



Christmas
Special!

December 2017

Christmas Special!

We all love the festive season, time off work, sleeping in, if we're lucky enough a holiday, beach and catching up with family and friends!

But, there is also the darker side to Christmas, getting out of your routine, skipping meals, eating late at night, alcohol (lots and lots of alcohol) and of course the volume of food we consume around Christmas time.

The crazy thing about Christmas is that we plan to overeat, and we think this is quite normal as that's how we celebrate. If we don't indulge, we feel like we've missed out.

Remember, Christmas is one day and one day only. Don't undo all the hard work you put in during the year. The occasional splurge is fine, but not when it lasts for two weeks or two months.

To help you through the break, I have come up with a few helpful hints and a few nasty calorie reminders to hopefully minimise the damage that Christmas can do.

- Don't skip meals. It doesn't matter if you wake up late; still eat your breakfast a later lunch and then a light dinner.
- If you know you are going to eat out for lunch or dinner, try and eat sensibly for the rest of the day.
- Just because you had something naughty, doesn't mean that you must blow it for the rest of the day, or week.
- With all the spare time you will have over the holidays, why not go for extra walks? no excuses!

This Christmas, don't turn into Santa...

- Fruit mince slice 150g, 1 slice = 446 calories
- Shortbread cookie = 40 calories
- Fruit cake 1 small slice = 139 calories
- Fudge = 117 calories and 20 grams of sugar
- Champagne 150ml = 123 calories
- White wine 150ml = 127 calories
- Red wine 150ml = 119 calories

- Beer 375ml = 144 calories
- Brie cheese = 76 calories for 25g
- Crackers = 128 calories for 25g
- White dinner roll = 130 calories
- Pork crackling 100g = 544 calories
- Bacon- fried 1 rasher 34g = 126 calories



Recipe of the month

Evie's Eats

Beetroot, Apple & Walnut Salad (Serves 1-2)

Ingredients:

- 1 raw beetroot, grated
- 1 green apple, grated
- Handful of walnuts, crushed
- Dash of olive oil
- Juice of half a lemon

Method:

1. Grate beetroot and apple in separate bowls.
2. In a serving dish arrange the grated beetroot and apple and sprinkle the crushed walnuts on top.
3. Combine olive oil and lemon for the dressing in a cup and drizzle over salad. Enjoy!



Quote of the month

Never stop looking up!



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Take control your life, be happy! – rock on!

Till next month... *Evie*