

The Twelve Days of Christmas

Your Complete Guide to Managing Christmas parties and keeping your weight and health on track over the Silly Season!



By Lisa Renn

Accredited Practising Dietitian

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Your complete guide to managing Christmas parties and keeping your health and weight over the silly season

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The Twelve Days of Christmas -

Hi, I'm Lisa Renn, an Accredited Practising Dietitian (APD). Over the past 14



years I have worked with clients who are grappling with their weight and health goals. They take one step forward and two steps back and are living between frustration and guilt with occasional success.

Christmas and summer are times that a lot of people get nervous and ask me how they will manage the silly season with all its parties and extra eating and drinking.

Weight control is what people desire over this time however the tendency is to either try to eat or drink nothing, banish all the favourite foods or the other extreme of giving up, eating and drinking whatever you like and trying to deal with the problem later. The funny thing is that neither way works well and both ways are likely to leave you unsatisfied.

No matter what health or weight goals you are trying to achieve you want to make sure that Christmas and summer don't get in your way. However the other thing to remember is that it is supposed to be a happy time surrounded by friends and family and with this comes yummy food. It's a time to embrace not a time to fear.

What you need is a series of strategies to make this really simple. It's about how to enjoy the food you like at this time but also maintain your weight at a time you may traditionally put on weight. Knowing where you are going wrong is not only important, it is absolutely essential to your long term success. The vital question for anyone interested in being in control of their weight over Christmas is – how do I become aware of the mistakes I am making?

In this eBook I will share with you 12 critical steps to managing your food, drink and exercise over the silly season, taking away the feeling of being out of control and attain the desired state of weight control in a time where normally this would just be a dream – where you are free from guilt and frustration. These are the principles that until now have been reserved for only my private coaching clients.

Throughout the pages of this eBook you will get an intimate look at some of the powerful information that has helped to propel my clients to new levels of health and body satisfaction. What you are about to read is the result of years of hands-on work with people struggling with weight control to help them achieve greater body satisfaction in the shortest possible time frame.

The ***Twelve days of Christmas*** is unique because it comes from someone who considers not only the food and nutrition but also the psychology behind our decision making- combine these two elements and you have some powerfully useful information.

You have likely downloaded this eBook because you are interested in unlocking your health potential and achieving a guilt free head space, by starting to act upon your weight and diet goals.

But if you seriously want to achieve faster, more meaningful results with your weight, being INTERESTED simply isn't enough. You must be COMMITTED. Let's face it; almost everyone is interested in having a better body and more energy. But despite a sincere interest to improve most people will continue to keep doing the same old diet cycles without ever reaching their full potential and certainly never feeling satisfied with themselves.

In the ***Twelve days of Christmas*** you'll discover how you can transform your weight loss attempts over Christmas and summer from fad into a new healthy lifestyle.

The success we enjoy in life depends on the DECISIONS we make. The decision to download this eBook tells me you're interested in finding a new way to deal with your weight and health but as you read, you will soon discover there are other decisions you'll need to make to create the momentum necessary to achieve your weight goals.

It is my goal with the ***Twelve days of Christmas*** eBook, to open the eyes and expand the minds of everyone who has felt they have to give up all their favourite foods and avoid social events if they are trying to lose weight and bring back some of the true joy of Christmas which is, in part, the food! I hope

to take away the pain of a weight loss success only to be followed by a dramatic weight regain.

Prepare to be energised with a new attitude toward building truly unstoppable momentum in your weight loss over Christmas and summer and still get to enjoy your favourite things about the season.

Here's to your weight control success.

Enjoy!

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Introduction

We all start out at Christmas time thinking that this year will be different, this time I won't over eat and I won't drink too much and I definitely can't eat any of Auntie Mira's mince pies!

Unfortunately for most people this vision of how they will manage social events remains just that – a dream.

Instead of eating well and enjoying the foods you love it tends to be a battle of will power, failure and frustration which ends up with us saying – “Wait until the new year, once all these social events are over and I've eaten all the chocolate I got as a present I will be able with a clean slate!”

