

The impossible task of keeping fit over the holiday period



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

Hi,

Just a few more sleeps til Christmas and all the eating, drinking and being merry can begin (if it hasn't already!). There's no doubt that mince pies and Christmas pudding are an essential part of the festivities, but how do you combine enjoying these treats with keeping fit and feeling good?

Keep active!

If you're out of town for the holiday period, then make sure you get out and about to the beach and the bush and take a walk before and/or after meals. This will help digestion and will burn off some of the calories you've taken on board. If you fancy it, why not make it a run? A jog along a sandy beach can burn up to thirty percent more calories than running on the pavement.



Pound that sand!

Give yourself a Christmas present this year!

If you've got a goal to reach, that will help push you along and keep you moving; see our [Contact Triwoman website](#) for details of our events starting from the 23rd January all over the country. How about taking on a [TriWoman event](#) as a new year's resolution challenge?!

Try cutting down on the booze!

Calorie filled and hangover inducing, alcohol can be a perilous temptation and is always present at Christmas bashes. Alternating alcoholic with non-alcoholic drinks can help you control how much alcohol you take in. If it's at your place and the idea of drinking lots of glasses of water bores you, make sure you buy something interesting for your non-alcoholic option; sparkling water can liven things up or something refreshing like elderflower cordial can mean that you'll start to prefer it over a glass of sav! Make sure you're always hydrated and you should have no excuse to get up and about and keep active over the next few weeks.

Enter a race over the holidays!

There are loads of fun sporting events happening around the country that the whole family can enter. If you're in the Coromandel, why not have a look at entering the 3:9:3 race as part of the [Contact Tri Series event in Whangamata](#). There's also a race for the kids and a longer race for those who want more of a challenge. Or just come out and support, that could be inspiration enough!



Show your support!

And while you're enjoying yourself over the festive period, don't stress out too much about your eating and exercising; use your time off to reflect, relax and recharge, ready for a new year and a new [TriWoman series!](#) And don't forget, the late entry fee kicks in two weeks out from an event so for those of you thinking about Point Chev on the 23rd January or New Plymouth on the 30th January, you'd better get moving and [enter!](#)

Merry Christmas and Happy New Year from the Tri NZ team!

Haidee & Kate
Tri NZ Events



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