

Fit for the Holidays

It's that time of year again – it's November and that means Thanksgiving planning in the United States. And while the family gatherings and festivities mean good cheer and a bounty feast, it's no excuse to let your figure go.

Choose a few of the useful weight control-tips below to help you maintain your weight while still enjoying the good cheer and delicious food on Thanksgiving day and the rest of the holiday season.

- Wear a tight-fitting outfit. This will make you less likely to overeat because it becomes too uncomfortable.
- Don't arrive starving. Eat before the big feast. A small healthful meal with lots of fiber (oatmeal, whole-grain sandwich, salad with beans) keeps you feeling full until dinner.
- Make time for exercise every day, especially on Thanksgiving Day.
- Establish some ground rules in advance of the meal that allow you to indulge but not pig out — for example, only one sliver of dessert.
- Scan the buffet and carefully choose the foods you love. If they are high in calories like the gravy, just take a smaller portion. Take larger portions of the simply prepared foods such as baked sweet potatoes, steamed vegetables, and skinless white meat of turkey.
- Eat slowly and savor every bite. Give the food a chance to let you feel the satisfying feeling of fullness.
- Start a new family tradition. Take a bike ride, go for a hike, or play tennis Thanksgiving morning.
- Enjoy a small serving of dessert. Choose pumpkin over pecan pie and save a few hundred calories. Eat just the filling to take in fewer additional calories and limit trans fats.

Be realistic — don't try to lose weight during the holidays, just aim to maintain your current weight. And if you plan on overindulging, bank some calories early in the week and get more physical activity before and after Thanksgiving Day to make up for it.



Holiday Beauty Tip: Cream and Gloss Shadow

Why You'll Love It: Eye shadows in creamy and glossy textures are luminous and sheer and take no time to apply. And they can look dressy, but in a kind of subtle way that says you're not trying too hard. Using your finger, pat color all over lids, bringing it just above the crease. Keep the rest of your face understated and, even more important, keep it matte. Accentuate only one feature



FASHION ACCESS in Hong Kong

FASHION ACCESS OCTOBER 2007 featured more than 600 exhibitors from over 25 countries and regions and showcased the most comprehensive selection of handbags, travel ware, footwear, leather garments and fashion accessories.

The exhibition ran from October 3rd to 5th, 2007 in the Hong Kong Convention & Exhibition Centre. This well-established biannual event created new business opportunities and markets for buyers, designers, importers, wholesalers, retailers and manufacturers of quality fashion products. In addition, fashion trends of Spring and Summer 2008 seasons were revealed at this extravagant fair!



Bmax International Trade



Megaluck



Lee Tat Handbag

Kiss and Makeup never looked or felt so good!

Orlando was filled with all things beauty this past month when the International Esthetics, Cosmetics and Spa conference and show came to town, September 30th thru October 1st, 2007 at the Orlando Convention Center.

International Makeup artist and educator, Noreen Young, of Asian-American heritage, held several Makeup classes in the Makeup workshops along with other professionals. She taught a three-hour post-conference class, "What's in Your Beauty

Box?" Noreen takes time out of her busy schedule to share with Asia Trend, what's IN this season and what's in HER box.

"The trends in beauty that continue to be in lights are: anti-aging, healthy natural beauty with fruit and veggie ingredients, anything organic, moisturizing lip stains and glossy stains continue to soar. It's all about whimsical and fun beauty products. It's a simply beautiful time."

Save this date next year for the beauty show of the year.....



International make up artist, Noreen Young