Christmas is no longer a one day celebration. Festivities kick off mid-November, and with that comes Christmas parties and events that lead well into the New Year. With all the food and drink temptations, many people find it challenging to stick with their health and fitness goals.

1. Be Mindful of your Food Choices
   If you know you have a Christmas party in the evening, make sure you have nutritious meals during the day. If you’re able to eat well for most meals, then the few meals that you have out won’t have such a big impact. Enjoy the foods that bring you the most joy, and say no to the others.

2. Watch your Fluid Intake
   Make sure you’re drinking plenty of fluids, with still or sparkling water being your first choice. If drinking alcohol, give yourself an alcohol limit each week, or per event. Be mindful of dehydration and try to alternate your alcoholic drinks with water.

3. Enjoy Active Catch Ups
   It is important to keep active to balance out the overindulgences that come with the festive season.

   Make the most of the long, warm summer days and catch up with friends and family for fun outdoor activities.

   • Backyard or beach cricket
   • Touch football in the park
   • Swimming
   • Paddle boarding
   • Kayaking
   • Snorkeling
   • Beach volleyball
   • Beach Frisbee
   • Beach walk
   • Bike rides

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**Healthy Festive Recipes**

**Simple Strawberry and Banana Ice Cream**

- 4 large very ripe bananas
- 450g strawberries, washed and hulled

Slice bananas and strawberries and freeze for 2 hours, then place them in a food processor until the mixture is creamy and smooth.

Serve immediately for a soft-serve consistency, or place it in an air-tight container and freeze for a couple of hours to get a scoopable texture.

**Homemade Guacamole**

- 2 ripe avocados, diced
- 1 garlic clove, crushed
- 1 ripe tomato, seeds and pulp removed, diced
- ¼ cup coriander, chopped
- 1 tablespoon fresh lime juice
- Salt and pepper to taste

Combine all ingredients into a bowl and mix with a fork.

Serve with corn chips and vegetable sticks.