

Romero

Personal Fitness Center

HANGOVERS!

Well it's upon us again, the "silly season" that is. This is when we undo months of dieting and exercise with a few weeks of partying, eating too much and reaching for the Berocca each morning.

Tips to avoid falling off the wagon:-

- Don't go out in December. Tell your friends you have gastro (and if you pretend you do, you'll actually "lose" weight).
- If you're not the hermit type, when you are out, look at the unhealthiest person you can see and tell yourself one more mince pie and *that's you!*
- Finally, if you're human and look forward to Christmas and all its cheer, like yours truly, let your hair down, eat and drink like it's your last day ever, remembering that Josh will be back counting those "reps" in January '06.

Enjoy and have a happy and safe Christmas.

Louise

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