



The shape of summer to come

The inevitable weight gain over the 'silly season' is not a given, say the weight-loss experts at Weight Watchers.

Weight Watchers fitness expert and scientific advisor Martha Lourey-Bird says it is possible to control your weight in the count down to Christmas.

"Navigating the party season food-trap can be easy once you are armed with the right information," Martha said.

"With a little planning and smart food choices you can be well on the way to fitting comfortably into those shorts this summer, rather than just wishing you did.

"Many people wait until the New Year to make resolutions to change, but you don't need to put your plans to shape up for summer on hold, with these handy tips."

Follow these Six shape-up tips for summer to ensure you control your weight over the three-month countdown to Christmas and enjoy the festivities to the full... but not the over-flowing.

For more information visit www.weightwatchers.com.au

Six shape-up tips for summer

1. Be prepared

As party invites start to come in, be realistic and prepare for inevitable overindulgence by eating filling, low-kilojoule meals during the day. For example, try baked beans on toast for breakfast and a tuna salad pita for lunch.

2. Don't arrive ravenous

Going to a party hungry will make you indiscriminate about the foods you eat once you get there. Have a piece of fruit, a cup of soup or a small tub of yoghurt before you go.

3. Stand away from food

Standing near food at



parties can activate your "automatic arm" and cause you to eat more than you planned. Ensure you are more than 'a reach' away from plates and trays and stand with your back turned to displays of food.

4. Quench your thirst first

Summer can make us thirsty, so quench your thirst with something non-alcoholic before you go out and alternate alcoholic drinks with water throughout the night. Also, avoid those salty snacks, as they only make you thirstier.

5. Move with the times

If you are invited to a party in the neighbourhood, go on foot and then hit the dance floor - a great way to incorporate exercise into your day.

6. Bring on the buffet

If you are hosting a party, try a buffet with healthy options like lean meats



Try making some healthy party food this festive season.

cooked on the BBQ, salads with dressings on the side, veggie sticks and salsa dip, fresh fruit - so there is choice available. If you are going to a BBQ, take a plate