



# Your Wellbeing Advent Calendar

25 tips to stay healthy in the lead up to Christmas

With the festive season now in full swing, there can be some challenges when it comes to maintaining your health and fitness. But small steps every day can make a big difference. Here are 25 quick tips on how to enjoy yourself without carrying any excess baggage into January.

# 1

## When in doubt, go green

If you are in a rush, a green smoothie is a quick and easy breakfast (or snack) packed with fibre and nutrients. Go light on the fruit and heavy on the vegetables.

# 2

## Instead of drinks, what about...

Identify activities where you can spend time with family and friends away from food and drink, such as a trip to the beach, a bike ride, bushwalk, or a trip to the park with a kite, Frisbee or soccer ball.

# 3

## Presents that grow

Use your weekends and holidays to develop a thriving herb and vegetables garden, which you can incorporate into meals and salads.

# 4

## Got 15? Can workout!

When you don't have much time, even short bursts of exercise can rev up your metabolism, such as a 10 minute run before work, or a fifteen minute walk at lunchtime.

# 5

## Get the gift of wellbeing

Ask for gifts that contribute to your wellness, such as a healthy recipe book, workout gear or a personal training voucher.

# 6

## BYO nibbles

When you're invited to a party, offer to bring something healthy like salsa or humus, so you'll have at least one healthy choice available.

# 7

## Wake up and workout

Working out first thing in the morning gives you an energetic start to the day, and makes it more likely you'll fit exercise into your busy schedule.

# 8

## Drinking? Go light

Look for ways to reduce your alcohol consumption without sacrificing taste, such as light beer, wine spritzers (wine & soda water) or mocktails.

# 9

## Book in self-care

Prevent stress by setting aside some time for activities that relax you, such as yoga, stretch classes, massage, or a warm bath or spa.

# 10

## Power your breakfast

Make sure your breakfast includes a good source of protein such as eggs, peanut butter, yoghurt or reduced fat milk to keep you full and energised well into the morning.

# 11

## Stay on track

Use post-it notes on your mirror or computer screen to keep health and fitness goals front and centre in your thoughts.

# 12

## Training? Be flexible

Don't let bad weather interrupt your training routine. Have indoor options for those wet or windy days when you don't feel like going outside, such as an indoor bodyweight circuit.

# 13

## Keep treats small

Enjoy a small taste of treat foods so you don't feel deprived, but try to keep your portions, and your kilojoule intake, under control.

# 14

## Don't arrive hungry

It's hard to make good food choices when you're ravenous. Eating something light before arriving at a party makes it easier to control your portions of those less than healthy treats.

# 15

## Let the H2O flow

Drink a glass of water between alcoholic drinks to prevent dehydration (translation - less hangover), and keep your kilojoule intake down.

# 16

## BBQ meat free

If you need to take meat to a BBQ, don't forget about fish and seafood, which are rich in protein and heart healthy omega 3 fats.

# 17

## Book in your workout

Make training appointments with yourself or a friend, and write it in your diary. Lack of time is less of a problem when you are organised.

# 18

## Super salads

Salads are a great way to load up on vegetables, but watch out for the extras. Creamy dressings, fatty meats, croutons and cheese can transform a healthy feast into a kilojoule bomb.

# 19

## Sleep. Seriously!

Prioritise good sleep for vibrant energy levels up and motivation to eat well and stay active. Catch up on lost sleep by going to bed early if you've had a few late nights.

# 20

## Snack smart

Nuts are tasty, convenient and filling, and a small portion between meals can help keep hunger pangs at bay. Just avoid the salted or chocolate coated varieties.

# 21

## Last minute movement

Go on, get another workout in. It will make you feel like you're under control, even if you haven't bought a single present yet.

# 22

## Hot breakfast swaps

If it's one of those mornings where only a hot breakfast will cut it, go for poached eggs, baked beans, grilled tomato and avocado on toast. Avoid bacon, sausages, hash browns or Hollandaise sauce.

# 23

## Stay fit, keep cool

Go for a swim or a stand up paddleboard with your friends or family. It'll cool you down and boost fitness while even realising your exercising.

# 24

## Say yes to veg

Vegetables are often neglected this time of year. Fill your plate with sweet potato and leafy greens to help support your digestion tomorrow... alongside the fun stuff, of course.

# 25

## Merry Xmas Well Beings!

What are you grateful for?  
Today take a moment to write down 3 things that you are truly grateful for.