



Kick start your health and fitness regime in 2010 with a friend! For the month of January only, sign up with a friend and receive 50% off!

*Hi everyone and welcome to the Christmas issue of my newsletter!*

*This time of year is always busy in the health and fitness world as people are shaping up for summer but more importantly the New Year! If a healthier lifestyle is one of your new year resolutions why not contact me to help kick start this! If you know of someone who needs that little extra help and motivation, why not consider a **gift voucher** this Christmas?!*

*It has been a big year at The Wright Image studio with the launch of the website as well as group fitness! I have enjoyed working with all my clients and suppliers and want to thank everyone for all their support this year. I am looking forward to a new year helping people achieve their health and fitness goals! Well done to everyone!*

*A big thank you to [Donna Cribbin](#) who volunteered to be this month's **client profile**! Well done on your results to date!!*



## ***Christmas is almost here.....***

*'Tis the season to be jolly, but unfortunately, the Christmas turkey is not usually the only thing that gets stuffed over the holidays! I have put together some tips that will help you enjoy the Christmas festivities without putting on those extra pounds.*

### **Know the facts**

The average turkey dinner contains more calories than the average adult needs in an entire day (for many, it's almost double the amount they need in a day). It can also contain the amount of fat

grams required for an entire week!

### **Focus on the reason for the season**

If you keep your focus on the reason for the season, you'll focus more on faith, family and thankfulness rather than feasting. This holiday, keep the primary focus on thankfulness, rather than feasting. Think of the food as a periphery item, a fringe benefit.

### **Enjoy the company**

Enjoy the company. Are you getting together with family and/or friends? Celebrate relationships, take pleasure in the conversations, play games, start a new tradition.... just be together.

### **Practice your refusal skills**

What will you say to turn down Aunt Edna's gravy soaked butter biscuits? What will you say when you are subjected to peer pressure to eat? How will you handle comments like, "I worked so hard to cook this!" and "Is that all you're going to eat?" Practice your responses. If you don't feel comfortable telling people that you are trying to trim up, perhaps a health-related excuse will be more comfortable. Who's going to argue with "I want to reduce my cholesterol so I don't have a heart attack."?

### **Make a conscious choice to limit high fat items**

High fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods. Don't forget about eggnog - usually made with egg yolk and thick cream.

### **Eat Slowly**

Remember, it takes the stomach about 15-20 minutes to signal the brain that it is full. By then, we've usually overeaten, especially during the holidays. Eat slowly, savoring every bite. Tell yourself that if you are still hungry 15-20 minutes after you finish what is on your plate, you can have more - again, in moderation

Yes, you can gorge yourself like a gluttonous pig, but you don't want to! You have the right to eat to your heart's content -- and then some. You can pile your plate as high as your chin and dig in! You CAN eat until you make yourself sick. But, is that what your WANT? Make this decision before you fill your plate.

### **Small Portions**

Want to taste it all? Then do just that; taste it. Just because you want to enjoy all of the foods served during your family's dinner doesn't mean you need a full serving of each dish. Take enough to allow yourself one or two bites of each item. Serve yourself slightly larger portions of low fat items and turkey.

### **Don't skip dessert**

Don't skip dessert. If you deprive yourself, you may be setting yourself up for greater temptation. Eat dessert, but take a small portion. Again, savor every bite. When you are done, say "That was delicious!" instead of "I wish I could have more."

### **Don't hang out by the food**

If you park yourself in front of the hors d'oeuvres, you just may graze yourself an extra 300 - 1000 calories before you even sit down to dinner. If you must eat before the meal, pick a few low-cal

items, put them on your plate, and move far, far away from the food.

### Drink water

Make sure you always have a glass of water in your hand. Your hands and mouth will be occupied and it will help to fill up your stomach a bit so you don't overeat.

### Limit your alcohol consumption

Alcohol provides "empty calories" and no nutritional value. Every drink should equal a serving of carbohydrates. If you feel pressured to drink too much by your family, make other holiday arrangements!

One day's worth of overindulgence has the potential to balance out one to two week's worth of workouts. (Think about it this way: 3,500 calories equals 0.45 kilograms.) Remember all of that hard work and sweat? Make sure it was worth the effort. Think of all of your progress and hard work while you are serving out your portion sizes on your plate. **What you put into your body during the Christmas festivities just may make all the difference in what dress size you will wear for New Year's Eve celebrations.**

### Physical activity

Take nice brisk walks with your loved ones and enjoy their company in the holiday season

**Below is a list of some our favorite Christmas indulgences and the amount of walking required to break even....**

<b>Food</b>	<b>Walking required</b>
1 av. slice Christmas Pudding	2 hours
1 av. slice Christmas cake	2 hours
1/4 cup gravy	40 minutes
50g piece Pork Crackling	1 hour
2 small mince pies	1 hour, 15 minutes
5-6 squares chocolate	40 minutes
1 Caramello Santa	40 minutes
1 x 375ml beer	30 minutes
1 standard glass wine	20 minutes
1 Gin & Tonic	20 minutes
375ml soft drink	40 minutes

