



Swap the C.O.D for lean turkey this Christmas!

Our personal trainer and fitness expert Matt Hodges, owner and founder of the MPH Fitness Company, brings you some light-hearted info on how to keep fighting festive fit on The Other Big Day!

Guys, it's that time of the year where we make every excuse under the sun to eat ourselves silly and be couch potatoes. We all do it, we spend more, we enjoy ourselves more, and alas, we eat and drink more (and often not the right things!). So, down your Playstations, do away with the Xbox and get moving! Here are the five best ways to enjoy your Christmas and be healthy at the same time:

1. The Morning After The Night Before

If you're are a sucker for a hangover then have no fear. Drink a coconut water, take a painkiller and an Imodium tablet.... Yes you heard it – Imodium! Coconut water and Imodium have all the essential electrolytes required for re-hydrating a sozzled body which is paramount for recovery.

2. Snacking Over Presents

I think this is pretty obvious. Keep the crisps and nuts at a low. The higher the salt value on these products, the more you'll feel bloated days after. Water retention with high sodium foods makes us look like water balloons. Replace with cut vegetables like carrot, celery, cucumber and get yourself some low fat, low salt houmous. This doesn't just apply to Christmas Day either.

3. The Family Christmas Dinner

Have more GREEN veg than any other piece of food on your plate. Try and keep your starchy carbs (potatoes; yorkshires etc) to a minimum. Yes they taste good, but soyour waitline won't thank you for it.

The Evening Game Time

4. Every time you die or get knocked out in any game do ten push ups. I can guarantee by the end of a 40 minute session you'll have popped out at least 100 push ups. No one is THAT good at a game! Challenge your family and friends, at least then it'll justify what you're doing and they won't think you are crazy.

The End Of The Day Drinking

5. Keep your liver healthy - for every glass of alcohol you have, chase it with a glass of water. This flushes the kidneys and the liver of the alcohol toxins. Works an absolute treat for eradicating the hangover!



For more info on Matt and MPH, log onto: www.mphfitness.com

Old Skool rocks

Aramis Gentleman is a modern and vibrant signature blended with the rich warmth of rare woods and a fusion of elegant exotic spices. Packaged in a sleek silver bottle, a striking departure from the original walnut-color exterior, this fragrance has stood the test of time and still rates with the best! Perfect for you or for a gift.

Aramis Gentleman Eau de Toilette Spray, RRP £58 for 110 ml. Available from stores nationwide.



ABSOLUTE grooms

In the news...

Hi guys, welcome back to Absolute Grooms. No doubt you will be looking forward to the delights of Christmas. However, if you have a wedding to attend, you don't want to over-indulge! So, with your waistline and your good looks in mind, we are delighted to bring you a page full of tips for looking your very best – despite the temptations of the festive season!

A trip to the beauty salon anyone?

We all want to look our best on our wedding day and now it seems British grooms are giving brides a run for their money when it comes to pre-nuptial pampering. Research by menswear retailer Jacamo (www.jacamo.co.uk) has found that as well as the customary close shave and haircut, men are going the extra mile, splashing out an average of £300 each on beauty fixes and treatments, including teeth whitening, waxing and lipo. And for some men, it seems money is really is no object with one in ten spending £800 to look fabulous and almost one in 20 breaking the bank with a £1,000 grooming bill. According to the survey, almost a quarter of grooms admit having their teeth whitened before they walk down the aisle and one in six opts for a fake tan. A further one in 20 chooses to have their eyebrows plucked or go for a manicure and pedicure at a salon, while one in ten brave blokes now consider a pre-wedding wax to be essential. Even more extreme are the six per cent booking in for cosmetic procedures like nose jobs and liposuction to look trim and toned for their special day.

We'd love to know what you plan to do to get wedding-ready!
E-mail the Editor at: julie@mainweddingsandevents.co.uk

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Mg Hard Hold Hair Paste, £6.75



Mg Hair Clay, £6.75



Champneys Sports Therapy Refreshing Hair and Body Wash, 200ml, £8



Champneys sports Therapy Intensive Moisture Balm, 50ml, £9

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Product Picks

Christmas Grooming package



Meology owner Carmelo Guastella.

Santa's sack will be fuller than ever this Christmas thanks to a 3-in-1 fitness, spa and grooming package for men. Aimed at guys who want to look 'Ding Dong' when the stockings come down on Christmas morning, the new package includes:

- A one hour personal training session with top fitness expert Tom Davenport.
- A 30 minute back, shoulder and neck massage at the St Pancras Spa based at London's iconic St Pancras Renaissance Hotel.
- A haircut and grooming consultation at Meology, one of London's top grooming establishments for men, also based at the St Pancras Renaissance Hotel.

- A take home and enjoy Meology Shaving oil. Sacha Baron Cohen says 'Your Shaving oil is brilliant. It's the best I've ever used'. And if it's good enough for Ali G, its good enough for us!

All this for just £190, including a festive glass of champagne, wine or beer.

Book via: www.meology.com