

WEB EDITOR JENNIFER SEARLE



## Work it (without extra workouts)

The social season has arrived and that means plenty of cocktails and eating out. Are you worried about getting a little too much holiday cheer? Then use these top tips from healthy living and weight loss coach Valerie Orsoni:

**Eat first; resist later.** If you're going to a dinner party, eat a hard-boiled egg before heading out to curb your appetite by at least 25 percent.

**Be mindful at the bar.** Avoid strong liquors as their high sugar content raises your glycaemic index, causing your body to store more fat. Instead, go for a glass of red wine, and sip it slowly so that you don't feel the need to fill a second one.

**Dance!** Hit the dance floor and shake that booty! This way, even if you do indulge a little, you can burn it right off while you tango.

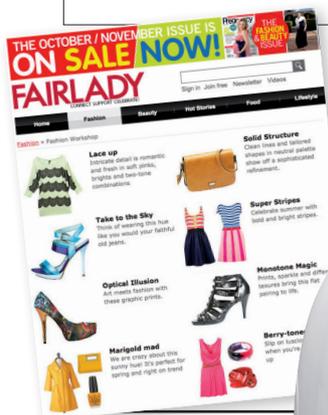
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## You answered:

**60%** Shoes **17%** Accessories

**14%** Bags **9%** Lingerie

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