



**CHANDELIER**

Boutique Fitness for Women

**HOLIDAY**  
**SURVIVAL**

 **GUIDE** 

## **BE GOOD THIS SEASON,**

and let your body have a happy start to the New Year!

As a child, the Holidays cannot come quickly enough or last long enough; as an adult, things are different, with the festive period taking a physical and mental toll.

Food, drink, late nights, last minute deadlines, more food, more drink, the office Holiday party, topped with more late nights and more parties; all tests our overall well-being to the limits.

Then for many, there is the three-day event of Christmas: the mandatory Christmas Eve drinks, snacks and sweets; champagne breakfast on Christmas morning and of course the Christmas dinner with all the trimmings; before eating it all again the day after.

So, it is easy to understand how studies have shown that the average American puts on around 1-5lbs over the Holiday period. It might not sound like a lot, but the research also shows that after it is gained, it isn't lost; explaining in part the average weight gain of 10lbs per decade.

The question is, can you still enjoy the Holidays without wrecking all the effort you've put into healthy eating and exercise throughout the rest of the year?

The answer is yes, but it takes a bit of effort and restraint.

However, if you are able to control your Holiday calories, you will be ahead of the game when it comes to healthy New Year resolutions.



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01

# HOLIDAY

## HANG UPS

What makes the Holidays such a tricky time of year to stay on track?



# 01 HOLIDAY HANG UPS

## EXPECTATIONS

**Before we get to the calorie laden food, free flowing alcohol and constant parties, there are the festive expectations.**

Religious, or not, the Holidays are a special time of the year – where everyone is expected to get into the festive spirit.

This often means conforming – always saying yes, even when you want to say no – being part of the party. With everyone bringing in goodies, our inability to say NO can often be our undoing. Around the Holidays, peer-pressure almost becomes acceptable and people may judge those who say NO to dipping into the chocolate tin.

You have to remember, that it is often those leading the peer pressure who are feeling the least secure about the Holiday calories. Don't be rude, but don't give in. Your health is more important.



## FOREVER FEASTING

Holidays are not Holidays without barrels of biscuits, tins of sweets, countless slices of cake and three-course meals with all the trimmings. This wouldn't be so bad if it was only a one day event and you had 364 other days to work it off. Instead, the Holidays last from Thanksgiving to New Years- with everything in-between!

Even if you are able to say no to the cake and opt for smaller servings, the additional Holiday calories will still mount up.

**The key to keeping the Holiday calories down is:**

🌲 **Firstly, be aware of what you are eating.** So many of us have NO IDEA about the amount of calories we consume over the Holidays and are often shocked when we do start tallying things up.

🌲 **Say NO to the Nibbles –** honestly, who really likes the chocolate creams and why do we feel it's a mandatory requirement to eat our body weight in appetizers and desserts?

🌲 **Keep it small –** portion control is paramount. There is no need to over eat any one food item when there are already too many to fit in. Have the freedom to taste everything, but keep the portions of each reasonable to account for the large variety.  
- Keep it real and stop when you are full.

**ENJOY YOUR MEALS, JUST  
REMEMBER, portion  
control is paramount**

# 01 HOLIDAY HANG UPS

## HOLIDAY CHEERS

**Alcohol and Holidays, it seems for most of us you cannot have one without the other.**

With a single gram of alcohol containing on average 7 calories and a standard serving of alcohol measuring 14 grams, ONE pour accounts for at least 98 calories – without mixers!

Liquid calories are often people's downfall, with most not factoring them into their daily allowance. Now, we are not advocating you forgo eating so you can drink to your heart's desire and still keep below the RDA of calories; but we do stress the need to think about the additional calories consumed when taking on board those Holiday dessert drinks- or three!

## HOLIDAY PARTIES

**Forget the drunken fumbles behind the photocopiers, the terrible secret Santa gifts and cringe-worthy dad dancing – it's the tables overflowing with appetizers and small bites, countless Holiday dinners chased down with drinks and of course all the cakes, puddings and pies that makes the office Holiday parties so dangerous.**

In fact, research shows the average Christmas dinner with all the trimmings, pre-dinner snacks and alcohol totals about 5,200 calories. To burn this off, you would have to do the equivalent of running two marathons!

I'm not sure about you, but after most office parties I am in no state to run to the store let alone two marathons. So, keeping a check on what's consumed is a far simpler option and one which will have you feeling better in the morning.

