

Christmas Special Lose Weight Feel Great Session – highlights



According to the British Nutrition Foundation we can munch our way through around 4500 calories on just Christmas day with a cooked breakfast, traditional lunch followed by all the extra trimmings we 'treat' ourselves with at Christmas. Whilst when trying to lose weight the suggested calories are normally = 1500 for women and 1800 for men. And..... if we have those little extras such as an extra slice of turkey, one more roast potato, another slither of Christmas pudding we could even be looking at **6000 calories!!!**

- 1 x large roast potato = 161 calories which would take around 27 minutes of brisk walking or, 14 minutes of running to burn off
- 1 x slice of roast turkey = 100 calories which would take around 16 minutes of brisk walking or, 8 minutes of running to burn off
- 1 x serving of Christmas pudding = 370 calories so that would take around 61 minutes to walk off or, 32 minutes to run off
- 1 x mince pie = 245 calories, taking around 40 minutes to walk off or, 21 minutes to run off

So being mindful of those extras we are eating can help us make better choices.

We all want to enjoy the day and have the foods we enjoy so what can change to have fewer calories?

- ✓ Remember to be sensible with our portion sizes, check your Eatwell book if you're not sure. Can you see the edges of your plate?
- ✓ Choose healthier recipe options or downsize to mini versions – check out the Healthier Christmas Recipes on the Livewell Client Resources
- ✓ Try to pre-plan your activities to burn off the extra calories you'll be eating pre, during and post-Christmas. Organise a walk or join in a session
- ✓ Put what you want on your plate and try not to go back for seconds. Remember what's left could be a quick meal the next day
- ✓ Watch those empty alcohol calories! Alternate alcoholic drinks with a glass of water or a soft low sugar drink
- ✓ When eating chocolates or tasty snack, try not to eat from a pack or tub, put what you actually want in a pot and savour and enjoy them instead of mindlessly eating your way through the lot!

Don't be too hard on yourself, we all have treats and this is a time of year we want to enjoy tasty foods, but if you fall off your activity or healthy diet plan, just get back on as soon as you can. Here are some of our client's top tips from the sessions:

- ✓ Spread the big meals over the days and eat as healthy as possible in-between
- ✓ If you have an alcoholic drink, go for a mixer lower calorie option or, measure out your favourite tippie – try not to top up your glass
- ✓ Get moving as much as you can, walking, kitchen dancing, playing active games, book a walking date with family or friends & commit to something. Remember steps around your home, housework, cleaning, decorating are all activities to get you moving
- ✓ Add the veg to your plate first to fill the biggest space and don't pile up your plate too high, make sure you can see the edge
- ✓ Plan ahead for the new year - make your goals real and achievable and work towards those higher goals, step by step