

FESTIVE SEASON REMINDERS

Do This

Play a friendly game of your favourite sport

Sleep and wake at a decent hour

Eat slowly

Grab an accountability buddy

Share your dessert

Pace yourself with your alcohol intake

Not That

Sit in front of the TV and watch movie after movie

Sleep late everynight and wake up after midday

Be distracted

Try and rely on your will power to do it alone

Take a sample of everything on your plate

Go crazy and see who can get drunk the latest