Tip of the week - **“Keeping it real over Christmas”**

During the festive period try to avoid giving up on your training completely, instead, set realistic exercise objectives. Aim for at least half an hour per day and you will be very happy when you will achieve that. If you plan one hour or more and not achieve it, you will only end up disappointed.

Also make sure to set realistic diet plans! Trying to restrain yourself totally from some foods will only make you eat more. Feel free to enjoy the treats that you really love, but in small portions and team this up with drinking a lot of water…..this can satiate your appetite as well as keep you hydrated at all times as well as preventing a possible hangover if you overdo it with alcohol.