



IS IT POSSIBLE TO INDULGE AND NOT GAIN THE BULGE? FOLLOW THESE TIPS FROM NUTRITIONIST GURU **AKCELINA CVIJETIC**, AND ENJOY THE FESTIVITIES WITHOUT THE HANGOVER FROM HELL...

1 ENJOY A FESTIVE WORKOUT

Exercise is possibly the last thing on your mind during the festive season. However, if you neglect it you will make it harder on yourself to get into shape in January. Why not make your exercise festive too? Take advantage of ice-skating rinks or do the workout at home whilst listening to your favourite Christmas tunes. You can make it fun for the whole family by engaging in winter wonderland activities in Hyde Park. The goal is to keep active to burn those extra calories and treats consumed over Christmas and New Year.

2 EAT SLOWLY AND CONSCIOUSLY

Come the festivities and most people completely lose track of what or how much they eat. The easiest way to enjoy the party season and prevent mindless eating is to eat slowly and consciously. Chew each mouthful at least 15-20 times. This allows the brain to register when you are full and prevents overeating, bloating and indigestion!

3 MAKE SMART DRINK CHOICES

Traditional drinks such as mulled wine and sugary cocktails are very

high in calories. Give them a miss and choose a glass of red wine or a white wine spritzer instead. Other smart choices include spirits mixed with fruit juice, soda or mineral water. Remember to alternate alcoholic drinks with water to help prevent dehydration and a hangover the following day!

4 CUT DOWN ON CALORIES NOT THE TASTE

Cut out unnecessary fat and calories by removing the skin from chicken and turkey. Create your own vegetarian stuffing instead of the traditional one. Have a larger portion of vegetables and a smaller serving of potatoes. Use bio-live yoghurt instead of brandy butter or custard with desserts. Replace crisps with plain nuts and vegetable crudités. Swap your regular dips for hummus, guacamole and salsa. Snack on satsumas – they are delicious and only 25 calories each!

5 SHARE A DESSERT

If you really fancy a dessert, share it with someone. Christmas cake is far too rich to be consumed by one person. If you're a mince pie lover, have one regular size instead of two or three smaller ones. The idea is to indulge not over-indulge!

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6 LEARN TO HANDLE THE BUFFET

Eat something before you go out. A small bowl of soup or a peanut butter sandwich will prevent you from devouring everything that's on the table. Take a spoonful of the dishes you like instead of a full serving. Once you've made your selection move away from the table. This way you will be in charge of the food not at its mercy.

7 LOOK AFTER YOURSELF

If you've had a heavy night make it up to yourself by taking it easy the next day. Have a healthy breakfast – scrambled eggs and salmon or porridge. Instead of your cafe latte pick a freshly pressed juice containing carrot, apple, ginger and beetroot or wheatgrass to help your body detox. Drink green tea instead of regular tea and coffee. Snack on oatcakes to balance your blood sugar levels and drink plenty of water to re-hydrate.

8 INCREASE YOUR SUPPLEMENT INTAKE

Your stomach and liver are not designed to cope with large amounts of food and alcohol typically ingested over the party season. You will need a little helping hand from supplements to beat the festive excess. Milk thistle is a number one choice to combat the alcohol intoxication. Take one table before going out and one on your return. In addition, take 1000mg of vitamin C to help the liver break down toxins and boost your immune system. Increase your intake of B vitamins which are heavily depleted by alcohol. Take two 50mg of B complex tablets daily. Support your digestion with a good digestive enzyme formula such as Similase or Nutrigest.

9 RE-CHARGE YOUR BATTERIES

All those late nights, heavy foods and alcohol can take their toll on your wellbeing. Take the time to relax and have a catnap whenever possible. Have a lie-in over the weekend. Your body recharges and restores itself during sleep. As a result, you look and feel better. They don't call it beauty sleep for nothing!

10 DELEGATE

Who said Christmas is women's responsibility? Yet so many women turn into Superwomen at this time of year. We take it upon ourselves to organize everything; the presents, food, family get-togethers, Christmas activities not to mention our work commitments. Is it any wonder we get totally exhausted at the end and are the first to catch a cold? Adopt a new mantra: delegate! Get your family and friends involved. Ask them to buy some of the presents, do food shopping or bring a dessert. This will take a lot of pressure off and help you enjoy the festive season more. You deserve it and you're worth it!