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How to Handle Christmas Before it Handles You :)

By Randy Mclean

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Ahh, the Holidays gotta love it. Family, fun, presents, and food! I guess you probably knew where that was going... :) Yes, we can't escape it but we can handle it...this months tip will show you just how to do that.

Many dread the holidays because of this fact...turkey, stuffing, chocolates you name it we'll eat it! No matter how strong a persons will power is they'll usually succumb to temptation. I will share with you some different ideas and perspectives on how to survive the onslaught of 'fearless feeding' most of us will partake in.

The first approach most will try is to lose the weight before the holidays. Sure, this approach is great but you have to be careful 1. That you avoid crash diets to get there and 2. You do not overcompensate during the holidays.

Let's start with number one. If you lose the weight too fast just so you can 'look good' for the holidays or maybe to possibly eat more you will no doubt put the weight back on. Your body is used to a 'set weight' and will be starving for nutrients. You'll usually blow up like a balloon and will be in the same situation (or worse) than when you started.

Number two, if you have dieted long and hard do not use this as a license to take in massive amounts of calories over too long a time...you'll just undo what you set out to do. Set in your mind from the start how long you plan to eat 'freely.' Maybe a week? You should know yourself over time what you can and can't get away with...above all it's only natural that 'treating' less days than you don't will be measured with success, it's just in the odds...use common sense.

Thirdly, the next group is those who are already dieting... If you are going to try and keep losing during the holidays...don't. You'll only be torturing yourself watching everyone else enjoy themselves. If you are doing particularly well just take a break and maintain during the holidays. Don't go over your body maintenance level everyday and you should be fine. You'll be able to eat more but at the same time you won't be eating too much in order to gain back what you've worked so hard to take off.

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These same general principles also apply to those who haven't started a program yet. It might be a good idea to wait, especially at the beginning of a diet because you'll need greater will power. But do not make your situation worse. You can then get your revenge after the holidays!

In summary, just keep a clear head and you will see everything in perspective. Write your goals down, make a plan, draw charts in order to 'see' that it won't be that bad...whatever it takes. Then you will be able to enjoy the holidays...guilt free!

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual

conditioning certificate and is the author of Instinct – Master Your Mind And Your Body! For free tips and tricks visit www.weightlossguidance.com

What Do You Want This Year?

By Angie Dixon

Christmas is all around us, and many people are making up wish lists. Those who aren't doing that are busy setting down their New Year's Resolutions already. But this is a good time to sit down and do some serious introspection.

What do you want from the holidays this year? Do you want to rush around, spend a lot of money you don't have, and yell at the kids for not playing with all twenty of the toys they asked for—at the same time? Is that really how you want to spend Christmas?

We talk about "Christmas spirit," and mostly we mean giving. Giving of ourselves, giving to people who need it. That's great, that's Christmas spirit.

But I think there's another aspect to "Christmas spirit." I think it's spiritual. And don't close your screen on me because I said spiritual. I didn't say religious, because it's not. I think it comes from our souls.

I think deep down, each of us has a spirit that wants to be expressed. And I think at Christmas, when we're naturally thinking of others, that spirit is more easily expressed. I think if you want to, you can have a spiritual Christmas. You can feel loving, caring, generous. You can feel like a kid at Christmas, just by opening up to your spirit.

So what do you want this year?

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

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to discover how coaching can change your life, contact Angie at

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