

# IS WINTER WEIGHT LOSS A MYTH?



YOUR PARTNER IN LIFE STYLE CHANGE!

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Changing your life style one bite at a time!

We all know from first hand experience how easy it is to lose sight of our health goals during the cold winter months. Achievements payed for in gym hours and dietary efforts can slip away all too easily, putting your goal weight out of reach.

Let us consider a few Winter Wise tips

## **Winter Wise: Common Pitfalls Explored:**

### **1) "Winter is the season for comfort foods: creamy soups, rich hot chocolate & red wine by the fire"**

This problem is actually twofold. Firstly the extra calories consumed but secondly the aftermath of guilt and self-reproach which triggers a stress response. This response poses a big problem as the negative cycle of thoughts sets you up for further failure. The answer is to plan ahead and be realistic. Do not aim to NEVER cheat. Rather plan a smaller indulgence like a skinny hot cocoa made with low fat milk (no cream) but topped with a marshmallow - treat enough!

### **2) "In winter having a salad or a fruit is the least appealing thought!"**

Fortunately your daily salad can easily be replaced with a nutritious homemade vegetable soup! Consider preparing this in bulk and freezing suitable portions. Not only will this warm you up when you get home in the evenings but doing so will free up time to sit by the fire place! Having a veggie soup as a starter is a clever way to curb your appetite for empty calories during winter. Do not forget about the option of having a warm fruit. Many fruits can be baked with great success e.g. plums, cherries, pears & apples making for a healthy winter treat!

### **3) "Drinking water is such a hurdle during winter"**

Adequate fluid intake holds many health benefits. Not only does it flush toxins from our bodies but having the right fluids also assists greatly in weight loss. Consider having water rather at room temperature or try including herbal teas - the local grocer stocks a wide variety.

### **4) "When I get home, I am starving and cold to the bone"**

A simple change in your routine could help you overcome this problem. Consider having a warm bath or shower first thing when you get home or simply slipping on your favourite snug slippers. By warming yourself up and making yourself comfortable reduces the need to overeat.

"Summer bodies are made in the winter"

- Clever Guy