If this is your experience this eBook is a great starting point for you to try something different in place this summer and get a different outcome – one that allows you to feel in control of your food decisions and to stay motivated and on track.

Have you ever experienced an 'aha' moment? A moment when you've slapped your hand against your forehead as you realised the solution you'd been looking for was staring you in the face the entire time. When you have an aha moment, it is profound.

All of a sudden all the roadblocks, challenges and barriers to success drop away and the pathway to success becomes so clear. When you experience one of these epiphanies, you find it difficult to understand how you never saw the solution before.

I believe that people limit their ability to get control of their weight as they are busy staring off into the distance, searching for the complex answer to a relatively simple problem.

We are so obsessed with avoiding foods or trying not thinking about foods and not looking forward to social occasions that we fail to recognise the answer to how to manage social occasions and manage our weight is actually not that difficult once you know how.

In this internet savvy world people have more access to information than ever before and this is often where the problem lies. What we once thought of as common sense has gone by the wayside to be replaced by super foods, supplements and the promise of a quick fix.

The success to turning around your weight and getting control of your food intake really does depend on your ability to recognise that what you have done in the past is not working and that your knowledge base may be flawed.

Ultimately where you place your attention will determine your weight loss success – remaining focussed on your goal is vital.

The 12 days of Christmas is designed to help you shift your focus to the most critical areas for maximising your success in managing social situations with control AND enjoyment therefore creating a body and accountability you will be proud of.

By shifting your attention to the more important factors, it is my hope that this e-book will be a catalyst for a big aha moment in your eating patterns and your life.

This e-book not only provides you with important information, it also contains opportunities to access other information and events that will help you on your journey to better health.

I hope you enjoy the e-book, please let me know what you think. I would love to receive your feedback. Send your comments to lisa@bodywarfare.com.au and please feel free to share this book with your friends and family if you feel they would benefit from the information.

On the first day of Christmas my Dietitian said to me...

Plan events and manage your weight this festive season!

Are you starting to quiver and get nervous that all your good efforts to eat healthy and lose or maintain your weight throughout the year are about to cop a beating under the barrage of rumballs, shortbread and drinks that abounds in the festive season?

Fear not! All you need is a well thought out plan to see you safely through to the other side with your weight goals intact.

5 Easy Steps to Success:

1. **Know your enemy:** make sure you know what foods and drinks will be on offer at each function- this way you will know how best to prepare and plan.
 - a. If it's a cocktail party you can expect lots of fried starters so the idea is to not go in hungry. Have a small snack before you go- like a glass of milk, tub of yoghurt or a handful of nuts. If you are not starving hungry then you will be more in control.
 - b. If it's a 3 course sit down function- do you need all 3 courses? Could you make do with 2? If you are going to eat all three courses then choose wisely and leave some room for dessert. Don't stuff yourself full at the main course and then eat dessert.
 - c. Afternoon tea function: Again, don't go in starving hungry.



2. **Plan your attack:** Once you know what type of function it will be make a plan of how much food you feel would be reasonable to eat. That is, when you leave the function to go home what amount of food will you have eaten to enable you to say " Yes, I enjoyed the food but I controlled myself well. I feel good about the choices I made- I didn't make a pig of myself"

Example: afternoon tea-"I will choose my 2 or 3 favourite things and have them only. I will have a lunch before the function so I am not starving hungry and I'll have a lighter evening meal given I am eating higher calorie food in the afternoon than usual."

3. **The Key:** Do not expect that you will be happy to miss out on all your favourite Christmas foods. It's really important that you allow yourself the things you like but set how much or how many you will have. ***You don't have to have super human will power, just a plan!*** If you expect that you will behave yourself without a plan...think again ...has it ever worked that smoothly in the past? **PLAN it don't BAN it !!**
4. **Don't forget the drinks:** When planning your food you also need to plan what you will have to drink. Alcohol, soft drink and fruit juices all contain calories so as well as planning the food have a think about how many drinks you will have and stick to it.



