

Surviving the silly season

Celynn Erasmus helps you manage your energy, not your time.

It's been a long challenging year and things are not letting up just yet. Year-end functions are in full swing. You're constantly on the go. You probably need all the energy and stamina you can rally up. Time may be a limited resource but the great news is that energy is renewable. Manage your energy over the last two months of the year instead of trying to manage your time. There's nothing hazardous to your health about the occasional binge. It is the high stress levels though, poor diet, lack of sleep and incessant hard work and party-going with all the end-of-year events that sets us back.

Five top silly season survival tips

Graze, don't gorge: Don't skip meals, as this will cause your blood sugar to drop, worsening the effect of the blood sugar fluctuations you experience when stressed. Refuel strategically by eating every three hours, either a small

meal or a smart snack. This will balance your blood sugar levels and help you to cruise through before dawn starts and post midnight stops. Smart snack ideas to keep close at hand or to plan for events so that delegates

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experience the benefits too: Fresh or dried (no sugar) fruit, unroasted nuts, popcorn, pure fruit bars, lean biltong, low-fat cheese and high-fibre crackers, crudités (cherry tomatoes, sugar snap peas, baby corn, baby carrots) and low-fat dip. Having a well-stocked kitchen, laptop bag, car cubby hole and office desk drawer makes it so much easier to grab



and run. **Feeding frenzy:** Most people end the festive season with quite a few kilos that were not there in October. Avoid becoming a festive season fatty. Eat mindfully and chew each mouthful well. Try not multitask while eating. Stop eating when satisfied, not when full. Buffets and finger foods can be a binge eating trap. Serve up your food on one plate and leave the buffet immediately. Go slow: Feeling tired most afternoons? Balance

your blood sugar by choosing slow-release foods (low glycaemic index) Visit www.gifoundation.co.za for a complete GI list of most South African foods. For delicious, creative and tasty low-GI, low-fat snacks and treats (either for yourself or for clients), feel free to contact me. Limit your caffeine intake: Your body takes several (four to six) hours to process caffeine, so if you have your first cuppa or energy drink at 06:00

and the last at 23:00, your body is basically a one-stop caffeine shop. Caffeine (coffee, energy drinks, tea, chocolate, medications, some soda drinks) increases anxiety, triggers headaches, disturbs sleep, heightens your blood pressure and stops your adrenal glands from functioning at their best. In short, caffeine increases, not decreases, your stress levels.

Keep caffeine to less than 300 mg per day (two to three cups of coffee). Booze bonanza: By all means, have a drink or two if you're not driving, but don't binge. Many people resort to alcohol as a stress reliever. Alcohol is a nervous system depressant and in the long run, can actually cause depression, not relieve it.

When you are stressed, it's probably a good idea to stay away from alcohol altogether. Dilute wine with soda water, have light beers and always have water or sugar-free cool drinks in between alcoholic drinks. Rest assured that you can wrap up 2009 in style, without compromising your health for wealth. Wishing you high energy, good health and successfully rewarding events! Looking forward to energising you again in 2010. **35**



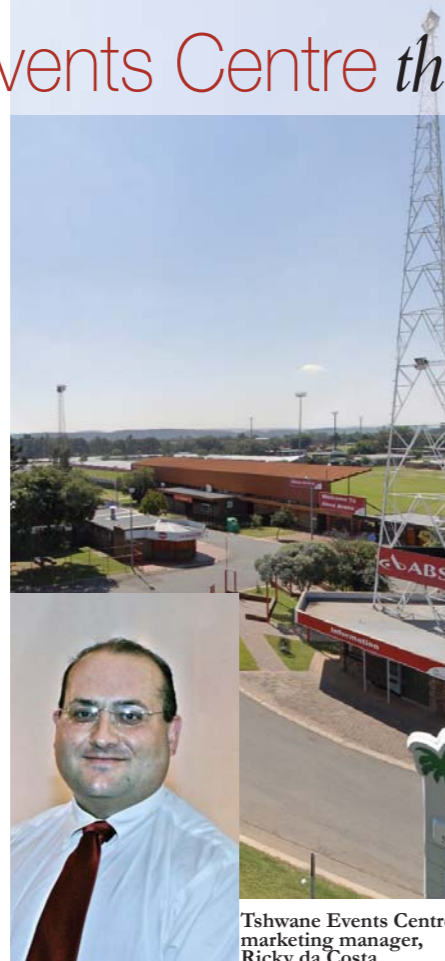
About the author

In a fast-paced world, with exhausting demands on our time and performance, Celynn Erasmus vibrantly presents hands on, real advice that will help you to work better, live smarter and get the most out of every day. She demystifies the complex science of wellness and nutrition into tips and techniques that really work. For more advice or to comment, please contact Erasmus on +27 (0)83 656 3096, or celynn@celynnerasmus.co.za. Alternately, visit www.celynnerasmus.co.za.

The Tshwane Events Centre thinks big – like you

From 10 to 10 000 guests at a conference or gala evening, to large-scale trade and consumer exhibitions, the Tshwane Events Centre will oblige.

"We are one of the biggest events centres in the country's northern provinces and offer turnkey solutions, particularly for large events," says marketing manager Ricky da Costa. "However, we are not too big to tend to your smallest needs. We literally wrap our venue around your event." Recently, the centre successfully hosted the Pretoria Show for the 70th year, which has gone from strength to strength. "Despite the economic meltdown, the fact that some 700 exhibitors showcased more than 200 categories of products goes to show that they realise the importance of being present at one of the most significant exhibitions," he adds. My role for the past two years has been to breathe new life into the venue. Not only are we a multifaceted events company, we also offer full turnkey solutions to our clients, from logistical services, decor and draping to flower-arranging and accommodation services. You name it and we organise it. One such successful event



Tshwane Events Centre marketing manager, Ricky da Costa

was the Independent Electoral Commission's operational results centre that was held at the centre for the fifth consecutive year. Another was the hosting of the second Tshwane International Trade and Infrastructure Investment Conference that secured some R40 million worth of investments for the city. "With over 40 000 m² of covered exhibition space and more than 42 000 m² of open and multipurpose areas, which are all accessible from multiple entrances, the centre can accommodate 50 000 visitors simultaneously, in style and comfort. State-of-the-art infrastructure services include banking facilities, telecommunication services such as wireless Internet access, top-class catering facilities as well as easy access and secure parking for up to 3 500 vehicles. "2009 is a watershed year for the Tshwane Events Centre. Now is the time for us to stand up and be counted among our peers – and distinguish ourselves as the most versatile and spacious events centre in Gauteng." **35**

For more information visit www.tshwane-events.co.za



We wrap our venue around your event

Tshwane's venue of natural choice - the Tshwane Events Centre - has the capacity and versatility to tailor-make every event to your specific needs.

Offering turn-key solutions, the Tshwane Events Centre will oblige. From an intimate affair for 10 people to a conference, gala evening, product launch or consumer exhibition for up to 10 000 people, the Tshwane Events Centre is your one-stop-shop.

Offering over 40 000 m² of exhibiting and conference space with all infrastructure requirements like catering facilities, wi-fi connectivity and ATM's, provided, the decision is easy. Add to this easy access and secure parking for up to 3 500 vehicles and the natural choice is clear.



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