcohol also tends to impair our judgement and we end up eating more than we would normally do. Alternate alcoholic beverages with glasses of water to reduce the amount of calories you are consuming. If you think you will need to have a ready excuse not to drink because you find you are usually pressured to have more to drink, you should offer to be the designated driver for that occasion.

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Party Plans contd.

Step away from the food...

Standing near the pre-dinner snack table you will find yourself grazing on thousands of extra calories even before you sit down to have a meal. If you must eat before the meal, (eg if you are drinking a glass of alcohol) choose the lowest calories items available to you, put them on a small plate, and move to the opposite side of the room away from the food.

Portions, Portions, Portions

You will probably want to enjoy all of the foods served during dinner but you don't need a full serving of each dish. Try to arrange it so that you are able to serve yourself, rather than having someone else serve your meals up for you. Dish up just enough for one or two bites of each item, reserving the larger

portions for the high fibre, low fat options like vegetables & salads.

The **TEMplate System** is a terrific portion guide.

Savour the flavour

It takes about 20 minutes after the stomach is actually full before this signal finally reaches the brain - by then, we've usually overeaten.

To combat this, consciously remind yourself to eat slowly and savour every bite. Place your cutlery down on your plate between mouthfuls.



Engage the person next to you in a conversation – and don't talk with your mouth full!

Practice your refusal skills

Think about what you will say when you are pressured to overeat or to have second helpings. How will you handle comments like, "I slaved all day to prepare this meal!" and "Is that all you're going to eat?" Practice your responses. No-one who truly cares about your well-being is going to argue with you when you say "I really enjoyed that meal but I have worked really hard this year to get healthy and I don't want to blow it now".

Lower calorie alternatives for party food

If you are catering a party or are asked to bring a plate, here are some lower calorie festive food alternatives that you could try.

- Salsas and vegetable dips (eggplant, beetroot, etc)
- Vegetable batons, air-popped popcorn or low-salt pretzels
- Barbeque prawn skewers
- Cold Vietnamese rolls with sweet chilli dipping sauce
- Cold seafood platters
- Dried fruits & nuts stirred through low-fat vanilla ice-cream or frozen yoghurt in little individual serving cups
- Seasonal fruit platters or fruit skewers



Do you have any free food recipes you would like to share with other club members? Send them to us and we will post them on the website. And don't forget - There are some great [dip, snacks & salad recipe ideas](#) on the website.



I think our family diet is ok but I'd like some practical guidance



I'm motivated to lose weight but I don't know where to start