- 5. Hold yourself to a different outcome-** In past years if you have expected to gain weight over the Christmas period I bet you did. This year try saying to yourself –“I am going to maintain my weight this Christmas period” Unless you hate all things Christmas or you don’t have many functions it’s better to aim for weight maintenance than to work toward weight loss over Christmas.

Enjoy!

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On the second day of Christmas my Dietitian said to me:

Know your excuses!

When you are trying to change the way you normally do things it's not going to work just because you want it to.

If you have decided that you want to try putting these Christmas tips into practise let's make the plan water tight and more likely to succeed.

You need to be honest with yourself and know what you will say to yourself to make it okay to trip yourself up! It's called self-sabotage...are you aware that you do it?

Things to look out for- *if you hear yourself say:*

- I'm okay, Christmas is not a time for this kind of sacrifice
- I've worked hard all year, I deserve this
- I'm too tired to plan
- I'm too busy to plan
- It's too hot to think about this stuff
- I'm ok, there are a lot worse people out there
- I'll skip the plan and just see how I go
- I should be able to control myself anyway
- I'll start again after new year/holidays

My theory is we all have an angel and a devil on our shoulders- that's fine- however the devil has a really loud voice (megaphone) and is usually really convincing. He will say some or all of the things mentioned above and a whole lot more creative stuff that you will believe because you want to at the time. Unfortunately the angel is tiny and quiet and doesn't really know what to say in response to the 'devils' talk.



We need to give the angel a voice and also a convincing argument. Have a think why you might want to be healthy over Christmas and New Year?

- Health?
- Don't want to undo all your hard work?

- Look good in your summer clothes?
- You value good decision making?
- Sick and tired of feeling guilty and frustrated?



The next question is do you want this more than you want to over eat or over drink?

Which do you want most because you can't have both – but the good news is you can compromise on both.

For example: aim for weight maintenance rather than weight loss, eat and drink a little bit less than you normally would, perhaps exercise a little bit more. Being realistic and understanding what will trip you up are vital keys for success.

Good luck and make sure you plan to enjoy you holiday season on all levels- fitness, weight and good food- it's all about balance.

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On the third day of Christmas my Dietitian said to me:

Get Creative

Christmas doesn't have to be all about high fat and high calories there are some amazing ideas using healthier choices.



Small changes, such as an extra sliver of cake or glass of wine, can mean a few more kilograms in the New Year. So if you get creative you can have great tasting food that is also good for and looks fantastic!

I'd love to hear if you have a tasty, fabulous looking Christmas food.

Enjoy!



On the fourth day of Christmas my Dietitian said to me...

Exercise:

Exercise has an amazing effect of “keeping a lid” on your weight. It can certainly assist weight loss but research tells us that if you exercise for 30minutes each day you will lose 1-2kg per year- so weight loss is really about food.

However, we also know that you can be overweight and fit and live longer than someone who is in the healthy weight range and unfit. So the bottom line is – if you want to live a long time you need to exercise regularly.

Whenever I see those programs of people who live the longest in the world- one of the characteristics is they keep “working”. Now work for a lot of these people is tending animals and gardens on steep slopes = exercise.

Over this holiday period try setting some goals for exercise that will keep your fitness level up and also help to maintain your weight.

Just like with food goals you need to set yourself goals for what you are going to do activity wise during your week.

For example it could be:

- Walk 2 x 30 minutes during the week & 1 longer walk on the weekend
- Go to the gym every day while I’m not at work on annual leave
- Aim to walk on the beach each day for x minutes

This will look different for each person however if you make the plan you are more likely to make it happen.

Remember if you overeat regularly over this Christmas and holiday period almost no amount of exercise will compensate for that!



The 'Burn It Off' chart fact sheet

Most people are surprised to learn just how much activity is needed to burn off that extra fuel, particularly high fat and sugary foods! The following table shows the amount of activity required for an adult male to burn off the energy contained in selected foods.

How much physical activity do you have to do to burn off the following?

