

Can't Weight For Xmas...!

Health and wellness isn't on most people's agenda as the festive season approaches but you can bet looking slim and sexy for many will be.

A sleek little black dress isn't much use as a lure beneath the mistletoe if the body in it doesn't match up to expectations- no matter how expensive a 'designer label' it may have attached! It's a little known statistical fact that most people after the age of 28 put on a pound a year for the rest of their life. This is an average but not hard to understand when you think that almost everyone will put weight on over Christmas. Come the New Year, most of the weight may come off but a pound or so remains-statistically.

A better plan then, may be what I encourage all of my training clients to do, would be to lose some weight in anticipation that you may 'overeate' a little. That way you could enjoy a little of what you fancy and come through the whole experience weighing what you normally do. The desirability of this of course is governed by what you normally weigh. True, it's a little late in the day to be thinking of shedding more than a few pounds before Xmas but how about next year? Pictured are two ladies who planned to be very different for their next Christmas than the previous one. Amanda and Elaine came to me because they seriously wanted to look and feel much better. As you can see, in the before picture they are still wearing very nice gowns, jewellery and hair-do's but the effect is diminished greatly when the figure isn't all it could be.

One year on and they have shed around 10 stones between them and now the picture is very different. The home is the same, the Christmas tree is the same but the girls are not the same. I can't recall a clearer illustration that proves the fact that if you really want things to change for the better for you then you must change. Next year doesn't have to be like the last one if you are prepared to make the changes you need to. If you're serious then get professional help with your diet and exercise and commit to becoming more as you start weighing less. The ladies are now half the size that they were but I can tell you, they are walking ten feet taller than they were the year before! Can you just imagine the shocked (and I might say slightly envious) friends and family who hadn't seen these ladies since the last Xmas?



It's difficult for me to relate what self-actualisation they achieved by this transformation but suffice to say they had a far better celebration with their friends and families than for a long time.

In a world less and less concerned with Religion one feels inclined to ask; why celebrate Xmas at all?

Christmas, Birthdays, Anniversaries, whatever, why not plan for the next big occasion in your life by getting in your best shape possible and make it something really worth throwing a party for.

Go on, you know you want to!