



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are trying to watch your weight, learn to be good and disciplined with your calorie intake when you can, do not let one night out last all weekend.

FITNESS TIP

If you have a big night out over a weekend, make sure you get a fitness session under your belt early. This will make you feel good and leave you in a positive frame of mind to enjoy your night.

Don't miss David's tips every Saturday in your Journal

LAST weekend saw the first blast of summer and for many it was the perfect excuse to have a barbecue, eat ice cream and drink alcohol.

Of course every individual makes their own choice but if you are trying to look after your waistline and lose weight, these weekends can make it more difficult to keep your self discipline.

Here are a few tips on how enjoy your summer weekends, with one eye still on your weight:

- Start your weekend with some exercise, knowing you have a good workout under your belt will make you feel better before going out. Our Saturday morning Beach Bootcamp will set you up perfectly for the weekend.

- Remember the whole weekend does not have to be unhealthy. Be good before and after you have been out for the night and try to be sensible the rest of the weekend.

- Nibbles such as crisps are a real temptation while food is being barbecued. Arriving hungry at a party is not a good option, there-

fore try to eat accordingly before you go.

- Reach for protein such as lean meats at the BBQ, eg chicken or steak - this will help fill you up.

- Avoid bread such as white buns, which have no nutritional value and are seen as empty calories. Add plenty of salad to your plate to complement the protein instead.

- Squeezing a big serving of sauce, eg brown or red, will add calories and is full of sugar. Leave the sauce or use it sparingly.

- If there is fresh lime or lemon squeeze some on your salad to add moisture rather than adding unhealthy sauces.

- White pasta is a bit like the white bread, full of empty calories

Don't limit your challenges, challenge your limits

Motivational quote of the day

which means they are refined and will convert to sugar making you more hungry, rather than filling you up, try to stick with protein and salad and limit your quick release carbohydrates.

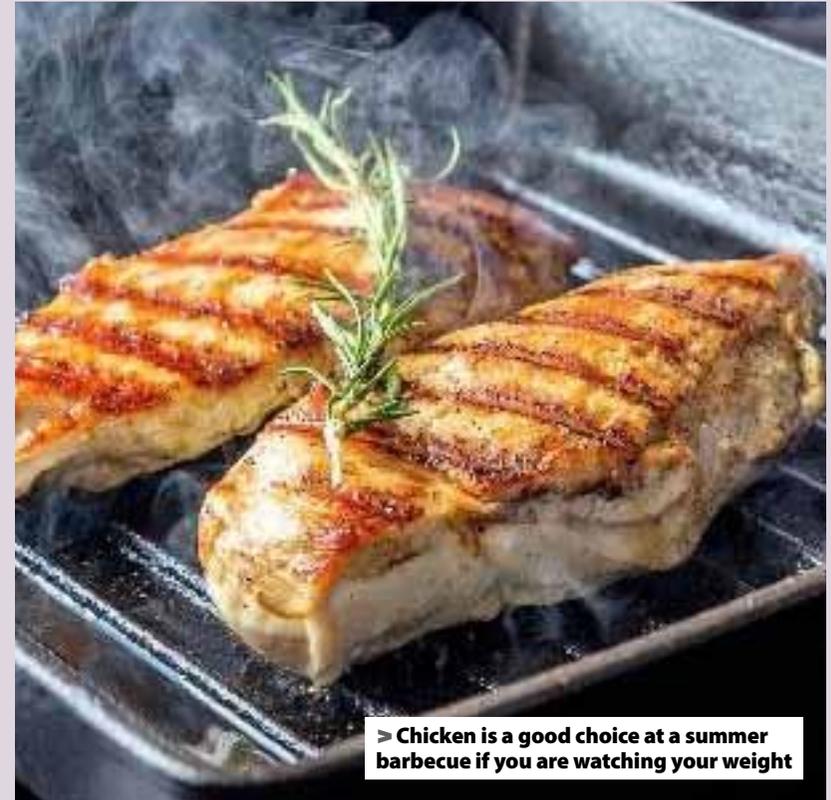
- Having a decent amount of lean meat/fish and salad is natural food and therefore leaves you satisfied with zero sugar spikes - therefore you won't crave food all night.

Add a little self discipline and avoid the dessert - this could save you hundreds of calories.

- Beer, cider and cocktails are packed with calories. If you are going to drink, wine is a good option or a spirit with a slimline tonic plus lots of ice.

- Of course if it is a hot day you will be losing moisture and become naturally thirsty. Try to drink as much water as possible. If you are drinking alcohol try to drink water between or alternatively add more ice to your drinks.

These few tips should make you look forward to your day rather than worry about how it will impact on your weight.



> Chicken is a good choice at a summer barbecue if you are watching your weight