If you eat... Burn it off by:

If you eat	Sitting still for	Slow walk for	Brisk walk for	Jog for
Glass of water	0	0	0	0
1 apple	1hr10min	35mins	17min	10min
Glass of wine	1hr15min	43min	21min	12min
Full strength beer-stubby	1hr52min	56min	28min	16min
Ice cream cone	2hrs6min	1hr3min	32min	18min
1 can soft drink	2hr13min	1hr7min	33min	19min
1 chocolate bar (60g)	4hremin	2hr15min	1hr8min	39min
1 Large juice bar juice (650ml)	4hr16min	2hr8min	1hr4min	37min
2 rashers of bacon and 2 poached eggs	4hr18min	2hr9min	1hr5min	37min
1 meat pie(200g)	6hr9min	3hr5min	1hr32min	53min
2 slices of take away pizza (240g)	10hr6min	6hr3min	2hr32min	1hr27min

*Calculated from Food Standards Australia New Zealand food composition tables based on average energy expenditure for a 70kg, 40 year old male

(Table from www.eatwellbeactive.qld.gov.au)

Enjoy your holiday but make plans for exercise!

Enjoy!

Lisa APD



On the fifth day of Christmas my Dietitian said to me...

Watch your drinks!

We can sometimes think our weight changes simply because of what we eat however some of the drinks available now are just as high in calories as any of the fast food meals.



The problem is because they slide down so easily and we don't need to chew we can forget about them counting as calories. If you consider the kilojoules requirement for an average person to maintain their weight is 7800kj/day then some of these drinks represent about 1/6 of the daily intake- most often you will also be eating at the same time as drinking and possibly having more than one drink.

Drink	Calories	Kilojoules
Boost low fat smoothie	293	1215
330ml bottle of coke	142	594
1 stubby/can heavy beer	135	570
1 can low carb beer	113	469
160ml red wine	109	456
160ml white wine	109	454
160ml Sparkling wine	119	496
McDonald's Frappe Caramel latte - regular	318	1330
McDonalds Strawberry smoothie- regular	263	1100

Values from: www.calorieking.com.au

Alcohol recommendations:

Just as a refresher the safe level of drinking is considered to be 1-2 standard drinks per day.

One standard drink is:

- One stubby/can (375ml) of light beer
- One pot (285ml) heavy beer
- 100ml of wine/sparkling wine
- 60ml of fortified wine e.g. port
- 30ml shot of spirits

The standard drink measure is important as often if we are pouring drinks at home the serve size of alcohol we put can be larger than the standard serve.

Enjoy...in moderation!

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On the sixth day of Christmas my Dietitian said to me...

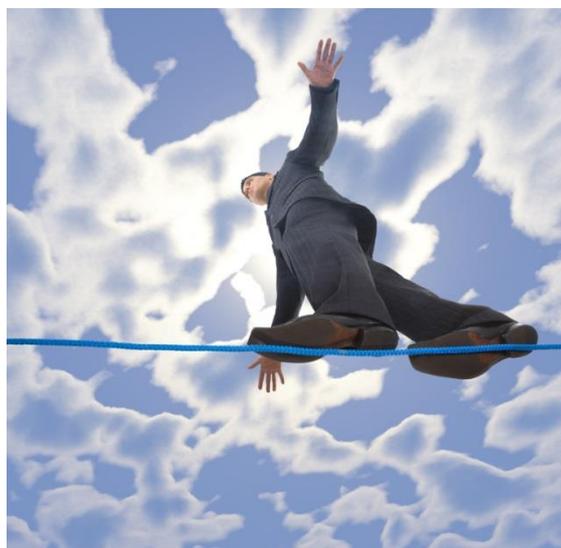
Keep your Focus

When you set up new plans and expectations it can sometimes be really easy to forget them and go back to your usual habits or to fall into the trap of listening to “the devil” on your shoulder.

For example: you may have set a goal for decreasing your alcohol intake at a recent function but it didn't happen...you just went back to old habits.

Or you may have tried to increase exercise and got stuck in your unhelpful self-talk- “It's too hot”. “I'm too tired”, “I've been working hard, I need a break.”

