

holidays

The summer holidays are about to begin!

This is the time of year when sticking to a healthy eating plan can be the most challenging. With the combination of increased stress due to the children being home, the abundance of holiday left overs and the temptation of lollies and chocolates still scattered around the house, it can all seem too overwhelming.



Here are some tips that will help you to survive the following weeks until school goes back.

DON'T STARVE YOURSELF - Make sure you eat enough. If you start restricting your intake at meal time you are more likely to succumb to temptation in between meals. Stick to your 3 meals a day filling up on healthy meats, fresh fruit and vegetables (don't forget your free vegetable category).

BUY A SPECIAL HOLIDAY OUTFIT - Purchase a piece of clothing that you are looking forward to wearing throughout spring/summer. Feeling great in a new outfit may help to make you less inclined to reach for that snack!

GET SOME FRESH AIR - Take a stroll outside. Not only will this give you some fresh air and a quick burst of energy, it will also take your mind off food. Moving around will help your meal to digest and help you not to feel sluggish.

MAKE SOME NUTRITIOUS MEALS - Use your creativity and make healthy and nutritious meals for you and your family to look forward to. For recipe ideas check out the SureSlim recipe book.

DEAL WITH YOUR EMOTIONS - Many of our food cravings have very little to do with us being hungry. Often we eat when we are feeling emotional, for example, sad, lonely, stressed or tired. Question: why you are seeking that shortbread cookie? If your answer is emotional or stress related, channel this energy into another activity or take a relaxing bath or walk.

ENJOY - Remember the purpose of holidays is to spend time with family and friends. Enjoy each other's company and take advantage of this time together. Your perception of the holiday season will have a great impact on your own behaviour.