



Kaye L. Haslam
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"we come to you!"

Stop & think – before you eat & drink

As we approach another silly season I would like to take this opportunity to congratulate all clients on a very successful year.

I have collated a few statistics for you.

Over 80 clients who have worked with me over the past year have managed to lose a total of 515Kg. which represents an average weight loss of 6.5Kg. each.

This is a tremendous effort and no mean feat.

Maintaining that weight loss is now the important exercise & the summer is the time to achieve even

more if that is what you desire.

With this in mind my Xmas message would be – enjoy a small serve of whatever delight is your choice. You will enjoy that small amount just as much and it won't be followed by the uncomfortable feeling of overindulgence & guilt!

A walk of 10-15 minutes after a big meal will help burn off

some of those extra calories also.

XMAS HINTS -

1. A little bit of what you like goes a long way.
2. Plenty of water will wash it all through & fill a few holes.
3. Lighter meals like salads make it easier so make the most of the warmer weather.
4. Move, move, move – remember the item from the previous newsletter about being NEAT – move around as much as you can & burn off those extra kilojoules!!

HAPPY XMAS TO ALL!

EASY CHRISTMAS CAKE – suitable for dieters of all kinds, diabetics, low cholesterol, weight reducers.

Ingredients:

1Kg. Mixed dried fruits & 2 cups strong black coffee.

Pour coffee over fruit and leave to soak overnight.

Add 2 cups Self raising flour & mix well.

Double line a suitable cake tin & bake at 120°C for 2 hours.

Douse cake with brandy while still hot if desired.

