

How to Survive Christmas and the Holidays

Over the Christmas and New Year period most of our lives are so busy that we can often find ourselves putting exercise on hold. It also becomes easier to slip back into bad eating habits as we lose focus at this time of year.

Unfortunately this is the time of year when we tend to stack on the kilos, right when we want to look our best at all those parties and on the beach.



While we are tempted by all the scrumptious food excesses and alcohol in front of us, we can still endeavour to make good food choices. Remember moderation is the key with food and alcohol.

Summertime offers us an array of fresh produce for us to enjoy and can help us steer away from processed foods. So make the most of it.



So even though you're busy, make time for a workout. Remember how great you usually feel after a good work out and how good you will look if you don't throw it all out the window. And remember, exercise will help you to control your appetite.



Exercise should be fun, not a chore. So pick something you enjoy and can do regularly. Get outside and play games with the kids and make the most of the beautiful weather.

While away on holidays you can still maintain an exercise routine. You just need to rearrange it to suit where you are. There are always opportunities to go for a walk, swim or bike ride. If you keep exercising while you are away you will feel so much better for it and won't find starting back with your trainer too hard.



It's amazing how much harder it is to get back into an exercise routine after a short one or two weeks break. So keep this in mind while trying to keep yourself motivated to keep moving. You don't want to turn yourself into a couch potato over the Christmas break.

Don't fool yourself saying "I'll start again in the new year." A healthy lifestyle is achieved through balance and that is something we can't put on hold.



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!



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The Top Dietary Mistakes to Avoid

Skipping Breakfast

Most experts agree that if you skip breakfast, you'll make up for it later in the day, eating more calories. You may be hungrier later, and it will become difficult to control how much you eat.



Believing You Can Eat Anything if You Exercise

Many people exercise to lose weight but soon find that they need to track what they eat if they want to see weight loss. It is very easy to make up for calories burned with a single extra "treat" after your workout. Find healthy, balanced light meals and snacks relying on whole foods whenever possible.

Not Drinking the Right Amount of Fluids

Dehydration can be a serious problem, especially if you exercise in hot, humid environments. Drinking fluids before, during and after exercise will help you maintain adequate hydration levels.



Not Eating Before a Workout

You will get more out of your exercise session by having the right fuel on board.

Waiting Too Long After Exercise to Eat

Eating after your workout is as important as fueling it beforehand. A small meal of protein and carbs within two hours of your exercise session will give your body what it needs to build and repair muscles and the blood vessels that supply them.

Replacing Meals with Energy Bars or Replacement Drinks

There is no substitute for whole foods. Your body needs the wide variety of phytonutrients and fiber found in real fruits and vegetables and whole grains. No "meal replacement" bars or drinks provide the variety that nature does.



Consuming Too Many or Too Few Calories for Your Activity

You need to eat to fuel your body for your active lifestyle. But you probably fear eating too much so that weight control becomes a challenge.

Jumping on the Latest Diet Craze to Get an "Edge"

It's tempting to believe there is some magic formula out there that will dramatically improve our performance or weight loss, but the best approach is to stick to the basics and follow a healthy, balanced diet.

Chicken "Smash" Pizza

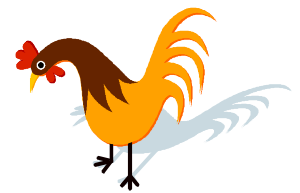
Ingredients:

- Large chicken breast
- Tomato paste
- Garlic
- Onion
- Capsicum
- Olives
- Tomatoes
- Pineapple
- Cheese, sliced

Method:

- 1) Pre-heat oven.
- 2) Lay chicken flat & beat with meat tenderiser until flat (width of finger)
- 3) Sauté chicken lightly until only just cooked.
- 4) Now use the chicken as a pizza base!
- 5) Spread chicken with tomato paste & garlic.
- 6) Top with whatever you like (examples above).
- 7) Place cheese slices on top.
- 8) Place in oven for approx 10 minutes, or until cheese is melted.
- 9) Serve with small side salad.

Kylie



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