## SEASONAL STRESS

**Tis the season to be... stressed!**

Present buying and wrapping for the masses, office deadlines, family get-togethers, prepping and cooking a mountain of food and of course all the parties; the Holidays push your limits to the max, which ultimately leaves you fragile and stressed.

Sadly, with stress comes weight-gain, helping to explain those additional Holiday pounds as we turn to the abundance of food for a short-term pick me up.

**Over the Holiday period we should look at:**

### Holiday Crush

While the kids may feel the Holiday countdown takes forever, for the rest of us December seems to fly-by and there is never enough time to do everything we need.

Something has got to give, often it is exercise – let's be honest. Even when you do have the time and energy to put it in the schedule, you often default to "I'll start again in January".

In reality, the Holidays is often the time when we need to be doing the most exercise – for both our physical and mental health. So, during the festive period keep in mind that you should place more thought on when and how you exercise.

### Seeing the year out with a bang

New Year's Eve, a time to party with pals without a care in the world.

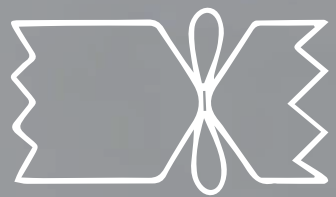
Sadly, we pay for this the next day and the weeks to come, with the liquid calories consumed quickly converted to pounds that are hard to shift.

**So how do you cut down on Holiday calories, without taking the joy out of the the Holidays?**

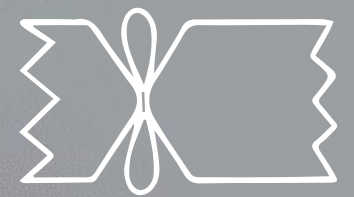




# Healthy hacks



**THIS SEASON**



Holidays are traditionally a time for indulging-  
and you still can- you just need to be calorie  
clever!

# 02 HEALTHY HACKS THIS SEASON

Here are our top ten hacks to help you survive the Holidays and not undo all the good work you've done over the past year.

## 1. YOUR BIGGEST ADVOCATE - Sleep!

The Holidays is not a time we often link with sleep, unless that is, we are talking about Santa's visit! However, sleep is probably the single most important step we can take when it comes improving our overall health. Aim to sleep around seven hours a night, placing the emphasis on quality of sleep as well as quantity.

Sleep should be consistent; set your alarm so that you are waking up at the same time, independent of the day, and going to bed at the same time too. Get into a positive bedtime routine, winding down before bed and turning off cellular distractions 30-60 minutes before hitting the pillow. You will wake up feeling better, your body will have had time to repair the festive damage that alcohol, overeating and heightened stress levels creates and you will be far more prepared to take on the Holiday madness.

## 2. EXERCISE ADVENT

Rather than treating yourself to a chocolate advent this year, swap it for a jar of physical challenges.

Every morning grab a challenge from the jar and fit it into your routine. This is such a nice way of keeping things fresh this festive season – as you find yourself incorporating wall sits into your teeth cleaning routine and a few jumping jacks while you are waiting to fill up the car.

For a more holistic approach, try my exercise advent below

## 3. WE LOVE SOUP

Homemade soups are incredibly healthy (unless overflowing with cream) and nutritious. They are also a great way of stopping yourself from reaching for the office goodie basket over the festive season. So, boil up a batch and stick them in the freezer. Then take a pot of soup into work with you, that will leave you far more fulfilled than any high-calorie classic.

Choose soup when you can, most Holiday dinners offer a range of starters and soup is a brilliant low calorie filler that will help reduce your appetite for mains.

## 4. CALORIE CONSCIOUS

With the average Holiday dinner weighing in at a staggering 5,200 calories, it's time we started looking at what's on our plate and where we can make a healthy swap. **So where should we start?**

1. **Choose herbs over fats-** Swap the high butter, oil and artificial seasonings, with fresh herbs, garlic and lemon juice to ensure a great taste. Roast birds in a little water, to keep them moist with some root veggies and a splash of wine (Christmas doesn't have to be 0 fun!).
2. **Limit the appetizers** – They taste good, so try one of each- not 5 of each. Go into dinner with room for more.
3. **Limit potatoes** - With no nutritional value and globs of added butter and fat, standard servings of potatoes can account for 200-400 calories alone.
4. **Try steaming or baking your veggies this year** - It is quick, effective and incredibly healthy. Add tons of seasoning and leeks to keep the great taste.
5. **Then there's the desserts** - Pecan and mince pie, monkey bread, cookies, cakes, breads- one serving of EACH will add 200-700 more calories to your waist line. Enjoy them the day of the holiday, but don't take the leftovers. Dessert should be a Holiday treat, not a daily staple.