If this has happened then you fall into the category of “normal” - **don't stress just refocus.**



It is possible to change your habits but you have to make a bit of extra effort to overcome your old impulses.

A powerful tool that can help you stick with your plans is to clarify why you want to change in the first place. Changing food, drinking and exercise habits can often be difficult because food and drinks are something you probably enjoy and exercise is something you don't enjoy (or you may enjoy, but like the couch more!) So you have to be very clear on why you want to decrease or stop doing something you like- are you crazy? Or do you just like to punish yourself? Or do you have a good reason to get healthy/lose weight??

Answering these questions will help to clarify and refocus:

- Why am I trying to change?
- What do I want do with my new weight/health status?

- What can I say to myself when I'm trying to change the plan and go back to the old habits?

I had a client the other day share with me something that was working really well for her. Every time she felt like slipping back into her old habits she would say to herself "size 20"- this was her message to herself that she did not want to get to a size 20 and it worked. Each time she said this to herself she found it a lot easier to make the healthier choices and decisions which were part of her plan. Your message could be about something you are trying to avoid- like this example- or it could be something you want to achieve, like travel or fitting into clothes etc.

Don't give up if your plan doesn't work the first time just keep reminding yourself of why you want to make the changes and try again.

Good luck and Enjoy!



On the seventh day of Christmas my Dietitian said to me...

Remember to have fun!

A lot of people get nervous when they are trying to manage their weight or health and this is made worse when you have a lot of functions to attend around Christmas and the New Year as well as annual leave which also represents a break in your well-established routine.

Remember that health and sustainable weight loss are about changes that you make in the long term. It's about changing habits and creating a new way of doing things. This will mean that each year Christmas will come, as will Easter and your birthday and you need to be able to manage these events without too much stress and to make sure you have plenty of enjoyment!

Can you imagine doing something for the rest of your life that meant that you couldn't enjoy yourself or your favourite foods? I can't, and that's not what healthy eating and sustainable weight loss means you have to do.

What you need to establish is a regular routine that works well to maintain your weight or create weight loss – this becomes your routine for the majority of the time- when social events space themselves out a bit more! Then when you hit a time of lots of parties stick to your routine when you can and plan how you will manage the parties- just like I was saying in the first day of Christmas chapter.

The most important thing is to make sure you are allowing yourself to eat some of your favourite foods or else you'll feel too deprived and the idea of keeping the plan going in the long term becomes painful and unmanageable.

So choose your favourites carefully and make sure you savour the moment. Chocolate and other favourites can absolutely be part of a healthy diet to maintain or lose weight- it's all about how much and how often. If you try to make it never, it's really not sustainable in the long term.

Here are some more really cute ideas for Christmas

Christmas Santa's:



Most recipes are using whipped cream but I have also seen ones that use a cream cheese/sugar type filling- the eyes are poppy seeds or others use chocolate. Really easy, tasty and cute!

Enjoy!

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On the Eighth day of Christmas my Dietitian said to me...

Put it out there & Be Accountable

The more people you tell your plans to the more likely you will be to make them happen.

Although it seems a bit irrational that we could want to be healthy or lose weight and yet not be able to get ourselves to carry out the plans we want to or worse that we would even sabotage our own efforts – if this is you, don't stress, it's actually so common it's normal.

So many times people have told me they eat more when they are on their own or they eat a chocolate bar quickly in the car and that way no one will know they have eaten it. When you look at it rationally you know it doesn't make sense, but at the time it works really well as the perfect reasoning; it's the "devil" talking again and we keep listening!"

So if you have plans to exercise or plans to drink less at a certain function then put it out there. Tell your friends or family or partner so that your plan is more likely to succeed, because, now someone else knows it's more likely you will make it happen. On the flip side, if you don't carry out your plan you not only have to deal with your own potential guilt and frustration but also the possible embarrassment of telling the other person that you didn't make it happen. Not so nice and actually quite motivating to try and avoid this eventuality!



