

Let's face it: Despite our best intentions, this December we'll most likely eat too much, drink too much, spend too much, totally skip the gym and say something we'll instantly regret at a party. Read on for a comeback plan.

oops,
WE DID IT AGAIN

PHOTO: TONY KELLY/TRUNKARCHIVE.COM

THE *I-stuffed-my-face-for-a-solid-week* CLEANSE

Undo the effects of too much merry-making with this one-day diet reset.

BY MEGHAN TELPNER, HOLISTIC NUTRITIONIST

MORNING COCKTAIL A glass of water with a squeeze of lemon and a pinch of cayenne

BREAKFAST ½ cup (125 mL) Nativa Organics Quick Oats cooked with cinnamon, chopped apple, coconut oil and goji berries. Top with ¼ cup (50 mL) nuts and seeds and Nativa Organics Honey to taste

MORNING SNACK A glass of vegetable juice

LUNCH Toss mixed greens with dried cranberries, sliced apple, sliced fennel and toasted pumpkin seeds; dress with a mix of Nativa Organics 100% Pure Canola Oil, Nativa Organics Honey, Nativa Organics Balsamic Vinegar, Dijon mustard and salt

AFTERNOON SNACK A sliced apple with 2 tbsp (30 mL) almond butter

DINNER Place 1 cup (250 mL) cooked brown rice or quinoa in a large frying pan; add 4 cups (1 L) vegetables (we like snow peas, broccoli, kale and red pepper) along with fresh garlic, ginger, tamari and a touch of Nativa Organics Honey and cook until veggies have softened, about six to 10 minutes on medium heat.

THE *help-my-credit-card-bill-is-out-of-control!* REPAYMENT PLAN

Three steps to sorting out a post-Christmas cash crisis, from financial guru Alison Griffiths.

BY FLANNERY DEAN

1 TALLY UP THE DAMAGE Take stock of what you owe on all of your credit cards. To make the most headway, pay just a little bit more than the minimum on the lower-interest debt (paying just the minimum can affect your credit score), and sock the rest away on the higher-interest rate debt (which is costing you more).

2 FIND THE MONEY Figure out how much you're spending on non-essentials, then cut 10 to 15 per cent from three areas (for example, entertainment, clothing and beauty). Use that money to beef up your payments. Still struggling? Bite the bullet and get a temporary part-time job.

3 LIVE ON CASH One of the easiest ways to lose control of your budget is by making frequent cash withdrawals for non-essential purchases. Withdraw a set sum of money on Mondays (say, \$40 for the week) to cover coffee and takeout lunches, then consider your debit card off-limits.

THE *I-can't-believe-I-just-said-that* COMEBACK

'I'm mortified. I can't believe I just said that. I apologize.' Period.

LINDA ALLAN, SOCIAL AND BUSINESS BEHAVIOUR CONSULTANT, TORONTO

THE *morning-after-one-too-many-martinis* SMOOTHIE

A little too much fun at the office party? We hear you. Here's a reviving liquid remedy to the rescue.

BY MEGHAN TELPNER, HOLISTIC NUTRITIONIST

In a blender, combine 6 leaves of romaine lettuce, a five-inch chunk of cucumber, 2 dried dates (soaked if possible), 1 cup (250 mL) watermelon chunks, 1 tbsp (15 mL) hemp seeds, ½ tbsp (7 mL) peeled and diced fresh ginger, a pinch of cayenne, 1 cup (250 mL) ice, 2 cups (500 mL) water and 1 tbsp (15 mL) goji berries; blend until smooth. ▶



THE *get-back-on-the-wagon* WORKOUT

Attempting a hardcore sweat session after a gym hiatus can lead to injury and frustration. Ease your way back into exercise with this basic cardio, strength and stretching plan.

BY KATHLEEN TROTTER, PERSONAL TRAINER

1 CARDIO Do 10 minutes of moderate cardio of your choosing, followed by 10 intervals alternating between 15 seconds of hard work and 45 seconds of moderate work. Finish with another 10 minutes of moderate cardio.

2 MODIFIED PUSH-UP Get into a modified push-up position with your knees on the floor and your hands planted shoulder width apart. Keeping your back straight and your neck in line with your spine, bend your elbows to lower yourself until your nose is a few inches from the floor, then push yourself back up to the starting position. That's one rep, do eight.

3 BASIC ROW Stand with your feet hip width apart holding a five- to eight-pound weight in each hand. Hinge forward at your hips and hold this position as you row your elbows up toward the ceiling – so that your hands come toward your armpits – then return them to the starting position. That's one rep; do 12.

4 REVERSE LUNGE Stand with your feet hip width apart, your

back straight and your hands on your hips. Step your right foot backward, bending both your knees as you lower your body into a deep lunge. Keeping your abs tight and your back straight, push back up to the starting position and repeat, this time stepping your left foot backward. That's one rep; do 10.

5 HIP FLEXOR STRETCH Start with your right knee on a mat and your left leg bent at a 90-degree angle in a modified lunge position, with your back straight and your hands on your hips. Shift your weight forward and hold the stretch for 20 seconds. Switch sides and repeat, this time starting with your left knee on the mat.

6 CAT AND COW Get onto your hands and knees on a mat. Round up your back like a cat and look toward your thighs, then arch it back and look toward the ceiling. That's one rep; do five.


7 HAMSTRING STRETCH Lie on your back on a mat with your legs flat on the floor in front of you. Raise one leg straight up in the air. Hold for 20 seconds, then lower. Switch sides and repeat. 

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