



# Evie's 10 Tips To A Happy & Healthy Christmas!

## December 2018

***Thank you for another amazing year and for your ongoing support.***

***I wish you an amazing Christmas and a Happy New Year! Be safe and see you in 2019!***

## Client achievements for 2018!

You have all done an amazing job this year by pushing beyond your limits. I know how hard each one of you worked towards your goals, there were a few times where you wanted to throw in the towel, but you didn't and by pushing yourselves that little bit more, you were able to achieve your goals, I am so proud of you all!

**Manisha** - 10 toe push ups in 3 months.

**Tess** - 10kg weight loss and 6% off body fat in 8 months.

**Amaly** - 7kg weight loss, 5% off body fat and a total of 20cm off chest, waist & hips in 5 months.

**Amy** - 3kg weight loss and a total of 10cm off chest, waist & hips in 2 months

***And the biggest loser for 2018 is...Jess!***

***Congratulations, A free session coming your way!***

***Outstanding weight loss of 16kg in 5 months 😊***

- 8% off body fat
- 5cm of chest
- 15cm off waist
- 10cm off hips



I trained Jess twice a week, she followed a healthy meal and she trained hard at every session, not only physically but also mentally. Jess, you're such an inspiration and I am so proud and happy for you. Well done girl, you look amazing!

# Evie's 10 Tips To A Happy & Healthy Christmas!

The New Year is often a good time to think about making positive changes in our lives, so why not focus on how incredible you'll feel next month if you've taken a little extra care of yourself this Christmas.

Below are my 10 tips to help you enjoy Christmas and set yourself up for a great 2019!

1. **Sleep more** - Many of us reach Christmas fatigued because we don't prioritise sleep. Try to get real sleep every night and avoid over-committing yourself. Alcohol, rich food and too much refined carbohydrate can wreak havoc on sleep patterns and leave you sleepless. Control your intake of these festive extras and aim for 8 hours of good sleep.
2. **Keep breakfast healthy** - You'll need plenty of energy in reserve so start your day with a healthy breakfast that won't spike your blood sugar levels and send you into an energy slump or knock your mood off balance. Use breakfast as an opportunity to eat more fruit. Try to avoid refined carbohydrates such as sugary cereals, toast or croissants and opt instead for slow-release carbohydrates such as porridge or a good source of protein such as eggs with bacon or salmon.
3. **Make lunch or dinner light** - If you know you'll be having a heavy lunch or dinner, switch one of them for light, healthy snacks. Eating light will leave you with some energy for social occasions and help counter some of the rich and heavy meals you'll be eating over the festive period.
4. **Snack before the party** - Avoid going to holiday parties on an empty stomach. Eat a light and healthy snack, such as one with protein that will keep you feeling full, before heading out. This will help you avoid overindulging later.
5. **Beware the buffet** - People look at a buffet as though it's their last meal on earth. Walk around with my plate and eye everything off first. Then go back and just take a bit of what I really like. Ask yourself first 'do I really want this?'
6. **Sit down and enjoy your meal** - With buffets and nibbles a common occurrence at family and social gatherings, it's hard to keep track of exactly how much you've eaten and before you know it you've had six glasses of wine, a few mince pies, shortbread, sausage rolls and more chocolates than you can count on both hands. Be conscious when you're eating, sit down and eat if possible, rather than chatting without regard to how much you're consuming. Avoid overloading your plate because you're probably drinking extra sugar and calories from alcohol too and resist the temptation to load up for seconds or more.
7. **Resolutions and goals** - These do work for some people, but for others they can be yet another source of pressure. Try to see the New Year as an opportunity for re-evaluating where you are in life, and where you're headed. If you're setting resolutions, don't be too ambitious. Do you really want to do it, be it, achieve it? Successful resolutions need to come from intrinsic motivation – so choose carefully.
8. **Watch your drinks** - Alcohol plays a big part in Christmas weight gain. Watch what you drink by trying to consume lower calorie drinks for e.g. Vodka, soda and lime.
9. **Keep active** - If you have a fitness regime, try and stick to it, especially on those days you're at home. Even just a daily walk will help to prevent your already over-burdened digestive system from becoming sluggish. Not only will walking help you work off the extra calories, but it's great way to uplift your mood, and getting rid of that claustrophobic feeling from spending too much time indoors doing nothing.
10. **Drink responsibly** - There's no way to disguise the fact that more than moderate amounts of alcohol can overload the body with toxins, deplete us of important nutrients, suppress the immune system, disrupt sleep, and upset digestion... the list goes on. If you're going to be drinking regularly at Christmas, alternate between alcoholic drinks and soft drinks and make sure you keep hydrated. Mixing spirits with fruit juices or making alcoholic smoothie-like cocktails provides useful nutrients to counteract the alcohol and may even help ward off a hangover.

## Evie's Eats - Dark Chocolate Trail Mix Bites (serves 6-8)

### Ingredients:

- 1/4 cup trail mix (You can use any kind)
- 3 tbsp dark chocolate chips.

### Method:

1. In a microwave safe bowl, melt the dark chocolate chips in the microwave. Make sure not to overheat them or they will burn.
2. Microwave 20 seconds and stir. If they have not completely melted after stirring, microwave an addition 10-15 seconds.
3. On a piece of wax paper make bite size chocolate circles with a spoon. (approximately 8).
4. Place the trail mix on top of the chocolate drops. Press them down into the chocolate lightly. Let the chocolate bites dry for about 40-60 minutes. Place in a refrigerator for faster results. Enjoy!



## Quote of the Month - Strive For Progress. Not Perfection!



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

Till next month... *Evie*