# 02 HEALTHY HACKS THIS SEASON

## 5. WALK IT OFF

Get outside this season, rather than becoming a Christmas pudding on the couch. Go for a long walk to burn off a little of that festive cheer, and you could quickly lose a few cookies worth of calories.

80 kcal are burnt with every 30-minutes of brisk walk, so bundle up and go out as a family to explore forgotten places this Holiday. You will make better memories and give your body the post-dinner treat it deserves.

## 6. NO TO NIBBLES

The biggest calorie culprits of the Holiday season are definitely the little treats that linger long after the Holiday passes. So limit yourself to a set amount a day and stick with it. It will require will-power, but like any other muscle, you need to practice and exercise willpower for it to be strong!

Starting off is hard, our suggestion is to track the calories that haven't made it to your mouth as well as those that do. This way you can see the real benefit of saying no to that additional slice of pecan pie, or the third round of office cookies. One pound of body fat = 3,500 calories; One slice of pecan pie = 500 calories!

## 7. STRESS BUSTING

The Holidays are a notoriously stressful time, so make some time in your busy festive schedule to unwind.

Remember, stress often results in over-eating, especially with all the temptation that surrounds you. So, this

holiday season, factor in a few daily, weekly and monthly stress busting strategies into your festive calendar.



It could be as simple as making time for a relaxing bath and great book, going for a massage, spending

some time in nature, or practicing a little mindfulness. Whatever suits your personality and needs is perfect. The key is to plan and schedule it in.

## 8. TIME MANAGEMENT

Get ahead of the game and get all your Holiday cards posted early this year. Have the present shopping done by mid-November and the food pre-ordered before the first window of the Advent calendar is open.

Managing your time wisely over the Holiday period ensures everything gets done in the least stressful way, whilst making sure you prioritize the things that are truly important.

## 9. DRINK WISELY

It might be the Holidays, but this doesn't mean the health implications of too much alcohol have simply disappeared.

Be sensible this season with the amount of stress you put your liver and kidneys through, by ensuring you wash down with equal measures of water.

If you are drinking, opt for low calorie drinks like white spirits and soda water mixers - relatively low in calories and something you can sip rather than throw down quickly.

## 10. HAVE FUN

The Holidays is all about spending quality time with the people you love.

In the quest to make the Holiday season healthy, don't forget this. Don't say no to every Holiday gathering invitation, but focus on making time to see or speak to family and friends, enjoy the sights, sounds, smell, touch and most importantly in this context, tastes of the Holidays.

**Don't go crazy, but also don't ignore the festivities all together – It only happens once a year after all.**



03

*Winter*

✂️ WORKOUTS ✂️

Hibernating will not help burn the calories. Independent of the weather, you need to get out and get active this festive season.



# 03 WINTER WORKOUTS



## GET YOUR CHANDELIER SESSIONS IN!

Don't miss out on the benefits of your weekly workouts! Drop down to 1-2x per week this month instead of stopping all-together so you stay accountable and on track. Remember why you started!



## SWAP THE SLIPPERY STREETS FOR A SPIN

Love going out for long bike rides in the summer, but not too sure about the cold and dark winter nights and black ice? Try a spin class, but be careful – they can get addictive, but are a great way of building up a sweat and working off some steam.



## BURN IT WITH BODYWEIGHT

Body weight exercises should be part of everyone's daily routine. Our lives are far too sedentary and we should keep moving – so if they are not part of your daily do's, add them in!

Try a few of these for size; pick seven exercises and do 10 reps of each; then repeat 1-4 times as time allows!

▲ **Jumping Jacks** – This classic cardio-based calorie burner will get your heart rate up instantly! Jump legs in and out while arms mimic the movement of the legs, going out and up to clap at the top when legs come together.

▲ **Toe Taps** – Kind of like running in place, use a stair or step to lift one leg, tap the stair with the toe, and quickly switch legs, falling into a quick alternating-leg movement to increase heart rate.

▲ **Mountain climbers** – Start on your hands and knees. Bring left foot forwards, directly under chest, while straightening right leg. Keeping hands planted firmly on floor and core tight, jump – switching legs.

▲ **Stair climb with biceps curls** – Make your stairs a cardio machine, by simply placing a pair of homemade dumbbells at the bottom (think baked bean tin). Briskly walk up and



# 03 WINTER WORKOUTS

down the stairs while doing bicep curls - working the whole body, simply and effectively.

