



YOUR PARTNER IN LIFE STYLE CHANGE!

NEWS "BITES"

JANUARY 2022

Changing your life style one bite at a time!

You may believe in setting big admirable resolutions or be the type who prefers achieving smaller goals more often during the year. Never the less, we all share in the new start 2022 offers and the possibilities it holds.

Don't make resolutions without an action plan!

Indulged during Christmas followed by New Year's celebrations? It is unlikely then that the bathroom scale will tip in your favour so we need so start turning the situation around.

Start by making small impactful changes

- When invited to a braai offer to make a dish- this way you know at least one healthier option will be served
- Calorie clever snacks are always a good idea - Carb smart chips are readily available in the shops and a healthy dip to go along is as easy as replacing the regular cream cheese dip with low fat cottage cheese with a twist (add some roasted peppers or thyme)
- Veggie kebabs are always a hit in the South African summer. Why not try adding marinated broccoli - blanch only 2-3minutes in the microwave and lightly drizzle with a tomato & basil marinade
- Braaibroodjies made using a low carb loaf topped with light chutney/Bovril with low fat cheese and thinly sliced tomato can easily outshine a greasy garlic loaf.

Strategy:

Position yourself away from the table with the nibbles on. Mindless eating contributes a shocking percentage of overall calories consumed at a party.

You tripped over your trainers this holiday?

You may be disappointed that you allowed your routine to fall to the wayside but the best fix is to get right back on the horse! Rather start slowly than not starting at all. On the upside, everyone is still relaxed so finding a training buddy should not prove difficult

