



The healthy person's guide to enjoying Christmas indulgences

10 common sense tips & tricks

- ★ Don't fast or skip meals before a party or big event; eat normally before you go, so you won't overeat from being too hungry.
- ★ When you *do* decide to have an indulgent dessert, try the three bite idea – have a small amount and take time to really enjoy it *without* feeling guilty.
- ★ Two simple alcohol related strategies:
#1, be the designated driver when you go out with friends.
#2, alternate alcoholic drinks with water (you'll *always* be glad you did afterwards.)
- ★ Use the polite refusal technique to deal with 'food pushers.' Just be genuine, refuse politely and offer a compliment so as not to offend.
- ★ Always have a healthy snack in your bag when you're out shopping, running errands or on road trips.
- ★ Stay hydrated – water can help to curb cravings, keep you energised and keep your brain alert.
- ★ Snack on fruit and veggies while preparing party food.
- ★ Bring a fresh fruit and vegetable platter to parties – everyone will be glad you did.
- ★ Dial down your exercise routine if necessary instead of hitting pause. Spend time off being active with family & friends – hiking, bike rides, water activities, etc.
- ★ Remember, what you eat and drink during the holiday season is not as important as what you eat and drink during the rest of the year! So relax, enjoy some special “once a year” treats, and then get back to your normal routine 😊