



## David Fairlamb

# THE FIT FACTOR

### NUTRITION CORNER

If you are looking to stay healthy and watch your waistline for once on holiday, make sensible food and alcohol swaps, this will significantly cut your calorie intake helping you hold onto your figure

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**T**HE holiday season is upon us and many of you will be jetting off to hotter sunnier climbs. If you are health conscious, how do you stay fresh and energised, lighten the calories and hold onto your figure without spoiling your fun?

Here are a few guidelines:

● Water, water, water - without doubt in order to feel good, stay energised, alert and be able to enjoy your holiday to the full, stay hydrated.

Of course, enjoy a few drinks but stay away from sugar-laden pop and energy drinks, stick with pure water and lots of it.

In very hot temperatures look to drink three to four litres a day.

To enjoy a low-calorie drink, avoid cocktails and high-calorie beers/cider, try something like a vodka/slimline. Full fat tonic can treble the calories.

Alcohol can be a huge calorie intake on holiday, here are a few healthier alcohol swaps:

A mojito instead of a margarita - containing lashings of tequila, sour mix, triple sec, lime and sugar. A margarita is one of the worst offenders on the cocktail menu at 550 calories. Ask for your mojito without sugar for a

much lighter drink between 130-140 calories.

A pina colada cooler instead of a pina colada - made from coconut-flavoured rum, pineapple juice, sparkling water and a dash of low-fat coconut cream. A pina colada cooler contains around 165 calories instead of the staggering 500-600 in a regular version.

Shandy instead of beer - swapping a full beer for some diet lemonade takes your drink from 250-300 calories to a mere 60 calories a glass.

Spritzer instead of wine - try adding lemonade or, if you're super good, soda water to your wine to reduce the calorie intake drastically from 150-220 calories to just 50 a glass.

● Exercise - make an effort to do something, beach volleyball, aqua

aerobics or yoga. If it is very hot remember your heart rate will be higher so be aware. Walking in the sea with the water up to your knees will keep you cool and work you a little harder than normal.

● Eating a load of bread, chips and pasta is too easy on holiday, if you want to be more sensible, be food smart! Lean meat, fish, salads and fruit is the way forward keeping you satisfied without the sugar highs followed by that inevitable lethargic feeling.

● The buffet - often including a huge varied choice of food which is fantastic on one hand, but a nightmare on the other. Our natural instincts are to try everything and eat until we can't eat or drink anything more. If that's what you want to do fine, however, you will probably immediately regret it and it will probably leave you bloated and tired.

Try to keep your portions sensible e.g. as if you were being served at a restaurant.

● Choices - if you want to keep feeling good on holiday make the correct choices where you can. Eating healthily will make you feel good and energised therefore enhance your holiday.

*Holiday is a time  
for rest and  
relaxation but  
never lose sight of  
your goals*



► Try not to take "all you can eat" too literally

### FITNESS TIP

Try something new while on holiday, training in the gym, as you do at home is good, but try mixing it up. You may realise you can hit the same targets using a different training route.