

the silly season!

The Silly Season is upon us and for most of us this means that there is a social gathering around every corner!! So how do you possibly maintain being a social butterfly whilst keeping to your Quick Loss Program?

Some things to remember:

Don't feel guilty if you are in a situation where there are limited food options and you are forced to make a choice that is a deviation from your Quick Loss program. Take control by resuming your program at the next meal time and not dwelling on the past meal!

Try to position yourself in the room so that you are away from the buffet or bar. Also try not to stand near the kitchen where the aroma of freshly cooked food will be permeating from.

Implement your impulse control by grabbing a glass of water, walking over and striking up a conversation with a total stranger!

If you are at a function where canapés or nibbles are served first, to avoid overeating, skip the canapés and wait until your main meal is served.

If you are attending a cocktail style event where only cocktail food and canapés are served, avoid the foods that are deep fried and choose those foods that are mostly protein. Try to remember not to eat for longer than one hour.

If you have numerous social events to attend, try to plan ahead and only consume one to two alcoholic drinks at one event per week. However, remember that avoiding alcohol altogether is your best option!

Make sure you keep drinking your water and adhere to all of your Quick Loss rules. If you haven't already done so remember to ask your consultants about The Only Way to Break the Rules Program.

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