



**Training Myth #4** – Eating too much Halloween candy makes you a bad person.

**The truth...** Enjoying Halloween candy (or any other tasty treat) makes you HUMAN.

It's astounding how many people feel guilty for allowing themselves to have treats from time to time. Halloween candies, along with all those other treats, taste good and by consuming them, you should not feel in any way like a bad person. Perhaps you made a few bad choices by eating *too many* treats which is easy to do this time of year. The trick is not to equate poor choices with being a 'bad' person. Good people make poor choices all the time, including over-indulging now and again.

Certainly, this does not entitle you to a diet that consists solely of leftover mini-chocolate bars for the next month. Thankfully, starting right now, you can make better choices. Here are a few hints to help you along this Halloween...

**Listen to your body** - Only eat when you are hungry and stop eating when you are no longer hungry.

**Eat slowly** – chew your food thoroughly to allow your brain the time it needs to register that you are full.

**Out of sight, out of mind** – it's a lot harder to overindulge if you don't have an over-abundance of treats around.

**Portion control** – having one or two Halloween treats is much different than devouring the whole bag.

**Drink lots of water** – even mild amounts of dehydration slow the rate at which you burn energy.

**Maintain your workout routine** - eating treats becomes even less of an issue in terms of weight gain if you are doing adequate amounts of physical activity.

**Consider the 90-10 rule** - if you are making healthy nutritional choices 90% of the time, the last 10% doesn't really matter.

And finally...allow yourself to be human! Can you imagine if someone told you that your favorite treat was off limits FOREVER??? That's all you would think about! So, enjoy your favourite treats from time to time - the key is moderation.

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