



The Holidays are **COMING FAST...Prevent Party Pig-Out...**

- **DON'T Skip meals all day long.**

If you arrive at the party hungry, you will reach for the first thing you see (and the second, and the third!) whether it's healthy or not.

INSTEAD Cut back on refined carbs and fats throughout the day to give yourself some leeway. Include protein and fiber in every meal to help you feel full. Example breakfast: oat bran cereal, low-fat yogurt and a piece of fruit. Lunch: throw some beans in your salad and swap oil-based dressing for balsamic vinegar. Right before the party, have a healthy snack: a handful of nuts or air-popped popcorn.

- **DON'T Work out as an excuse to eat more.**

One exercise session is not going to make up for the hundreds of extra calories consumed at a party.

INSTEAD Add an extra 10 mins to your workout for a week if you know you may be overly tempted. When you exercise just to compensate for calorie intake, you're setting yourself up to feel bad when you can't work off a high calorie meal.

- **DON'T Taste a little bit of everything.**

Eating too many different types of food may turn on your appetite.

INSTEAD Survey the entire food spreads first. Then choose a few things that you really want. Count the party grub as one meal; aim for 500-600 calories including your drink. Take two small-size plates of food, one for snacks and the other for appetizers.

(fitnessmagazine.com)



Fit Fact

WHAT DO YOU KNOW ABOUT YOUR FAVOURITE HOLIDAY DRINKS?

WORST

Rum-spiked eggnog (8 oz)	377 calories
	16 g fat
	(9 g saturated)



BETTER

Hot chocolate with Peppermint schnapps (8 oz)	287 calories
	6.5 g fat
	(3 g saturated)

BEST

Red Wine (1 glass, 3.5 oz)	74 calories
	0 g fat



Fit Fun

Match the winter activities to the calories they burn per hour!

Downhill Skiing	250 cal
X-country Skiing	270 cal
Shovelling snow	300 cal
Walking in the snow	400 cal
Building a snowman	420 cal
Sledding	535 cal
Ice Skating	700 cal

Answers: <http://ezinearticles.com/?Burn-Calories-With-These-7-Winter-Activities&id=1936160>

Get Fit

Try our "Get Lean 30 min Circuit" at home. Make time for yourself in the holiday **RUSH!**

www.konquestfitness.com/workout/lean30min

Getting ready for that winter vacation!?

Try a personal trainer! Pair up to make it more economical and still get the results you want!