



avoid that holiday weight gain

I have many people coming to see me after their holidays because they've gained weight! With the most recent figures showing that around 60 per cent of Australians and New Zealanders are now overweight or obese,

it's time to take holiday weight gain seriously and engage a prevention strategy. For while weight loss is possible, it's a lot easier to prevent the weight gain than to eliminate it later.

weight gain matters

A recent US-based study revealed that the weight gained during a six-week holiday period accounted for 51 per cent of a person's annual increase in weight! And it was the people who were already overweight who tended to gain the most.

The problem is that extra weight may increase your body fat levels permanently, particularly in the midriff area, and even if you subsequently lose it.

Excess abdominal fat greatly increases the risk of diabetes, high blood pressure and heart attack, among other things.

Quick check: alarm bells should ring if your waist measurement is greater than 94 cm (men) and 80 cm (women).

holiday survival tips

- Be active; do something physical for an hour each day
 - Avoid snacking; stick to a couple of main meals only. Children need nutritious snacks to assist with growth and development.
 - Drink water, mineral water or low-joule drinks rather than sugary drinks and alcohol.
 - Consciously think about the amount and frequency of fatty takeaway foods you eat. Limit it to once per week.
 - Use the extra holiday time to sharpen your cooking skills, teaching your kids about good nutrition and foods.
 - Enjoy some family picnics and BBQs with the addition of tasty salads, grilled (not fried) food such as vegetable kebabs, wholegrain breads and healthy convenience products like soy burgers and sausages.
- See page 48 for some easy, tasty, summer-fun recipes.

