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How To Avoid Those Dangerous Weekends

By Darryn Aldridge

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Don't we all just really look forward to Friday evenings?

After a grueling week of working, the weekend is finally upon us, and now we have 2 days to forget all about work

and enjoy life with our family and friends.

Be careful though, you are now entering that dangerous area we refer to as "The Weekend Zone".

You see, with the weekend break comes all sorts of opportunities for you to deviate away from your weightloss

plan and into a potential free fall of over indulgence.

Your weekend break needs to be carefully considered so you are able to enjoy all the benefits that the break offers, but not at the expense off all the hard work you have done during the week.

Here are 4 thoughts that may be of help you.

1. Plan your outings: If you know in advance that you will be going out for dinner, a luncheon or party, you can

minimize the damage you do by making sure that you are strict with your eating habits prior to the event. Saving your calories during the week means you will limit the damage you may do, but even better, means you can enjoy the outing without feeling guilty.

2. Consider The Consequences: Spontaneous outings happen all the time. They are fun to be part of, and being on a weightloss plan should not deny you from taking part in these outings, and enjoying the fun of them. What you do need to consider carefully though, is how you handle these situations when they occur. When faced with the decision to have the burger or an alternative healthier option, just ask yourself how you will feel after you have eaten the food, and also whether eating what you ate is getting you closer to your weight-loss goal, or in fact setting you

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back. Don't get me wrong, a burger now and then is fine, just give it some prior thought, that's all.

3. **Tell Your family And Friends:** Most people try to keep a big secret about being on a weight-loss plan, and in my opinion, this is a grave mistake. Take my advice and tell everyone you know what you are doing. You see, while some people may joke or be less than encouraging, most will want to do all they can to support you, and will be more understanding of your needs when you suggest that healthier alternative to burger and fries. You may even discover that your friends are either doing the same themselves, (or at least wishing they could) and what a great support network that will build! Telling others also gives you the added incentive to making you see it through to the end.

4. **Keep Exercising:** It is very easy to drop the ball on the weekend and conveniently forget about doing any exercise for these 2 days. Plan to do some form of exercise on at least one day of your weekend, preferably in the morning before you get side tracked with something else. You will also be less inclined to do something physical at the end of the day if you have been out eating and drinking during the day. I tend to feel a little stale by Monday if I haven't done my exercise for more than a couple of days, and Mondays are bad enough without feeling dull as well!

Life is about living, and being on a weight-loss plan should not mean that you have to give it all up. You must always be mindful that if you aren't enjoying the process of weight-loss, you are less likely to be successful with it.

All it takes to enjoy a healthy lifestyle is a little thought and a lot of consideration for how your actions will affect your ultimate goals for your weightloss.

So have fun, eat and drink as you wish, but always remember, you are in control of your actions and their consequences.

Enjoy your weekend, have fun, but don't give yourself another reason to suffer from the Monday morning blues.

Darryn Aldridge is the co-author of a step-by-step, "tell it and show it how it is" guide to permanently losingweight and keeping it off forever! Visit his web site at <http://www.diet-ebook.com> and sign up for a free weeklynewsletter, filled with helpful tips and useful information.

Ideas For A Stag Weekend In Brighton

By Brett Danielson

Bright lights, bright folks, Brighton – the fastest growing venue for stag weekends in the UK. Brighton

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has always been known for its party-by-the-sea atmosphere, and it just keeps getting better. With a full slate of clubs and pubs from the posh to the dodgy, there's something to fit any stag night theme from the staid to the over-the-edge. If you're looking for a top spot to hold your stag weekend, Brighton is the place to be.

Brighton's beaches are spectacular – and just the place for a round of watersports to prime the pump for evening festivities. Whether your lot prefer a beach barbecue with volleyball and the best scenery to be found anywhere (and we're not talking about the cliffs here) or something more energetic, Brighton offers unique and unusual stag weekend activities that can't be found anywhere else. Spend a wet and wild weekend on the water with activities like kayaking, wakeboarding, waterskiing and Zap Cats, and finish up your night at a top VIP night club. (Hint: if your stag weekend in Brighton was arranged by a tour operator, you'll have no worries about queues – you can arrive in a limo or a party bus and be ushered right past the waiting throng.)

Brighton is host to a full schedule of party activities from the wild to the sedate. If paintball and extreme sports aren't quite the ticket for your stag weekend in Brighton, how about a vineyard tour, a night at the Casino or an afternoon of golf on one of Brighton's greens? And of course, there's no saying that you can't mix it up with a day of karting or kayaking followed by a night at one of Brighton's premiere lap dance clubs and a day at the race to recover.

Whatever type of event suits you best, Brighton is sure to provide it. A tour operator that specialises in creating custom stag weekends can help you put together the perfect goodbye to bachelorhood for your mate.

Beach bikini watching is just one example of a fun stag do activity that a professional tour operator can help you arrange. If you're looking for more unique ideas for stag weekends in Brighton or any other city, contact a tour operator that specialises in unique and unusual stag nights, bachelor parties and stag weekends.

Brett Danielson works for

, a tour operator specialising in unique and

unusual stag weekends

and stag parties to UK

and European cities.



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