

SPRING IS IN THE AIR

PART 1



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?

SET OUT BY MAKING SMALL IMPACTFUL CHANGES

- ♥ When invited to a braai offer to take something food wise – this way you know at least one healthier option will be served.
- ♥ Consider taking calorie clever chips which are these days widely available in the shops. Replace the cream cheese dip with low fat cottage cheese with a twist (add some roasted peppers or thyme).
- ♥ Cold veggie kebabs are always a hit in our South African summer. Why not try adding marinated broccoli – boil only a few minutes in water and lightly drizzle with a tomato & basil marinade.
- ♥ Braaibroodjies made using a low GI, light carb loaf with light chutney or Bovril with low fat cheese and tomato can easily outshine a greasy garlic loaf.

OUT WITH A FRIEND?

Why not try an iced cappuccino made with skim milk? At less than 100calories this is a great coffee shop option.

STRATEGY:

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



Did you know?

People with disorganised workspaces are more likely to choose unhealthy snacks – Seems like there is health merit to Spring Cleaning!