▲ **Plank** – Lie face down with forearms under shoulders and hands clasped. Extend legs behind you and rise up on toes. Keep back straight and tighten core, hold position for 30 seconds at first, working up to 60.

▲ **Wall sit** – Slowly slide your back down a wall until your thighs are parallel to the floor and your knees are directly above your ankles, keeping your back straight. Hold for 30 seconds at first, working towards 60 seconds.

▲ **Lunge** – Hands on hips, feet hip-width apart, step your right leg forward and slowly lower your body until your left knee is close or touching the floor (at least 90 degrees) before returning back to starting position and doing with the opposite leg.

▲ **Inch Worm** – Stand with feet together and knees slightly bent. Put your hands on the floor, and walk them out to a plank position. Walk them back in and stand back up. Repeat!

▲ **Squat** – Stand with feet parallel, slowly crouch by hinging hips backwards and bending knees until thighs are at least parallel to the floor. Make sure your heels do not rise off the floor. Press through your heels to return to a standing position.

▲ **Single-leg deadlift** – Start in a standing position with feet together. Lift the right leg off the floor by bending the knee. Lower arms and torso, whist raising right leg behind you. Keep left knee slightly bent and reach arms as close to the floor as possible. Raise torso whist lowering right leg. Switch legs.

▲ **Step-ups** – Find a step, bench or stair. Place left foot on the elevated surface, step-up until left leg is straight. Then return to starting position. Try 12 each leg then switch, or alternate legs.

▲ **Calf raises** – From a standing position, slowly rise up on your toes, keeping knees straight and heels off the floor; hold briefly, then come back down. Try standing on something elevated if you want to raise the bar.



## GET DANCING IN PREP FOR THE HOLIDAY PARTY

There are a host of great music-based workouts from Zumba to YouTube Dance-Fit videos, then there is simply switching the radio on and dancing around the kitchen for a good 20 minutes or seven songs. Challenge yourself, try and give your all for seven songs; it is harder than you think and great practice for the upcoming festivities!



## GO TO THE CORE THIS CHRISTMAS

Pilates is a great way of improving core strength, with moves that can be modified to all fitness levels and time-frames. Try building a few into your morning routine and feel the benefits almost instantly!



04

# Alternative







## ADVENT

Try our alternative advent – just print out this handy table and stick it on your fridge, marking off the day's you've completed.






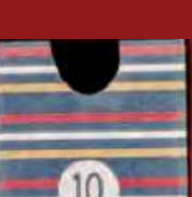


# 04

## ALTERNATIVE ADVENT

ADVENT DAY	CHALLENGE
	<p><b>COMMIT TO SEVEN A DAY</b>– Hours sleep that is. On days you can, work out your bedtime by the time you need to get up the following morning. On days where you cannot get the full seven, due perhaps to a late-night commitment, schedule in a couple of power naps to keep your tally up!</p>
	<p><b>PLANK CHALLENGE</b> – Get planking this festive season. See how long you can keep the perfect plank and then set yourself the challenge to quadruple this. Every day, increasing your hold and getting closer to your end goal. Your Christmas waist line will thank you, as this super core exercise is great for maintaining posture and giving you a great base.</p>
	<p><b>SIGN UP TO SOUP</b> – Download a few ideas, ask your Mom for her famous chicken broth recipe and then get cooking. Do this in bulk and freeze in individual portions. Now you will have enough to ensure you keep hunger at bay the right way, rather than dipping into the snack bag.</p>
	<p><b>WALL SIT WHILE YOU BRUSH</b> – Don't have time for two-minutes of exercise in your day? Multi-task! Doing a wall sit while brushing will not just strengthen your core and quads. It will also make you focus on what you are doing, as you try to shift attention away from the 'burn', making sure you do a better job on your teeth.</p>
	<p><b>AIM FOR WATER ONLY</b>– Most of us fail to get our 2L a day of water, even when we count in coffee and juice. This festive season take count of how much you drink, but also what you drink. Try swapping out the high sugar juice and drinks for plain, ice cold, water. Add a few cucumbers or mint sprigs by all means. Get a great reusable bottle, so you can see what you're consuming- Then get sipping!</p>
	<p><b>TAKE THE STAIRS</b> – We all say we will do it, but how many of us cheat? From this day forward, take the stairs this festive period and feel yourself get less and less winded as the weeks go on. If you work or live 7 flights up, do stairs for at least half!</p>

