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Weekend
detours

FREE
2011 WALL PLANNER
for our valued readers



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Tuesday 7th of December

Weight, we know Christmas is here

IT'S exactly three weeks until Christmas Day.

This means we have another three weeks of downing a handful of rumballs here and there.

Another three weeks of sinking a few extra beers because they're free.

Another three weeks of decreased exercise due to end-of-year demands.

What a recipe.

If you think three weeks isn't long enough to do any real damage to your waistline, think again.

The trouble with Christmas indulgence is that it doesn't just go on for one or two days.

For a lot of people, Christmas Day is more like Christmas month.

It is dotted with staff parties, dinners, drinks with clients and sugary treats doing the rounds at staff morning teas.

As little as one extra night of drinking each week can result in another kilogram of body weight by the end of December.

And it's not only the abundance of extra treats or drinks around that causes issues.

Some of these Christmas treats are really, really wicked.



Like fruit mince tarts. These would have to be one of my all-time favourite Christmas foods.

However, I have sworn myself off them this year after picking up a box a few weeks ago while shopping.

Instead of excitedly throwing them straight into the trolley, I stopped for a moment to check the nutritional information.

I knew it would show me nothing I wanted to see but I thought I'd check it in case (by miracle) they were making them lower in calories these days.

Nope. They are still just as bad as ever.

One of these little babies can have up to 1000kJ and I know I cannot stop at one.

December is a brilliant time to enjoy some treats and relax after a hectic year but don't let your celebrations start too early.

Christmas Day is one day.

Over-indulging for one or even a few days will not result in

drastic weight gain.

Consuming fruit mince pies, among other energy-dense treats, for a month or more leading up to Christmas will.

The most important thing to do if you want to arrive at the end of holiday party season at the same weight is to keep as much normality in your daily routine and training plans as possible.

Long-term weight loss studies have shown that people who maintain lifestyle habits over holiday periods are the ones who successfully prevent weight gain during this time.

I will still get my fruit mince tart before the festive season is out but I will do it when family arrive so they can be shared among others.

What can you go without until Christmas Day?

(Bec Josey is a journalist and qualified personal trainer. Bec now supports others to get in shape for life as well as events and can be contacted at on 0424 080 321 or via perfect.fit@bigpond.com. For more information visit www.perfectfittraining.com.au)

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DISCIPLINE: Be one of those people who maintain lifestyle habits over holiday periods.

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