

BY HOLLY, WEIGHT CONTROL WOES AREN'T JOLLY!



• Have dinner before you go

If your dinner invitation says 8 p.m. it probably means dinner won't be served till it's time for Cinderella's coach to turn into a pumpkin. As the evening drags on, even your fingernails will start to look appetizing! When you're hungry, you'll give into eating anything. But if you've eaten before leaving the house, you'll be just fine. It'll curb the temptation of all those deep fried tidbits drowned in melting cheese.

• Get a grip of yourself

Get real. You'll probably end up attending 2-3 parties per week over the next couple of weeks. Opt for wine instead of beer. A glass of wine (especially a red) can lower your cholesterol level. Remember, if you toast too often to other people's health, you'll end up ruining your own! This, clubbed along with nibbling away on those appetizers is going to leave you wanting a new wardrobe – so go easy!

• Score brownie points

Score points with the host by offering to bring some appetizers. Bring something that pleases both

your taste buds and your hips! It's okay to try what looks yummy, but just take a bit rather than going the whole hog. This way you'll cut down on the calories, but still please your taste buds.

• Set an example

At your own party, practice what you preach! Limit the number of appetizers you serve and make sure you keep them as healthy as possible. Choose fresh veggies with light dips rather than deep-fried *bhajiyas* and cheese balls. Serve dinner at a reasonable hour and choose seafood or chicken (without the skin) rather than mutton, beef or pork. If you're a kitchen mouse, who likes nibbling away constantly while cooking, be smart. Keep healthy snacks like grapes or cucumber slices close at hand. When it comes to dessert, make sure you serve the same in prearranged bowls. If you're having dinner for 12, make sure you have only 12 bowls so there's no extra gooey chocolate cake to wake up to the next morning.

• Stay active

Try to incorporate some addi-

t's that time of year again! With Diwali gone and X'Mas & New Year round the corner, it means innumerable get-togethers, parties, weddings and dinners. Looks like it's the food festival season again!

You'll be surrounded by mounds of dessert, starters, heavy food, alcohol... and the list goes

on. Are the coming weeks supposed to be filled with joy and cheer? Maybe. But for those of us who're trying to get the fat off and keep it off, this time of year can be most stressful. But with a little careful handling you can come out tops. Today's article will show you how.

Nawaz Modi Singhania tells you how to keep your weight in check as you feast

tional activity to compensate for the hazards of the season. For instance, take the stairs instead of the elevator or walk to work. If you've got even just a few minutes, you've got time for a workout. Where fitness is concerned, something is better than nothing.

Short, effective workouts that combine cardiovascular activities and strength training can help raise energy levels, tone the body, alleviate stress and much more.

Don't forget to warm up and cool down. Preferably, get yourself a good pair of cross training, air-soled shoes, to give you adequate shock absorption and support.

Remember that activity of any kind is better than nothing. Of course, if you have the time, hit your local fitness centre. Sweat it out in the cardio studio or undergo target strength or resistance training. If you don't want to do an organized workout, then engage in any activity that you enjoy.

• Put on your dancing shoes

If it's a dance party, then dance! You'll burn calories and become a

better dancer! Practice makes perfect.

• Healthy self-image

Almost everyone seems to have a problem with themselves! The thin think they're too thin, the fat think they're too fat, the short think they're too short, the tall think they're too tall and the list goes on! Paranoia seem to peak in the party season. Go easy and be good to yourself. After all, you're all you've got! Relax and get comfortable with your body and with who you are as a person.

If you're overweight, stop wearing dark colours in the hope of looking thinner. You won't. You'll just look dreary! Instead, focus on looking the curvaceous woman you are! Wear something that reflects your personality. Don't compare yourself to everyone else. Genetics, body frame, basal metabolic rate and many other factors go into our physical appearance. Not all of them are within your control. Be the best you can be and be happy about it!

Cut it out.