# 04




## ALTERNATIVE ADVENT

ADVENT DAY	CHALLENGE
	<b>ONE TREAT RULE</b> – With treats flying around the office it is easy to over-indulge, dipping in every time one is in your orbit. Take a will-power pledge and exercise some self-control by only saying yes once a day. You will come out of the festive season mentally stronger and a few pounds lighter.
	<b>SIGN UP TO THREE FESTIVE CLASSES</b> – We all say we will make a concerted effort to exercise more over the Holidays, but how many of us do? This year take the plunge by signing up and paying in advance for three classes. One just before Christmas, one between Christmas and New Year and then one on the 2nd of Jan. This is a brilliant way to shift some Christmas calories and get ahead of the rest who only start exercising in earnest halfway through January!
	<b>HOLIDAY GRATITUDE</b> – The festive period often becomes focused on what we give and receive rather than celebrating the essence of the Holiday you celebrate. This year practice some Holiday gratitude, by focusing on the small things that make this time of year so special. Take this opportunity to engage with friends and family, the cold crisp mornings, the tasteful array of holiday sweaters. Whatever it is, look for the beauty and celebrate it. Gratitude brings positivity, positivity promotes well-being and good health.
	<b>FRUIT BOWL FRIDAY</b> – Be a trend setter and bring in a bowl of fruit rather than a box of sweets, your colleagues will secretly thank you for it.
	<b>RAISE YOUR CALVES</b> – The Holidays is the season for sitting, resulting in swollen legs and ankles. Factor in a few calf raise sessions every day, while you are doing the mundane jobs like dish washing.
	<b>FESTIVE FEET</b> – During the festivities our feet are often forgotten- hidden in boots, socks and slippers. Yet come the Holiday party they are often put on show... so spend a little time and treat them to a pre-party pamper. 20 minutes doing a simple Epsom Salt scrub will help shed dead skin and make trimming toenails and cutting cuticles easier. Our feet work so hard it is time to give something back.









# 04

## ALTERNATIVE ADVENT

ADVENT DAY	CHALLENGE
	<b>OATS: THE BREAKFAST OF CHAMPIONS</b> – Cold, dark mornings make us instinctively reach for a slice of buttery toast over half a grapefruit. Luckily, instant oats are cheap, healthy, filling and delightful with a bit of cinnamon on top. One 1.5cup of oats, to 2.5cups of water makes enough oats for four bowls. Add a bit of honey in the mix, some blueberries and a sprinkling of cinnamon and you will have a family favorite whipped up in minutes. #Winner!
	<b>STRETCH THEN SLEEP</b> – Stretching helps promote a good night sleep. Two stretches we like to incorporate are great for de-stressing and relaxing: (1) straight leg toe-touch and (2) the sitting, cross the ankle-over-knee figure-4 stretch. Add to the list and make a 7-move routine that helps you unwind physically and mentally before bed. YouTube has great quick routines!
	<b>WALK IT OFF</b> – It is inevitable that you will overeat during the festive period. But to counterbalance this, plan a couple of weekend walks with family and friends. A nice long walk, in the brisk winter weather not only blows out the cobwebs (which can be handy after some festive fun). It can also help melt away the chocolate calories.
	<b>SEVEN DAYS OF SOBRIETY</b> – One of the biggest challenges of the festive period is not to overdo it. Holiday parties, informal gatherings, after work drinks, means most of us consume the same number of drinks in one week as we normally do in any other month. To help reduce your overall alcohol and associated calorie consumption schedule in seven days of sobriety. AND pick and chose the holiday parties you won't drink at.
	<b>SOUP FOR THE SOUL</b> – There are many people who find the festive period a challenge, for a number of reasons. Do something to feed your soul this festive season by volunteering to help those in need. You could donate some of your soup to a shelter, help with an organized charitable event, or simply support a colleague during this challenging time of the year.
	<b>PROMOTE SELF-GROWTH</b> – It is one of the key habits that defines those with entrepreneurial attitudes. If you are not willing to invest in yourself, no one else will. Look at the area within your life where growth is most needed and invest in it. If it is physical growth, get yourself a fitness coach. If you're looking for mental or spiritual growth - check out inspiring Ted Talks. Or it might be a life-coach that you require to set you on the right path. Whatever the direction of growth you choose, truly invest in it- you will see results.

