



Shake it OFF

The holiday season is over, so it's time to lose those extra kilos. Use our nine easy tips to make a change

The festive season has probably taken a slight toll. After all, it is virtually impossible to go to the gym or stick to a diet when the sun's shining and those leftovers are calling. Not to worry: personal trainer Michelle Winn and registered dietitian and Association for Dietetics in South Africa spokesperson Nathalie Mat have some tips for shaking that holiday flab.

CUT OUT JUNK AND PROCESSED FOODS

Michelle says exercising will only take you so far - it's actually a good diet that is the key to losing weight. She suggests cutting out as many processed foods as possible. This means 'anything that has been processed by a factory to get to

its current form. I'm talking about fizzy drinks, chocolates, baked goods, chips and even breakfast cereals. All those products didn't start out in nature that way.'

EAT MORE VEGETABLES

Maybe you think cutting out all the processed foods is a bit too much to ask, but then at least make sure you eat more vegetables. 'I don't mean potatoes, sweet potatoes and corn,' says Nathalie. 'They have a nutritional composition similar to starchy foods such as rice. I am talking about fresh vegetables such as spinach, tomatoes and lettuce; and also cooked veggies like squash, broccoli and cauliflower.' Meats and starchy foods contain more kilojoules than vegetables, so always

make a point of filling half your plate with vegetables first to help lower your total kilojoule intake.

