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People tend to gain weight over the holiday season, particularly with the extra calories consumed at your pre-Christmas parties, Christmas Day itself and the build up to the New Year celebration. Throughout this period, an average of 5-6 pounds are easily gained and this weight seems particularly hard to lose.

How can we avoid the holiday pounds adding up?

Real food

It is a time of year where processed junk foods are at the forefront of shop counters and marketing companies advertisements. Base all your meals on solid food choices to provide you with higher quality nutrients and to keep you fuller for longer. Avoid the manufactured foods high in sugar, artificial sweeteners and trans and hydrogenated fats. It is the season to enjoy great tasting food, but real food comes first and lots of it. Chances are, it is not the over eating of turkey, roasted potatoes and brussels sprouts that cause the problems, it's the chocolate bars and cakes.

Stay active in the holiday season

Your goal should be to create the highest energy turnover (the body's demand for calories) you can on a day-to-day basis, meaning daily exercise is essential to do so. By exercising daily, you will increase your body's demand for calories, meaning you can actually eat more while still maintaining or burning body fat in the process. Ideally, you exercise daily in some shape or form. We recommend at least 2 full body weight training sessions per week with cardio exercise such as jogging, swimming, cycling.

- Gather the family together and go for a long hike!
- Join a holiday fun run such as the Santa running
- Follow an exercise video and work out at home

Keep yourself hydrated

During the festive season, it is easy to have a few more drinks than usual and stay up a bit longer than regular nights. To avoid the morning headache, make sure you drink plenty water throughout the day, or even carry a bottle of water with you. Also be careful not to overload with coffee and strong tea as this will make your extra dehydrated.



Below is a christmas food table giving you an idea of what will you be consuming during this festive period. Be wise in your food & drink choices, enjoy a great time with friends and family, but also remember to stay active during the holiday!!

Make the following adjustment will help to cut down the extra calories intake!

- choose the white meat/fish
- avoid the butter
- cut the fat out for the stuffing
- prepare some vegetarian starter or dishes
- go easy with the sugar and custard for dessert

Food item	Kcal
6 ounces cured ham	300
6 ounces white and dark turkey	340
6 ounces goose	400
6 ounces prime rib	330
½ cup mashed potatoes	150
½ cup gravy	150
1 baked potato with sour cream	150
3 cups salad greens with 2 tblsp. dressing	210
3 cups salad with diet dressing	100
1 glass wine	120
1 bottle of beer	271
1 cup coffee with cream and sugar	50

Food item	Kcal
5 large olives	92
½ cup mixed nuts	440
½ cup fresh fruit	60
1 ounce tortilla or potato chips	150
1 tablespoon dip for chips	75
1 cracker with cheese	70
2 oz. boiled shrimp with cocktail sauce	80
2 oz. Swedish meatballs	100
2 chocolate mints	60
1 candy cane	60
1 small piece fudge	70
1 iced small gingerbread cookie	100
2 small chocolate chip cookies	150
1 small shortbread cookie	100
½ cup ice cream	145
1 slice of mincemeat pie	360
1 slice fruitcake	324
1 slice cheesecake	372

Enjoy yourself

Nobody is suggesting you starve or lock yourself away this Christmas, but simply respect balance, as too much of the bad stuff will have a negative affect on your body composition and health markers.





Wishing all our beloved
friends & clients
peace & love
in this holiday season

Merry Christmas & Happy New Year!





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