

Published based on [How To Make Holidays Harmless To Your Figure?](#)

How To Make Holidays Harmless To Your Figure?

Everyone knows the feeling coming together with approaching holidays. You have a joyful anticipation of something great and pleasant. What do you usually think about before Christmas or Thanksgiving Day? Right, about incredibly tasty meals attached to these holidays. Just imagine all dishes you will taste so soon, imagine their tempting aroma and unbelievable taste. Is your belly rumbling? It is high time you ate something healthy, be it an apple. You must admit that there are just a few people can abstain from eating all those delicious dishes throughout holidays. No wonder, if you are one of them. Do not famish yourself; eat what you want but not too much. All you need to do is to rev up your metabolic rate and holidays will not do your figure any harm. Use the following tips and your metabolism will work properly all the time.

- Drink much. It can be either water or chilled green tea, which due to its natural properties increases metabolic rate and makes your organism burn calories much faster than usually. It would be great if you drink from six to eight glasses of water per day. If it is not difficult for you, drink a glass of water before every food intake. The organism of an adult person contains 55-75 percent of water being a vital element keeping your metabolism going. That is why it is so important that you drink much water during the day.

- Do morning exercises every time you awake. Note that these exercises are going to be useful only if they are done before, not after meal. Mornings your organism is at rest. Exercises will give your organism a boost speeding up your metabolism altogether.

- Never forget about breakfast – it is the most important meal of all day. The thing is, that morning food gives your body an energy boom which influences your mood and metabolism for the rest of the day.

- Lead active way of life. Use every opportunity to go for a walk or to mow a lawn – the more energetic you are, the faster works your metabolism and the more calories your body burns. Lying on a sofa will never help you to get rid of extra fat. Probably, now mowing a lawn several times a week seems ridiculous, but be sure, when you see your slim figure in the mirror you will not be able to quit mowing.

- Fall on the food rich in proteins. Such food is poultry, fish, fruits and vegetables, nuts and dried fruits, beans (white rice is full of carbohydrates harmful for your metabolism, so it's not recommended to eat it), brown rice, etc.

- DO NOT eat food, rich in carbohydrates – it will prevent you from getting thinner.

Stick to these tips and your slim body will be an object of envy!

If you know how to [speed up metabolism](#), this can assist you in getting rid of extra weight issues. But don't hurry up - first read about how to [speed up metabolism](#) and how exactly the [speed up metabolism](#) technique works.

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