The good thing about this idea is that when you succeed you get to share your success with someone else and instead of feeling embarrassed and guilty you can feel empowered and proud.

So, put your plans out there and make them happen.

Good luck!

Lisa Renn

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On the ninth day of Christmas my Dietitian said to me...

Have realistic expectations for your holidays

If you are going away over the summer it's important that you set yourself realistic goals and New Year's Resolutions. People give up on making these resolutions because they have failed so many times before. A massive sweeping resolution is often too hard to achieve as it's too big to even contemplate starting or you hadn't thought about how it was going to happen and this sets you up to fail.

How many times have you said in the past that you will walk every day on your holidays or that you won't indulge in the 5 o'clock drinks and nibbles sessions, or that you were never going to eat chocolate again - only to be disappointed when you can't stick to your goal?

Making smaller more realistic goals is a better way of making sure they happen.



Do you gain weight?

If your summer holidays are a time where you can tend to put on weight then the best goal to set is to maintain your weight over the holiday. Then instead of feeling that you have to be perfect and setting unrealistic expectations for yourself you just make a couple of adjustments to the way you would normally do things.

For example:

- Have a glass of water in between other higher calorie drinks
- Try to eat regular healthy meals and snacks so that when you do over-indulge it doesn't have as much of an effect on your weight.
- Aim to exercise as often as is realistic. Don't aim for everyday if that just doesn't happen- make it every second day.

It's a much nicer feeling to achieve a realistic goal than to be disappointed about not achieving a perfect sounding goal.



Do you lose weight?

If your summer holidays are a time when you are really healthy and tend to lose weight then use them as a time to start some really healthy habits. If you walk everyday on your holidays but never exercise at home regularly, start thinking on the holidays how you will keep this going when you get home? Don't just give in and say "Oh well it happens every year- I won't do it at home" Make a plan and set priorities to make sure that it can. It might mean that you are walking a little less at home when compared to your holiday but at least you are exercising sometimes instead of not at all- that's something to build on.

Good luck and Enjoy your holidays!

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On the tenth day of Christmas my Dietitian said to me....

Get Creative with your Christmas food

These are so cool and they are also healthy- imagine how impressed your friends and family would be if you turned up with any one of these fantastic offerings!

The kids would love to take pieces off this “cake” all afternoon or possibly it would only last for 10 minutes depending on how many mouths you had to feed.



This is a delicious twist on your traditional fruit salad!



If you are like me and feel that you can never make a platter look really nice and artistic, check out this tree- I think even I could do that!



Enjoy!

Lisa Renn

www.bodywarfare.com.au



On the Eleventh day of Christmas my Dietitian said to me...

Prioritise your health:

When you are trying to make changes to your own health or weight you need to start to become as important as the rest of the people in your life.

Often I hear I can't because:

- I have to get the kids sorted
- My family won't eat that
- I haven't got time
- I'm looking after my parents
- I'm looking after my grandkids

I get this and they are all legitimate things to fill your time with however if you don't start to see your needs as important then your wish to get healthier or lose weight will stay as a wish and will never happen. I am not suggesting that you forget your family and your obligations but I am saying that you **MUST BE AS IMPORTANT**- at least on the same level- so that you can fulfil your commitment to others but also see to your own health needs.

It's not a fluke the things you see as important get done. For example you make time to:

- shower,
- you feed your family and your pets,
- you get to work,
- you pick your kids up from school/child care etc.

The reason these things get done and probably many more tasks is that you have told yourself- no matter what else I have to squeeze into my day, these things are not negotiable- they must happen.

Often people think they can't start to exercise or plan meals because they lack will power, or they are lazy or don't have time but really the main reason this doesn't happen is because it hasn't been made a not-negotiable, it's not priority, therefore it always gets put off to allow other things to happen.

So ask yourself, "How badly do I want to improve health or lose weight?" If this is really something you want badly then start to move exercise and meal planning up to your list of not-negotiables. I promise you, once they are in a high priority area of your life the changes will start to happen.

Good luck!



On the Twelfth day of Christmas my Dietitian said to me...

