

holiday alert

By Donna Jones

Sticking with the Program can be hard over the Easter holidays, especially with chocolate bunnies hopping around to tempt you. But with these tactics you can enjoy the foods you love (yes, even chocolate!) and avoid setbacks.

The shopping aisles have been filled with chocolates for months and now Easter is just around the corner. It's easy to feel overwhelmed when you're surrounded by chocolate, especially when you're out of your normal routine.

Remember to take advantage of the support system that is offered through Tony Ferguson. Log onto the forums at tonyferguson.com to chat with others who are going through the same emotions and experiences. Or call the 24-hour support hotline on 1800 612 644 to hear a friendly, supportive voice and have your questions answered. Taking advantage of this reliable support system, along with a little advanced planning, will result in a well-deserved holiday that won't sabotage your weight loss.

Getting away

A lot of people take the opportunity to get away during the Easter long weekend. But

• some will avoid travelling altogether for fear
• of not fitting in an aeroplane seat or being
• uncomfortable on a car trip. Try not to let
• your weight prevent you from partaking in
• new experiences.

• "Don't be too embarrassed to ask for
• a seat belt extension or anything else
• you require to make your flight more
• comfortable and enjoyable," says Nicky
• Scott, a flight attendant for Qantas. If
• you're overweight or obese, drink a lot of
• water when you travel and do the exercises
• described in the in-flight magazine. Ask for
• or take with you extra pillows for support,
• and lift the middle armrest if there's an
• empty seat next to you. If you're unable to
• comfortably fit in one seat, you may have to
• pay for two economy seats, but there's no
• need to feel ashamed of this. Remember,
• you've started your journey towards a better
• you and that's what matters.

• When taking a road trip, place a rolled-up
• towel behind your lower back for support

• and focus on maintaining good posture. Do
• shoulder and neck stretches when stopped
• in traffic, and pull over every hour or so to
• walk around and stretch your legs.

• When travelling, make sure you plan what
• you'll eat when you're on the road.

• "Have a range of healthy snacks on hand
• to stop you from picking up a chocolate bar
• or bag of chips at rest stops," says Sarah
• Battishall, a nutritionist at Tony Ferguson.
• Some suitable snacks for long car trips are
• fresh fruit, such as apples, pre-cut oranges,
• fresh strawberries, dried apricots, and
• fresh vegies such as cut-up carrots, celery,
• capsicum, snow peas and cherry tomatoes.

• When flying or staying in unfamiliar
• destinations, pack some fresh fruit and a
• couple of items from the Tony Ferguson
• convenience range such as Munch bars or
• Shake Aways. This will ensure that a healthy
• meal or snack is close at hand, says Sarah,
• particularly essential when you don't have
• quick access to healthy food.





CURB CHOCOLATE CRAVINGS

If you feel like you can't get a handle on your chocolate cravings, a short walk might help. According to a recent study by the University of Exeter, a 15-minute brisk walk can curb chocolate cravings.

Of course, chocolate isn't the only Easter temptation. It's a time when family and friends gather over food, and usually a lot of it. Take these steps to prevent overeating, while still having an enjoyable time:

- Fill up on healthy options like salad and vegetables – the high-fibre content will sustain your appetite.
- Watch your portion size – take a small amount and eat slowly. It takes 20 minutes to register that you're full. So enjoy conversation with friends and family before going back for more.
- Drink plenty of water – it helps maintain hydration and helps you feel satiated.
- Skip the three-course meal – decline dessert or share with a friend.

66

Have a range of healthy snacks on hand to stop you from picking up a chocolate bar or bag of chips at rest stops

Smart swaps for Easter

It's human nature to want we can't have and depriving yourself may not be the solution. But you can have your chocolate and eat it too. Here's how. Enjoy!

Swap this

Milk chocolate eggs



Chocolate bars



Cheap chocolate

Easter eggs and chocolate bunnies



Chocolate desserts and sweets

For this

- Dark chocolate eggs (made from 60 per cent or more cocoa)

- Tony Ferguson Milk and Dark Choclette

- Good quality chocolate



- Mini eggs or small block of chocolate

- Parfaits, cookies, mousses and cakes made using the Tony Ferguson chocolate sachets and cookbooks

AND BENEFIT

- Less sugar
- More antioxidants

- Low GI
- Kilojoule and carbohydrate controlled
- Can be consumed as a treat option on the Program, up to twice a week
- Portion controlled

- Less likely to binge

- Portion controlled
- Easier to keep track of consumption

- 100 per cent Program friendly
- Provides sweet flavour we look for at Easter

Enjoy Easter

Don't dread the Easter weekend for fear of coming unstuck, says psychiatrist Dr George Blair-West, author of *Weight Loss For Food Lovers – Understanding Our Minds And Why We Sabotage Our Weight Loss*. But be realistic and don't expect to lose weight when you're surrounded by chocolates and out of your routine. If you do end up losing weight, think of it as a bonus.

Depriving yourself of chocolate may not be the solution; wanting what we can't have is inherently human nature. A much safer approach for chocolate lovers than attempted abstinence, says Dr Blair-West, is to indulge in a little bit so you get the taste, don't feel deprived and prevent the risk of rebelling by way of a binge.

The best way to have your chocolate and eat it too is to ask for good-quality chocolate, because eating a calorie-dense food has to be worthwhile from a taste perspective. Dr Blair-West says you'll get the most satisfaction with these tips: choose a small block so you can allocate a set amount of squares per day; indulge in a quiet space, eat it slowly and savour every mouthful, instead of snacking on it constantly over the whole weekend. And drink a cup of tea or coffee beforehand, not during or after, so as not to wash away the taste.

"When eating chocolate this way, most people are satisfied after three squares," says Dr Blair-West, "which is a reasonable treat while sticking with the Program." He suggests eating Easter treats over two days only – Easter Sunday and Monday. Then get rid of all the chocolate

from your house by Monday night. Sarah's final tip is to take a chromium supplement, such as Chromium Plus in preparation for sweet cravings over Easter.

Damage control!

Don't worry if, despite your good intentions, you overdid it a little – you ate too much food and chocolate, and gained some weight. So, how do you recover?

First, get your eating back on track. Drink a minimum of eight glasses of water a day to flush away unwanted toxins and help your metabolism reboot itself. To assist future sweet cravings, taking a chromium supplement can help. Add a small amount of extra protein into your daily routine, such as a boiled egg or small tin of tuna in springwater, in place of a serve of fruit to help stabilise cravings. And eat lots of low GI vegetables to rid the body of excess fluid and keep hunger at bay.

Now that your cravings and diet are back on track, what about your mindset? The first step is to accept that veering off track is a normal occurrence for many people during a special occasion, and not to beat yourself up about it, says Dr Blair-West.

It's the all-or-nothing mentality that makes it so hard for people to recover from a binge, he says, not the binge itself. People use it as an excuse to say, "Well, I've blown it now, I may as well keep eating." Instead, accept that you overdid it, put it behind you and get back on the Program first thing Tuesday morning. Simply see it as a small Easter setback and move forward. 🦋



MORE INFO

Dr George Blair-West's book *Weight Loss For Food Lovers – Understanding Our Minds And Why We Sabotage Our Weight Loss* is available at Tony Ferguson Weightloss and Wellness Centres and Terry White Chemists.

Stock up on healthy snacks and purchase Chromium Plus, at Tony Ferguson Weightloss centres, Terry White Chemists or shop online at, www.tonyferguson.com

“Don't keep leftover Easter eggs lying around. Give them away!”

