

Your Holiday Party Cheat-Sheet

Remember that kid in school who scored so well on tests that everyone got a little suspicious?

Then one day during a big exam - BAM - the teacher pulled a cheat-sheet out of the kid's pocket. It was game over for that kid and the rest of the class was able to breathe a little easier knowing that those perfect scores weren't real.

A cheat-sheet gives you an unfair advantage – it supplies you with what you need to get ahead.

How would you like a cheat-sheet for getting through holiday parties without putting on a single pound?

What if this cheat-sheet could also help you lose a few pounds before New Year's?

You're in luck, because below I have outlined the 5 shortcuts you need to avoid gaining holiday party pounds.

Your Holiday Party Cheat-Sheet

Short Cut #1: Eat a sensible meal before the party.

You should always arrive at parties with a full stomach. I realize that this goes against the popular trend of starving yourself before a party, and that's exactly why most people gain weight. Since your stomach will be full, you'll have the clarity to pick and choose the treats that you really want, rather than stuffing yourself with everything in sight.

Short Cut #2: Bring a healthy dish to share. Don't worry if the party that you're going to isn't a potluck - the hostess will love you for being so thoughtful, and you'll have a healthy option to enjoy.

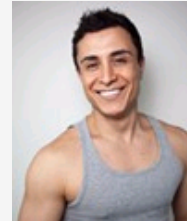
The Festive Hummus recipe below is perfect to bring to parties.

Short Cut #3: Never drink calories. Do you realize how quickly calories add up when you're slurping them out of a cup? Alcoholic beverages and sweet holiday drinks are simply packed with calories. These calories don't take up much room in your stomach so you're left wide open for even more calories.

Your best strategy is to avoid these beverages altogether, and stick with water. Aim to drink 2-3 glasses of water at the party.



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Success Stories

Having exercised for many years at various gyms, David was finding it difficult to see change and achieve his health & fitness goals. The first step when David joined was to carefully understand his aims, his history and to look at a plan that would provide him with the best solution of meeting his needs. David has lost over 6 kilos as planned, however has gained almost the same in muscle due to his change of routine, dedication & commitment to meet his goals. He attributes this to having the support he needed around not just the physical side of the program but also in diet and nutrition. Chris of MetroBody.
David Young

The difference with MetroBody is that your sessions are constantly adjusted with each visit while aligned to reach your personal goals. Chris is great, he really encourages you and even makes you laugh when you would normally be hurting. Thanks!" Derek Craig
Derek Craig

Short Cut #4: Fill your plate, but only once. I'm certainly not going to tell you that you shouldn't eat anything at the party. By all means, go and fill up your plate. But only once.

That's right, you heard me. No going back for seconds. Since you've already eaten a sensible meal before arriving, this rule is going to be easier to keep than you think.

Short Cut #5: Taste dessert, just a taste. The holidays are all about sweet treats, so go ahead and partake. But just a taste. Look at desserts as something to savor, not something to fill up on.

And since you ate a sensible meal before you came, then you filled up your dinner plate once you're probably going to be pretty full at this point anyway.

That's it - all you need to know to not gain a single pound at holiday parties.

But what about the rest of the year?

Wouldn't you love to make 2010 the year that you transform your body?

Wouldn't it feel great to throw out all of your fat clothes? To look forward to bathing suit season? To be given a clean bill of health from your doctor? And to be showered with compliments by family, friends and that special someone?

It's all more possible than you think.

But you'll need to take massive action.

My programs are designed to quickly and efficiently get you into the best shape of your life.

Call or email now to schedule your first body transforming workout.

Go on, do it now and secure your spot before the New Year's rush.

Your Focus this Season

The holiday season is filled with special foods. From decorated cookies to mashed potatoes, it's one food event after another. For most of us the holiday season becomes more about food than anything else...and you wonder why you gain weight. This year shift your focus from food to the things that really matter most to you. The season will mean more to you and you'll look and feel your best.

Festive Hummus (Sun-Dried Tomato and Basil)

Boot Camp - In style

To celebrate the upgrade of the studio we're having free boot camp indoor sessions on Sat the 12th of December.

Come for a fun workout and checkout our funky warehouse style studio.

Its got everything you will ever need!

Bookings essential. Contact Chris today to reserve your place!

Checkout the new studio

[Studio pictures](#)

Consultation Offer

While the red and green speckles give this homemade hummus a jolly look, it's the taste that makes it unforgettable. This dip makes the perfect party take-along. Serve it up with whole grain pita bread or fresh cut veggie sticks. Yield: 12 servings



Here's what you need:

- 1 (15 oz) can garbanzo beans
- 1 Tablespoons tahini
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 2 garlic cloves, mashed
- 1/4 teaspoon salt
- 2 teaspoons soy sauce
- 4 sun-dried tomatoes
- 1/4 cup basil leaves

1. Throw all the ingredients into a food processor and combine until smooth.

Nutritional Analysis: One serving equals: 55 calories, 2g fat, 6g carbohydrate, 2g fiber, and 2g protein.

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