

# A HAPPY & HEALTHY CHRISTMAS



**Christmas is a wonderful time of the year! A time of love, happiness and time with people we love. Unfortunately it can be a time when we may let our wellness take a back seat. The good news is that you don't need to compromise your health to have a happy, social and gastronomically great Christmas**

There are, I believe three components to the Christmas lead up and they are:

1. Planning the day
2. The lead up celebrations
3. Christmas day

Here are a few ideas that may help in your attempts to make this year a happy, fun and **healthy** Christmas:

## **Planning the Day:**

- How much driving around are you planning on doing? I know so many people who end up driving all over the country side on Christmas day to see everyone that needs to be seen. This creates a great deal of stress and can take away from the joy of the day. Why not consider spending different days with different people and save the frantic rushing around on Christmas day. At the end of the day it is about spending time with people you love – does it really matter what day it is?
- If you are entertaining there are a couple of things to consider;
  - Are you doing all the preparation? Can you delegate and share the load and the potential stress.
  - What food are you planning on serving? Does it have to be the traditional Christmas fare? Consider healthy light options such as fish, BBQs, salads, fruit salads as well as the normal stuff.
  - Use good quality ingredients and foods – if you are going overindulge make sure you are putting nutrient rich food into your body.
- Present buying can be a source of great stress, particularly in these trying economic times – consider Kris Kringle ideas to ease the pressure of buying just for the sake of buying presents. The other option, as my family are doing this year, is donating to a charitable cause instead of buying presents. Helping people that are less fortunate is one of the greatest joys there is.

### **The Lead Up:**

The week or so before Christmas can be a pretty hectic time of the year that may compromise your commitment to your health. Here are some things to consider:

- Enjoy this time of the year and don't get stressed.
- Indulge in moderation and enjoy it
- Buy a pedometer and increase your walking/exercise in the Christmas lead up
- Increase your consumption of purified water
- Make sure you are eating a healthy breakfast and snacking regularly everyday – this will eliminate the need to over eat.
- At evening functions, even if for dinner, eat a snack before you go out just in case dinner is late. This is to take the edge of your hunger and help you to avoid over eating and making poor choices
- At parties choose the healthier snack/food options, as opposed to the fried foods – remember you don't have to eat everything!
- Alternate alcoholic drinks with water
- If you are trying to eat sensibly - be strong and assertive about what you are doing. Don't let people bully you into eating or drinking something you don't want. Remember it is their issue, not yours! You will look and feel great after Christmas and they will not.
- Take this saying with you – **“I will do today what others won't so I can do tomorrow what others can't”**

### **Christmas Day:**

- Get up and do some exercise before you do anything else – what a fantastic way to start this joyous day
- Make sure you are eating a healthy breakfast and snacking regularly leading up to lunch – this will eliminate the need to over eat at lunch or dinner time.
- Eat in small bursts rather than one big hit – it is much easier for your body to digest and process foods
- Eat natural foods; lots of fresh/raw salads, fruits and vegetables, quality proteins, especially fish.
- Most certainly enjoy your pudding – be careful not to overdo it!
- Drink lots of purified water
- Do something active after lunch – go for a walk, play cricket etc.
- Have a fabulous day full of love, laughter, good food and great friends and family.

***HAVE A VERY MERRY CHRISTMAS AND A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR***

