



Welcome to our winter newsletter, full of tips to keep you healthy over Christmas. We hope you will find it useful and helpful in preparing you for a happy and peaceful New Year.

Festive feasting



The average Brit eats a button-popping 7,000 calories on Christmas day alone. And it's not just the day itself: thanks to office parties, drinks with the neighbours and get-togethers with friends and family, the traditional twelve days of calorie-cramming Christmas now extends from early December through to January!

Just a few switches from your usual festive feasts will save you hundreds of calories... and a few notches on your belt, so why not swap:-

- 2 mini vol au vents (105 cal) for 2 mini filo tartlets (60 cal)
- 2 mini sausages on sticks (133 cal) for 2 mini chicken satay sticks (50 cal)
- A handful of peanuts (150 cal) for a handful of monkey nuts (97 cal)
- A 30g chunk of Stilton (123 cal) for 30g chunk of Camembert (87 cal)
- 4 Quality Street (160 cal) for 4 pieces of Turkish Delight (88 cal)
- One mince pie (230 cal) for a slice of chocolate log (186 cal)
- A serving of sherry trifle (318 cal) for fruit salad with single cream (102 cal)
- 150ml glass of champagne (111 cal) for 150ml glass of Bucks Fizz (95 cal)
- 50ml Irish cream liqueur (180 cal) for 50ml Advocaat (136 cal)

What makes YOU happy?



Most of us think we know what makes us happy – a big Christmas bonus, a beach house in Malibu, a Cartier diamond... But ask yourself this; would these things really improve our quality of life? Ian Lynch from Dr Robert Holden's Happiness Project has this tip for working out your answer. 'Write down the things you have in your life that, if taken away, would hurt you. List the top 10, whether it's people, experiences, miracles in nature or things that money can't buy and they will be the key to what makes you really happy.'

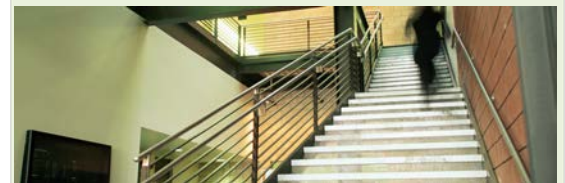
Burn 100 calories by...

Skipping for 15 minutes.

Skipping ropes are cheap and lightweight and can be used pretty much anywhere. Make sure you wear good cross trainers and that you stretch your leg muscles (especially your calves) before and after each session. You may have to start in bursts of 2 to 3 minutes but you will be surprised how quickly your body adapts.

Climbing stairs for 20 minutes.

If you have them, use them. They are brilliant for toning muscle and burning calories very efficiently. By using stairs as often as possible your calorie burn is greatly increased. Obviously, the greater the effort, the more calories you will burn.



Dancing for 20 minutes.





Nothing improves muscle tone, cardiovascular fitness and your mood more than a good old dance. You don't have to go to a nightclub and you don't need a partner. Dance around your bedroom, kitchen or living room (with the curtains drawn, if you'd rather).

Did you know...?

The average person gains 5lbs over Christmas. Enough to make your favourite jeans too tight or tip you into the next dress size.



Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping, and the heightened expectations of family togetherness can all combine to undermine our best intentions. Some practical suggestions can help you reduce your 'Christmas stress'.

-  Try to take things easy when possible; too much food and alcohol can be harmful. If you are going to party all through Christmas and New Year try to eat and drink in moderation to avoid the fat, sugar and booze hangovers.
-  Get enough sleep – plan for as many early nights as you can so that you can store up for the all-nighters.
-  Keep moving – keeping up your regular exercise routine can give you the stamina to make it through the demands of the festive season.
-  Go outside – Getting out into the fresh air can improve your mood. In addition, snowball fights, sledging and making a snowman all count towards burning those extra calories you've been treating yourself to. Not only that, but it gives you a great excuse for avoiding that tenth game of draughts with Auntie Doris...

...and now for the New Year!



How many times have we made New Year's resolutions to drop a dress size in a month, lose the beer gut, give up a vice or take up a hobby and then, six weeks later find ourselves out of resolve and back to square one?

Indeed, there is no better time than the New Year to take a fresh approach to lifestyle, health and wellness issues but the key to setting goals is to

keep it simple and keep it achievable

If you are thinking about reviewing your health and wellness, speak to one of our friendly instructors who can give you sound advice about setting small, tailor made goals specifically for you so that you are better able to make progress and ultimately achieve the results you set out for yourself.

Avoid those sniffles

According to Shona Nicholson, Head Nutritionist at The Nutri Centre it is worth taking some supplements to help boost our immunity during Winter. Read below to find out more...

ZINC – research has shown that if taken within 24 hours of the first symptoms of a cold, it can reduce its impact and duration.

ELDERBERRY – one of the 'old wives' remedies. Used over the last few centuries, elderberries have been used to prevent the cold virus becoming all-out war on your immunity.

ECHINACEA – a staple in a homeopath's box of tricks, many people already use Echinacea to keep away the winter bugs and sniffles. However, it has proved to be best at reducing symptoms rather than boosting protection.

VITAMIN C – some European countries believe washing your hands is more preventative than Vitamin C, but it still has an important role to play in your immunity and the depletion of infection.