# 04

## ALTERNATIVE ADVENT

ADVENT DAY	CHALLENGE
	<b>GO TWO-THIRDS</b> – Most months of the year, ensuring your plate is 1/2 filled with vegetables or salad is good enough. However, over the Christmas period we suggest you up this to 2/3. Fill yourself up on the nutrients, minerals and fiber these provide - your body will thank you for tipping the balance.
	<b>PRACTICE MINDFULNESS</b> – Spend 5 minutes every day practicing mindfulness and see the stresses of the seasons slip from your shoulders. Mindfulness enables us to focus on the present, rather than worrying about what we can't change in the past and have no control over in the future. Try the Headspace App for a great 10-day taster.
	<b>PLAY UPSTAIRS DOWNSTAIRS</b> – Find yourself some homemade weights (we love cans of beans or bottles of water) and then do 10 laps of your stairs. Lunging up while doing biceps curls and then doing a squat a stair on the way down. With most houses having around 15 stairs, this is a great way of getting 150 reps in!
	<b>IMMUNE BOOSTER</b> – This time of year flus are rife, so give your body a natural boost. Add a high Vit C fruit to your midmorning snack. Drink a cup of warm water with lemon and ginger in it in the morning and try to get in a teaspoon (5ml) of turmeric into your diet. We love it on eggs.
	<b>EXTRA WORKOUT</b> – Do an extra workout this week. 1 hour of pure sweat and determination will be the best Holiday present you can give yourself.
	<b>GIVE YOURSELF A PAT ON THE BACK</b> – It is Christmas Eve and you have survived. Enjoy tonight's celebrations, taste everything on offer- just know when to stop. As a Holiday treat, buy yourself a new diary and before you add any work commitments or deadlines, put in dedicated family time and dedicated you time. This is more important than anything else to ensure the New Year will be your most productive ever.



05

NEW YEAR

✂️ NEW YOU ✂️

This New Year's Eve,  
approach things a little  
differently



# 05 NEW YEAR NEW YOU

## THIS NEW YEAR'S EVE APPROACH THINGS A LITTLE DIFFERENTLY

### 1. DON'T SKIP MEALS AHEAD OF NEW YEAR'S EVE

For a start, eating well throughout the day helps you to handle the additional alcohol.

More importantly, it stops you reaching for the snacks. New Year's Eve is a time for calorie laden appetizers – keep these to a minimum by ensuring you don't arrive starving and aren't tempted to hang out at the entree table all night. Make a rule – NO return trips!

### 2. WATER CHASERS AND SODA WATER STARTERS

This is the next level of alternating drinks. Not only should you follow every alcoholic beverage with a hangover busting glass of water. You should pre-empt your alcoholic tittle with a glass of soda water, which could be mistaken for the harder stuff and will slow your drinking speed.

### 3. SNEAK IN A PRE-NYE WORKOUT THE DAY BEFORE

This way, you will have brought yourself a bit of leeway to enjoy the festive food.



### 4. SKIP THE DIPS AND GRAZE LIKE A GOAT

Even someone three drinks down can remember this rule. Simply put, only graze on 'snacks' as a herbivore would. Say no to the sausage roll, while embracing the carrot sticks. Don't be tempted to dip as this can save you hundreds of calories over the couple of weeks.

### 5. KNOW THE CALORIES IN YOUR FAVORITE DRINK

For instance, a 16oz of lager is likely to have less calories (approx. 190) than a single shot Moscow Mule (approx. 210).

make sure you check the handy drinks calorie chart below, taken from [treated.com](http://treated.com)

### 6. BE KIND TO YOURSELF

If you have been good the rest of the year then you deserve the chance to blow off steam – just set your own limits and stick to them.

DRINK	SIZE	CALORIES
Baileys Irish Cream	37.5ml	123
Appletini	300ml	150
Bottle of pale ale	330ml	120
pint of lager	568ml	187
Champagne	125ml	81
g in and Tonic	200ml	195
g guinness	568ml	202
Jagermeister	25ml	103
pint of cider	568ml	215
g lass of red wine	250ml	201
Alcho-pop	330ml	228
g lass of white wine	250ml	193
Vodka Red Bull	175ml	165
Whiskey and coke	175ml	177



**LASTLY...**

**WE HOPE THIS GUIDE  
HELPS AND THAT YOU CAN  
NOW LOOK FORWARD TO  
A CALORIE CONTROLLED  
HOLIDAY SEASON**

please get in touch for more great holiday  
survival advice

[hello@chandelierglastonbury.com](mailto:hello@chandelierglastonbury.com)

[www.chandelierglastonbury.com](http://www.chandelierglastonbury.com)

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