

Dealing with the Silly Season

It can be quite challenging to keep yourself on track during this time of the year when there are so many temptations to indulge. Things like; horse racing, parties, BBQs and end of year celebrations. The major theme around all of these events is food and alcohol. Now I am certainly not saying don't enjoy this time of the year, because it is great. But beware because many a young player has fallen prey to the temptations! Don't end up like our friend on the right!



Here are a few simple strategies to help keep you on track and even improve when most people are putting on pounds and killing brain cells:

- Set your goal for how you want to look after the new year
- Read it daily – feel the feeling of having achieved it
- Increase activity levels to cater for increased calories
- Eat breakfast everyday and eat regularly during the day to avoid being starving when you go to your event
- Eat a small meal before going out, this will help to keep your hunger levels down, so you don't try to fill up on bread & snacks, particularly if you are going to be eating late
- Allow yourself the occasional indulgence at certain events, but adopt some of these strategies at most.
- To avoid overeating wait 10 minutes after eating and before you feel full. This is the time it takes for your stomach to send the message to your brain that you are actually full
- This is a no-brainer but; avoid lots of deep fried and processed nibbles and foods
- Go for the fresher, more natural options – lots of vegetables, salads, quality proteins.
- Position yourself away from the food table & bar at events
- Drink lots of pure water
- Try to alternate alcoholic beverages with water – set an alcohol goal
- Don't get influenced by peer group pressure – just remember they are going to feel terrible the next day. They are going to put on fat and compromise their health and then complain about it – not you!
- Always remember how you are going to look & feel at the end of the process
- Make sure people know prior to the event about your eating & drinking preferences to avoid uncomfortable situations
- People won't be offended, if you don't eat their cake!

Remember the decisions you make this silly season will determine how great you look and feel, when everyone else wishes they looked and felt like you!