



Advertising Feature

# It's beginning to look a lot like Christmas

## Don't let your fitness slide during the silly season



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We all know the story; we have worked really hard all year on our health and fitness and have made good progress. Then the party season hits and on go the kilograms, undoing all of our hard work.

This year, how about trying a different approach to the party season and go into the New Year looking and feeling fabulous and looking forward to even better results for the year ahead. Try these four strategies to help you stay on track.

### Do your maths

No one wants to go through the holiday season going to parties and barbecues and being the only one chewing on a salad leaf and sipping mineral water. If you plan to head out, then hit the track or treadmill prior to your event.

An hour of alternating one-minute walks with one-minute jogs will burn around 2500 kilojoules. This will put you 'in credit' for a couple of glasses of wine and allow for a meal higher in calories than you would normally consume.

### Don't be part of the 'all or nothing' crowd.

Just because you are treating yourself more in one week than you probably have for the whole year doesn't mean you throw in the towel. On the days where you don't have drinks after work, a

friend's barbecue to go to or Christmas lunch with the girls, be extra diligent with your diet and keep it as clean as possible to consume fewer calories and fill up on fruit, vegetables, whole grains, and lean protein and dairy.

### Set a goal

Rather than wait for the New Year (like most people) to set your next fitness goal, set one now that leads up until the New Year, such as 'begin 2008 in better shape than I started it'.

Having a compelling goal to work towards will make it much easier to do the work and say no when you need to so you don't blow out over the holidays.

### Look ahead

Once the party season is over, you still have two months of summer left to live in that body and there is nothing more uncomfortable than dragging around and trying to hide that extra few kilograms for the remainder of summer when you need to bare more skin than normal.

You know how uncomfortable you feel when you can't find a thing to wear that looks good because of the extra weight. It's really not worth the pain is it?

For more information or assistance with getting in shape this summer, visit [www.glow-womensfitnessonline.com.au](http://www.glow-womensfitnessonline.com.au)

**Stay active:** Make sure you stay fit and healthy during the festive season so you can enter 2008 looking fabulous.

## Do you suffer from the Christmas blues?

For many people, Christmas is a time for celebrating with family and friends and a time to relax.

However, for some, the holiday season can heighten feelings of isolation or loneliness, and issues relating to financial problems, illness, relationships or loss can intensify stress associated with this time of year.

According to Lifeline, it is important to take the appropriate steps to ensure that you, as well as your family, friends and colleagues, stay emotionally safe during this period.

It is important to be aware of your own limits and to recognise the signs of stress, anxiety or depression. These can include symptoms such as irritability, tiredness or loss of appetite.

About one in five people will experience a mental health problem that requires professional treatment at some time in their life. Many more will experience times of crisis, stress, depression or anxiety. It's important to know that you don't have to face these problems by yourself.

It is good idea to seek help. This could be anything from chatting to a friend to obtaining advice from your GP.

For those who have lost a loved one through death, relationship failure or relocation, holidays can be

especially difficult as they can reawaken the grieving process. It can be an anniversary of a loss, or even the first Christmas without that particular person.

There isn't any gauge or measure of how long you will feel pain after a loss, but it is important to take time to grieve. It is not healthy for you to ignore these feelings as it will probably prolong the pain. One tip that may help is to dedicate an activity or moment during the holiday season to reflect on the time spent with that particular person.

For those who are already experiencing financial problems, Christmas can be an increasingly difficult time. Seeking advice on how to budget during this period can help. Keep in mind that Christmas is about spending time with family and friends, and not necessarily spending money.

### Tips for relieving the stress of Christmas

- Take time out for yourself and do something that makes you feel good.

- Look after yourself physically — make sure you get a good night's sleep, eat well and get some exercise. If you look after your body, you will feel better too.

- Limit alcohol and other drugs. There can be a temptation to drink too much at

Christmas, but alcohol can fuel arguments and cause unwanted behaviours.

- If you are feeling down or stressed, tell someone how you are feeling.

- If you are feeling depressed, don't feel afraid to seek professional help. Call a help line, talk to your GP or speak to someone at your local church or community group.

- Try to avoid stressful situations or plan ahead to ensure you are prepared for them.

- Understand that it is common for people to feel stressed at this time of year. This could include your family and friends too.

- Know your limits and have a plan for dealing with stressful situations. If you need to calm down, perhaps a walk or some time out on your own will help.

- Try not to expect too much. Aiming for the perfect Christmas or assuming that everyone will be on their best behaviour may not be realistic.

- If times are tough financially or for other reasons, make time to sit down as a family and plan a Christmas that is reasonable.

If things just seem too much, you can talk to a Lifeline telephone counsellor on 13 11 14, 24 hours a day, seven days a week.



**Feeling blue:** The holiday season can heighten feelings of loneliness or loss.