

## How can I lose weight after the festive season?

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**I overindulged this festive season and put on a few extra kilos. How can I lose weight and keep healthy without depriving myself and counting every calorie?**



Health expert, Dr Graham Duncombe from Skin & Body Renewal, responds:

"I think most of us are guilty of overindulging a bit over the festive season. Shaking those extra kilos can be tough, especially when the stress of going back to work kicks in. There are some basic guidelines that may be helpful. Make sure that you are getting enough good quality sleep. Sleeping less than 8 hours per night will make it much harder for you to lose weight and may actually contribute to weight gain. Exercise is the fastest way to start burning away that extra fat and get you back on track.

If you are unsure about supplementation, make an appointment with one of our Health Renewal doctors for expert guidance."

To read the full article visit: <http://beautysouthafrica.com/healthy-living/how-can-i-lose-weight-after-the-festive-season>

