

Shedding Unwanted Weight After Christmas

During the Christmas season, we ate lavishly (nyam) with little regard for sound nutrition and who had time for exercise? Now that a new year has started, we find ourselves with unwanted weight and we are actually feeling guilty about the way we celebrated during Christmas.

To get rid of unwanted weight, the first step is to make a commitment to lose weight and work on simple strategies to help you lose unwanted pounds gradually over time. 1. Shift focus from food. Concentrate on other activities that will take your mind off food. Get involved in a hobby or volunteer for community service and activities that build relationships with people. 2. Do not use food events for socializing. Find non-food activities to entertain friends and family. Go to the movies, see a play or take a leisurely drive with fruits and natural juices. 3. Plan to eat healthily. Include five servings of fruits and vegetables daily and use high-complex carbohydrates as well as low fat foods. 4. Eat high fibre foods everyday. Foods such as oatmeal, peas, beans and sweet potatoes are filling yet not loaded with excessive calories. High fibre foods prompt the body to store less fat even as it burns more. 5. Do not be tempted by low-calorie diets. Fasting and eating very little is the last thing you want to practice. It is ineffective in keeping your weight off permanently. When you drastically reduce your food intake, the body loses muscle mass as well as fat and your metabolic rate decreases. The result is that your body burns fewer calories than it should do weight loss is more difficult. 6. Exercise is important. Do not make excuses for not exercising. Include exercise as part of your busy schedule. Exercise is vitally important to help you get to your ideal weight and maintain it. Good luck! Heather Little-White, Ph. D. Lifestyle Consultant