

SPRING IS IN THE AIR

PART II

It seems that almost overnight Spring arrived – the longer days and welcome sunshine prompt changes to your brain and body that can make losing weight easier than usual – use the momentum!

IT ALL SEEMS SO OVERWHELMING, WHERE DO I START?

WHAT IS IN YOUR GLASS?

You should not be drinking your calories. Always start with a non-alcoholic sugar free drink. Alcoholic drinks should always be watered down by adding ice and replace calorie containing mixers with the new low calorie options available in the shops. Remember: For every alcoholic drink you should have a glass of water!

Average calorie content of drinks per 30ml:

- **Vodka: 64 calories**
- **Whiskey: 64 calories**
- **Tequila: 69 calories**
- **Gin: 74 calories**
- **Scotch: 80 calories**
- **Rum: 97 calories**

It is not a matter of simple maths! Alcohol leads to weight gain by slowing fat burn, stimulating appetite and causing cravings for greasy foods!



YOU TRIPPED OVER YOUR TRAINERS THIS WINTER?

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.