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Anyone can over-eat and drink – that's easy. Try to be more mindful and in control over the festive period, you will thank yourself in January.



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IT'S not uncommon for a weight gain of 7-12lbs over the festive period and it will be of no surprise that it's Christmas Day where most calories are consumed.

Rather than eating and drinking what you want, while also stopping your exercise until the new year, try to find some sort of balance. Here are a few ideas how:

Be in control of elements in your life, rather than worrying about elements you can't be in control of

The likelihood of making it through the entire month without any dietary disasters is pretty slim – typically you'll have many social gatherings to navigate your way around.

Rather than seeing every event as an excuse to indulge, try to pick and choose where you can be more sensible, therefore limiting the damage done.

Lose the guilt feeling

Doing two hours cardio or

starving yourself after a night out due to guilt is not recommended. Do not beat yourself up, bad days are going to happen – it doesn't mean the whole week has gone to waste.

Focus on making your next few meals much better and put extra energy into your next training session

At Christmas, you are almost certainly going to over-eat. It is more important to enjoy the day with family and friends without any sort of guilt hidden in the back of your mind. It's one day and won't make or break a year's worth of progress.

Eat to feel satisfied

With more meals out than you may be used to, rather than aiming to eat until you are completely full, try eating until feeling satisfied. This can prevent you from taking on board excess calories.

Slowing down your eating gives your body more time to register the point at which you feel full rather than simply inhaling the whole plate.

Maintenance is the key

It becomes much more difficult to achieve your desired weight loss during the festive period, which can lead to frustration, stress, and demotivation, especially when you don't see the scales or inches moving in the right direction.

Instead, consider a goal of maintenance by allowing for a slightly increased calorie intake, and aim to get through the month at your current weight.

It may mean no weight loss for a few weeks, but it also removes a load of extra pressure in trying to achieve further losses.

More protein and vegetables

Protein is very effective at helping control appetite, much more than either carbohydrate or fat.

When you want to pull back and eat more healthily, clean lean food such as meat or fish with a large portion of green vegetables is the way forward.

Water and more water

Staying fully hydrated is often neglected in the winter, especially when it's cold. Keep your water levels up through December as it will help flush toxins out of your system and keep your body functioning well, two-three litres would be ideal.



Motivational quote of the day

You don't have to eat less – you just have to eat right



FITNESS TIP

Although the festive period is a busy time, still try to keep training. During these times it's good just to tick over. Not only will it keep your calorie burn up, it will also give you some time out.