

8 Tops Tips For Staying Slim Over Christmas



Top Tip 1

➤ **Learn exactly why you over eat**

The best way to stay slim over Christmas is to not over eat in the first place. This seems like an obvious thing to say but doing this properly is the biggest thing that is not done by most dieters and is not tackled by dieting companies.

As one lady using the [How Many Calories Toolkit](#) said, "I really didn't want to examine why I over ate and just wanted someone to tell me what to do. But now that I have the changes are really starting to happen".

Top Tip 2

➤ **Know who you are doing Christmas for**

Christmas is a great time to have fun but it can also be a time of pressure. We often feel compelled to make Christmas such a perfect day that we over do things. We buy many things we don't really need or want and we buy too much of what we would like a little of.

Don't let the advertising and marketing people tell you what your Christmas should be like.

The same goes for family expectations. Are some of your Christmas traditions really what you and the family love to do? Perhaps a quick discussion with the family on what really would make a fantastic Christmas would be a good idea.

Top Tip 3

➤ **Don't buy out of fear**

Leading on from Top Tip 2 you should go to the supermarket with your aims and ideas of what would make a good Christmas firmly in your mind. Many people end up buying things they don't really want because they fear not having everything or not having enough.

As part of your quick pre-Christmas family chat you could ask what they really want to make their Xmas special. It will please them more because you bought what they really wanted and it will save you money and keep you slim at the same time.

Top Tip 4

➤ **Eat what makes you feel good**

Christmas is meant to be a time of enjoyment so eat what you enjoy as well as making sure you enjoy the results afterwards. Put in your mouth what you really want both to eat now and to keep you on your way to being slim.

Enjoy the day and the fact you feel proud that you are still achieving your goal.

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Top Tip 5

➤ **Tell people what you want for Christmas**

Many people are asked what they want for Christmas so tell them that you want to start 2010 feeling good about yourself and being slimmer. All too often people feel pressurised to "have a good time" by joining in the excesses of others, but you will be the one paying the price on your hips and with your self esteem.

Talk to the people around you and let them know the best Christmas present they could give you would be to support you in your efforts to enter 2010 slimmer than you were before.

The [How Many Calories Toolkit](#) has a whole section on sabotage to help you deal with friends and family who sometimes get in your way even when they don't mean to.

Top Tip 6

➤ **Don't make Christmas all about food**

Food companies want to sell you their products and work hard to convince you that Christmas is about food and drink but it's much more than this. What is it to you?

Top Tip 7

➤ **Learn from Christmas**

One of the most important things we teach in the [How Many Calories Toolkit](#) is to notice what the 'triggers' are that cause you to want to over indulge. Christmas often shows these up really clearly, so have your wits about you and use all those temptations that we know are there to help you better understand why you over eat.

Paying attention and learning something important now will make all the difference not just for Christmas but for the rest of your life. How's that for a Christmas present!

And finally ...

Top Tip 8

➤ **Don't wait until New Year**

Most dieters wait until the New Year because "it's too difficult to lose weight over Christmas" and "I don't want to not enjoy Christmas". Both of these things are not really true for lots of reasons but essentially the moment you give yourself an excuse to not stay on your path you will give yourself another one and another one and another one....

The best time to start to be slim is now and forever.

So if you have not yet started using the [How Many Calories Toolkit](#) it's time you did.
It is based on all the things successful people have done to **get slim and stay slim**.

How Many Calories do you need to have a great Christmas and start 2010 in a very different way?