

Another Weekly Update from 'H' and 'J'...



Be healthy this Easter

Watch out for chocolate eggs!

Easter is approaching. Not only is it holiday time, it's also a chance to feast on delicious chocolate eggs! But if you're trying to lose weight and want to avoid too much chocolate, here are some tips for Easter...

- Down-size your eggs – choose an egg designed for small children – it will be smaller, so you'll be less likely to overindulge.
- Go for plain chocolate – it's better for your heart and the more intense flavour means you won't want to eat as much.
- Keep chocolate in the fridge – as well as keeping it out of sight, chilled chocolate will last longer in your mouth.
- If you do overindulge, cut down the next day or do more exercise to compensate.
- Take your mind off chocolate eggs by getting some fresh air and exercise. You can involve all the family too!



And, if you really want to be good, ask people to buy you flowers instead of chocolate!

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