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And So It is Christmas!

Yes, it's that crazy time of year again. Everyone is frantic trying to tie up loose ends at work, finish (or start) their Christmas shopping and miraculously try and see every single one of their friends before the end of the year. I'm exhausted just thinking about it!

So just because you are tired, busy and sleep deprived don't slip into that "lose it before Christmas" hole.



This is the one time of year you need your energy. Over-eating, drinking way too much alcohol and not exercising enough are sure fire ways of zapping all your energy, gaining weight and most of all losing motivation as your routine will be thrown out completely!

As well as trying to keep up your regular exercise and eating routine try some of the following tips over the next 6 weeks to get you through the "silly season".

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If you want to maintain all the results from all the hard work you've put in this year then keep focused on eating the food you need rather than the food you want. For instance, at Christmas parties there is always a lot of food and alcohol. Rather than eating your meal, snacking on all the treats then drinking as much free alcohol as possible be smart with your choices. If you eat really well and keep your portion sizes down you can afford to have a few more extra drinks than normal.

Or if you decide you want to eat lots of Christmas treats then you shouldn't top it off with buckets of alcohol. You can't have it both ways!

If you know your going to have a blow out then an extra workout before hand can help keep you on track.

If you know you're going to be tempted at a function then sometimes eating a small meal before you go out can help. Turning up hungry to an event isn't a good idea, especially if a buffet is involved! A handful of almonds and even some water should help keep your appetite under control.



When serving up your food concentrate on what you are putting on your plate. As usual you should make sure your meal consists of a good source of protein (hold the gravy), vegetables/salad (unprocessed carbohydrates) and some good fats (probably not crackling!) And only fill your plate once. You don't really need seconds do you? I don't know anyone competing in a triathlon this time of year! There's only one place those extra calories can go if we don't burn them off, and we all know where that is ☺

Kylie



MESSAGE AT STUDIO GLO!

We are pleased to announce that Liz is now available for massage therapy. Liz has been massaging for years from home so it's great that she has now decided to practice from the Studio! I hope everyone gets the chance to experience another aspect of Liz's professional expertise.

Please contact reception for appointment times and bookings.

1/2 Hour \$35

1 Hour \$60



Release Tension As You Work

Try and use these stretches throughout the day. They will help you stay relaxed and feeling great.



1

Place hands on top of shoulders. Ease elbows gently back pulling shoulder blades together, hold for 2 seconds.



2

Interlace fingers, turn palms outwards, stretch arms forward. Hold for two seconds, release slowly.



3

Circle shoulders backwards 5 times, then forwards 5 times.



4

With fingers interlaced, hold hands high above head, palms upward.



5

Cross right arm over to hold the left side of the chair seat. Twist to look over the left shoulder. Repeat on the other side.



6

Gently lower right ear to right shoulder, slowly bring your head back to the middle. Repeat to the left side.



7

Spread fingers apart. Hold this stretch for 2 seconds. Release.

A big MERRY CHRISTMAS from all the staff at Studio Glo to all our wonderful clients and friends. We hope you have a fantastic Christmas break and look forward to seeing you next year!



Chicken Mousaka

Ingredients:

- 2 large chicken breasts
- 1 rasher lean, organic bacon, chopped
- 1 small can crushed tomatoes
- 4 roma tomatoes, sliced
- 3 zucchini
- 4 anchovies
- 2 cloves garlic, crushed
- Salt & pepper
- Mixed herbs
- Grated cheese
- Cubes of feta cheese

Method:

1) Sauté chicken lightly until only very just cooked, leave to cool.

2) When cooled, slice chicken thinly.

3) With a potato peeler, slice zucchini longways into thin strips.

4) In a casserole dish, arrange layers however you like of chicken slices, tomato and zucchini strips.

5) Put the anchovies in some places, and scatter salt & pepper and herbs and bacon where you see fit.

6) Sprinkle over the top with crushed garlic, then top with tomato puree & feta cubes, then cheese.

7) Bake at 160deg for one hour.

8) Try to cut and serve it so it looks nice and stacks well.

Paul



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.