

fire • earth • metal • water • wood

# Elements

Summer 08/09

Annalise  
Braakensiek's  
Top Ten Health Tips

Member Profile:  
Oliver Lamb

Surviving the  
Silly Season!



  
elixr  
HEALTH CLUBS



# SURVIVING THE SILLY SEASON!

By Erica Angyal

Erica Angyal, author of “gorgeous skin in 30 days” and “gorgeous skin for teens” shares her tips for looking after your skin and general health during the Christmas party season.

It's that time of year again. Christmas is just around the corner and for most of us it means a jammed packed social schedule. It's no wonder why many of us welcome the New Year a kilo or two heavier, feeling less than fantastic!

## Ten tips to help counteract the silly season:

### 1. Live by your calendar!

It's so easy to overindulge and to give in to every temptation at this time of year. So for the next month mark your splurge days, schedule regular workouts and stick to it.

### 2. Up your intake of antioxidant-rich food

Counter free-radical damage from one too many cocktails, late nights, and smoky environments by eating lots of antioxidant-rich fresh fruit and veggies, fresh juices, whole grains, legumes, and nuts. Up your intake of the “good” anti-inflammatory fats—like olive oil, flaxseeds and flaxseed oil, almonds, walnuts, and avocados.

### 3. Boost your protein intake

One of the best strategies to curb seasonal carb cravings is to boost your protein intake. Small amounts of protein with each meal and snack will also boost your body's ability to burn fat and help satisfy your appetite and keep your blood sugar and insulin levels stable—major keys to keeping your weight in check and your skin looking its best.

### 4. Have a pre-party snack

When you head to a party, don't go hungry! Eat a small healthy snack before you go to satisfy any pre-party munchies. Try a handful of almonds, fruit or few raw veggies dipped in hummus and you'll be far less likely to indulge in high-fat party fare.

### 5. Hydrate

Make sure you are drinking about 8 glasses of water throughout the day and more if you're working out. As for the inevitable alcohol, make sure you chase each drink with a large glass of water. You'll feel the difference in the morning!

### 6. Get moving

It's perfectly possible to blow a whole day's recommended kilojoule consumption in just half an hour's Christmas party grazing! A portion of chips comes in at 252 kilojoules, a handful of mixed nuts at 1020 kilojoules, and Christmas cake at 1045 kilojoules. So it's definitely not the time to wind back on your exercise.

### 7. Add antioxidants

There will be days when you're just exhausted or far too busy to think about cooking or eating well.. If you do indulge a little, or a lot, try and counteract it by taking extra antioxidants, spirulina, chlorella and make up for it the next day. Start the day with a fresh veggie juice, then make sure you eat lots of antioxidant rich fruit and veg, whole grains, lean protein, good fats, and skip the naughties.

### 8. Avoid the skin sabotages

Over the holiday season try to steer clear of junk, fast, and most convenient type foods, as they provide zero nutrients, but add kilojoules (and kilos!) and are packed with 'bad' fats that can make your skin look dull and tired.

### 9. Choose your splurges carefully

Don't waste kilojoules on so-so sweets or treats you aren't wild about or can get any time of the year. But when it comes to Auntie Emma's Christmas pudding and brandy butter, dig in and enjoy. It's a once-a-year pleasure, but just eat a bit less and keep up the exercise for a day or two afterwards!

### 10. Cultivate calm

Things tend to get a bit crazy at this time of year, so taking time to relax, unwind, and recharge is absolutely vital. Head into Elixir for your regular Yoga or Pilates class to beat the stress of the silly season.

*“You can still have fun by following some simple strategies to help offset the excesses of the season”*