***Low Calorie Christmas Dessert idea***



## Vanilla-Kirsch Panna Cotta with Cherry Compote Recipe

Calories: 295

### Ingredients

- 1/4 cup(s) liqueur, kirsch
- 1 piece(s) vanilla bean, 3 inches long
- 2 1/4 teaspoon gelatin, unflavored
- 1/4 cup(s) sugar
- 2 cup(s) yogurt, nonfat, vanilla, chilled
- 1 teaspoon vanilla extract
- 1/8 teaspoon almond extract
- 1/2 cup(s) cream, heavy, whipping cream, well chilled
- 2 cup(s) cherries, pitted sweet, dark (or frozen thawed)
- 1/3 cup(s) cherries, dried
- 1/4 cup(s) preserves, cherry
- 1 piece(s) cinnamon sticks, 2 inch piece
- 1/4 teaspoon lemon zest, freshly grated
- 2 teaspoon lemon juice

### Preparation

1. To prepare panna cotta: Coat six 3/4-cup (6-ounce) custard cups, ramekins or decorative nonreactive molds (see Note) with cooking spray.
2. Combine kirsch and vanilla bean in a small heatproof glass bowl. Microwave, uncovered, on High until hot but not boiling, 20 to 30 seconds. Let stand until the vanilla bean infuses the kirsch with flavor, at least 30 minutes and preferably longer. Remove the vanilla bean and reserve it to add to the compote.
3. Sprinkle gelatin over the kirsch; stir to mix. Let stand for 5 minutes. Microwave, uncovered, on High until the gelatin has completely dissolved but the liquid is not boiling, 20 to 40 seconds. (Alternatively, bring 1/2 inch water to a gentle simmer in a small skillet. Set the bowl with the gelatin mixture in the simmering water until the gelatin has dissolved completely.) Stir the mixture until smooth. Stir in sugar.
4. Whisk yogurt, vanilla and almond extract in a medium bowl. Thoroughly whisk in the gelatin mixture. Refrigerate, stirring occasionally, until the mixture just begins to thicken, 15 to 20 minutes.
5. Beat cream in a small deep bowl using an electric mixer or whisk until soft peaks form. Whisk the cream into the yogurt mixture just until smoothly incorporated. Divide the mixture among the prepared cups. Cover and refrigerate until the panna cottas are chilled and set, at least 4 hours and up to 3 days.
6. To prepare compote: Stir fresh (or frozen, thawed) and dried cherries, preserves, cinnamon stick, lemon zest and juice in a medium non-reactive saucepan (see Note). Split the reserved vanilla bean piece in half lengthwise. Scrape the seeds into the pan and add the split bean. Boil over medium heat, stirring occasionally, until the dried cherries are softened and the juice is somewhat reduced, 6 to 8 minutes. Let cool. Cover and refrigerate for at least 3 hours and up to 3 days.

7. To serve: Run a knife around the cups to loosen the panna cotta. One at a time, set the cups in hot water for 30 to 40 seconds, then invert onto a serving plate, holding the cup and plate tightly together. If they don't unmold, break the vacuum by carefully pushing the knife under the edge of each cup, lifting up slightly, then inverting again.

8. Remove the cinnamon stick and vanilla bean pieces from the compote and serve the compote with the panna cottas.

## ***Christmas Websites***

*Use these sites below to download Christmas games for the kids, recipes, calendars, coloring pages, Christmas stories, carols and lots more!*



[primarygames.com/holidays/christmas/games.htm](http://primarygames.com/holidays/christmas/games.htm)

[santagames.org](http://santagames.org)

[santagames.net](http://santagames.net)

[xmasfun.com/lyrics.asp](http://xmasfun.com/lyrics.asp)

[aussiecooking.com.au/christmas.html](http://aussiecooking.com.au/christmas.html)

<http://www.christmastrivia.net/>

## ***And Finally..... giving back to the community!***

This section is dedicated to areas/businesses that operate in the local community. For those of you who don't know, I am a huge fan of supporting local business and community drives. I will be using this section to profile products or businesses that are of interest to me but also reporting on anything that's going on in the local community like fundraising, charities and activities like fun runs, etc.. If you have anything that you want included like a sausage sizzle that you may be having to raise money please let me know and I will include it in this section!

This month I'm pleased to focus on [\*\*Enchanting Angels.\*\*](#)



Our vision is to facilitate the process of Self Empowerment

Enchanting Angels Healing and Learning Centre offers a space of tranquility to explore and expand your personal journey.

Enchanting Angels offers the following services by qualified and certified practitioners:

Energy Healing  
Meditation  
Massage  
Reading  
Space Clearing  
Development Workshops

Our store offers an extensive range of giftware including:

Giftware  
Jewellery  
Crystals  
Candles  
Incense  
Aura Sprays  
Oils  
Books  
CD's

This month at Enchanting Angels, mention The Wright Image Studio to receive a 'complimentary 10 minute Energy Healing DESTRESSER' Valid 'til end December 2009.

Please visit our website [www.enchantingangels.com.au](http://www.enchantingangels.com.au)

***Thank you all for your support and inspiration  
this year.***

***Wishing you a very Merry Christmas and safe and  
happy holidays.***

***And remember; don't come back in 2010 looking  
like Santa!***



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