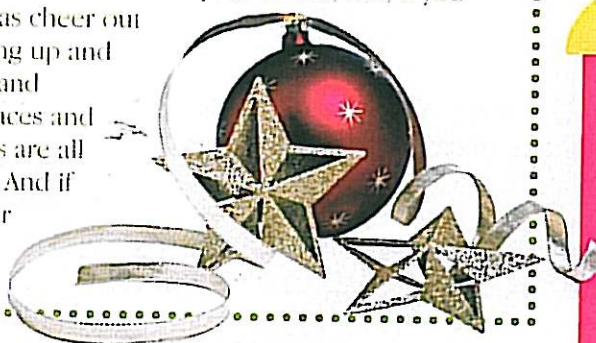


10 festive fat busters

Trimming your figure this Christmas has never been so easy

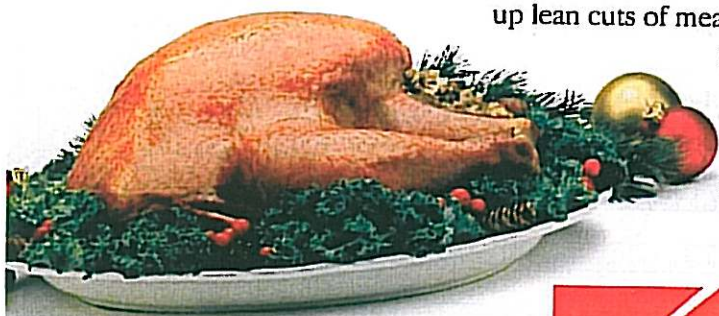
1 DECK THE HALLS

...and the living room, the dining room, and even the kitchen if you like! You could get creative with the front of your house, too, if you want to spread the Christmas cheer out to your neighbours. Climbing up and down ladders, reaching up and across to reach awkward places and dusting off your decorations are all activities that burn calories. And if done with some extra vigour you can turn them into a mini workout!



BE COOK-SAVVY

One of the easiest ways to cut cals is by the way you cook your roast and all those extra nibbles that get served up on Christmas Day (or any other festive event). Instead of drenching everything in oil, steam your veg, serve up lean cuts of meat and skim the fat off your gravy. The gravy skimmer £8.49 from lakeland.co.uk takes out the hard work so your waistline can remain safe!



2

Don those marigolds

Getting your house spotless before your guests descend for Christmas could fill you with horror. But what if we told you that by putting a little extra effort in, you could burn over 600 calories in an afternoon? That's right, hoovering the entire house, cleaning the windows, mopping the floors, going up and down the stairs and dusting all your rooms add up to one heck of a workout – if you give it some welly, of course.



SLIM
AT HOME

READER PANEL

What's your Christmas fat-busting tip?

Zoe Brooks, 25

"I make sure I do some kind of exercise first thing in the mornings over the holidays.

Once I've done it I feel better and I'm ready to celebrate again, guilt-free."



Pound the pavements

OKAY, SO ONLINE SHOPPING MAY BE EASIER AND POTENTIALLY LESS STRESSFUL, BUT YOU'RE

NOT GOING TO BURN AS MANY CALORIES PRESSING KEYS ON YOUR COMPUTER AS YOU WOULD IF YOU HIT THE SHOPS ON FOOT. SO, BRAVE THE CROWDS, STRIDE BETWEEN STORES RATHER THAN STROLL, AND WORK THOSE BAG-LADEN ARMS!



5 Be fully equipped

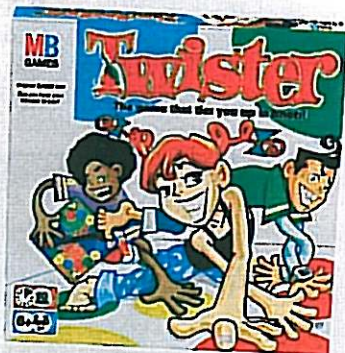
HAVING THE RIGHT TOOLS FOR A HEALTHY

CHRISTMAS FEAST IS ESSENTIAL, AS THEY COULD HELP CUT DOWN ON THE FAT YOU USE. WRAPPING YOUR TURKEY IN FOIL SUCH AS BACOFIL NON-STICK (£1.13, ALL GOOD SUPERMARKETS) MEANS YOU WON'T HAVE TO USE ANY EXTRA GREASE OR OIL, AND THE COOKED BIRD SIMPLY SLIDES OFF ONTO THE PLATE!



7 BE A KID AGAIN

Forget expensive Wiis and X-boxes, and resurrect good old-fashioned party games to get you moving and your blood pumping. Think charades, musical chairs, Twister (£8.49, Argos)... perfect ways to burn off those over-indulgences!



SLIM
AT HOME

READER PANEL

What's your Christmas fat-busting tip?

Vicki Wood, 25

"Fill your plate with protein and vegetables, and keep things like stuffing and roast potatoes to a

minimum. Your waistline will thank you for it and you'll feel less bloated and uncomfortable."



6 KISS UNDER THE MISTLETOE

What a fun way to burn calories this Christmas! Half an hour of snogging burns nearly 50 calories it also releases the feel-good hormone serotonin in the brain - where's that mistletoe?

8 Take your time

"Remember to eat slowly during your Christmas dinner and give your stomach a chance to tell you when to stop," says weight-loss and wellbeing guru Victoria Willis. "It takes 20 minutes for the message to get from your stomach to your brain to say that you have eaten enough food, so you need to take at least 20 minutes to eat your food. By the time you've finished, Christmas pudding will be just too much!"

9 Be footloose

Christmas is the party season, and it's time to boogie! Dancing for an hour burns around 400 calories so time to put your best foot forward!

Jewel coloured shoes £30,
Dorothy Perkins



10 ENJOY YOURSELF!

Whether you've squeezed in some extra activity, been more health-conscious with your dinner, or steered clear of alcohol, don't forget to have a good time. If you have a slip-up, acknowledge it, move on and have fun.

It is Christmas after all!