Merry Christmas!

Thank you for taking the time to read this eBook- it's a busy time of year. I hope that you have found some useful ideas and tips to put into your Christmas and New Year.

If you are trying to make changes to your health or weight it can be a tricky time of year but with a little planning nothing is impossible!

I have some good news to finish this email series. I have a brand new website and to celebrate I am giving away a free Christmas gift and I invite you to click on the link:

www.bodywarfare.com.au to claim your free Christmas present!

It's an eBook called **"Get it Right!"** It's all about helping you to get serious, get motivated and get it right to achieve the health and weight goals that you want for 2015.

I would like to take this opportunity to wish you and your families a very Merry Christmas and a fantastic New Year.



Enjoy!

Recapping the Vital Steps to Guilt Free Social Events:

- **Plan in advance** – This is your absolute key to success. If you take nothing else from this eBook you must understand how important it is to set the plan for what you are trying to do, otherwise you will just do what you always have done in the past.
- **Know your excuses** – Ignorance is really not bliss, if you understand the excuses you will try and use you can then create your response to them before you even use them. This is scary because it leaves you with nowhere to hide – but it guarantees a better outcome.
- **Get Creative** – there are so many clever and imaginative people out there so use the internet for some really amazing healthy Christmas ideas instead of using it to research your next depriving diet.
- **Exercise** – Not only is exercise a brilliant way to help maintain your weight it will also help you to live a long time. When you are planning your food intake make sure you plan for when you will be able to fit in some activity. I think it's also important to remember how much exercise you will have to do to burn off the food you eat- use this as motivation to not eat too much!
- **Watch your drinks** – We have a tendency to think of liquid as non-calorie containing because it's a bit like water but this is not the case for most beverages. Plan your drinks as well as your food.

- **Keep your focus** – Yes it is summer and a time for celebration, I think that enjoyment of food and social situations is absolutely essential to any long term health plan. However, you do need to keep your eye on the prize- which may be to maintain your weight or minimise weight gain but you do need to keep focussed on that and not allow your excuses to get in your way.
- **Put it out there and be accountable** – Tell a friend or family member that you trust what your plans are. By telling someone else you have now upped the stakes and are more likely to think through decisions more carefully.
- **Realistic expectations** – Don't expect that you will lose weight if you are going on a cruise ship or some other extravagant holiday, the more realistic approach would be to aim for weight maintenance and make sure that you have in your plans to exercise and not gorge yourself daily, but certainly enjoy the foods and indulgences while you are away with some level of expectation of control.
- **Prioritise you** – With any weight loss or health improvement endeavour it is vital that you understand that your needs are just as important as everyone else's. You can't lose weight or get healthy if you keep putting everyone else first- planning and action takes time that you need to make for yourself.
- **Have FUN!**- It really is the most important thing. That's what is so lovely about social events, they are social! I hope that by reading this eBook you will have an understanding that you can eat the foods you love and be in control. I want you to look forward to social events knowing that you will be in control.

Summary:

When we start with a desire to manage weight it comes with the best intentions and a lot of expectation. It's these expectations that are often unrealistic and not so well thought out and yet you revisit them over and over and expect a different outcome even though you are doing things the same way.

A lot of long term dieters believe that if they allow themselves to eat the food they love they will not be able to control themselves. My answer is they have never tried or had any expectation of control so of course it never happens.

So although you may be sceptical about allowing for and even planning to eat your favourite foods it is worth remembering your experience of Christmas past and other social events where you have gone in expecting you won't touch anything you love and come out feeling out of control and depressed swearing that you will start your weight loss efforts again on Monday.

This eBook not only provides you with valuable information to help reshape your thinking, it offers you an alternative pathway. If you have been experiencing less than you had hoped for, if your current results do not supply the lifestyle you deserve, then I encourage you to embrace this opportunity by signing up to receive my fortnightly emails which contain nutrition tips and more motivation strategies as well as workshop and online opportunities – go to www.bodywarfare.com.au

All the best to you and your family over the Christmas period!

Cheers

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