



**Happy Holidays to you.**

**First the bad news. The Holiday 10-15lbs gain is a very real thing.** My clients that took the week from Christmas to New Years off last year came back up 8, 10 and even 20lbs! What a disaster. I vowed- never again!

**The good news is I decided then to deliver to you the guidance, support, and coaching to help you avoid the same problems. So Ho Ho Ho here we go.**

**The Quick and Dirty Holiday Survival Guide**-How to take the fattening edge off the Holidays while still partying like a rock star.

**#1 Know Before You Go- Plan, Shop, Prepare and Pack what you need to stay on track.** Buy and pack to go your vitamins, meal replacements, apples, almonds etc.. The goal is to plan ahead and stay close to your regular routine as much as possible. It's much easier to do that than to leave it up to chance that you can find what you need throughout the day.

**#2 Plan your Reward Meals-This means to make a plan and stick to it. 80% of your meals and snacks should be from your fundamental healthy choices.**

If you just can't stop eating, cut yourself off. Take a walk, chew gum, drink a gallon of water-whatever it takes.

Remember to truly reward yourself. If you've been training with us you've definitely paid your dues to look and feel better- so enjoy.

**#3 Start your Day Right- Most Holiday meals are scheduled in the afternoon and evening.** Don't blow up your day hammering the breakfast bar. Pace yourself stick with your regular morning eating routine, get some training or activity into your day, and you'll be ready to throw down at the right time.

Aunt Edna will never think twice about you passing on her breakfast cinnabuns but she'll never forgive you for not eating seconds of her famous fried turkey.

**#4 Stick with the Fundamentals- Eat supportive foods as much as possible.** The majority of your calories should come from vegetables, fruits, eggs, lean meats. Thee farther and longer you're off track thee harder it is to get back on.

**#5 Be Realistic- You may think you're going to eat organic greens and nothing else for the Holidays. You'll resist temptation by sheer willpower alone. That's great in theory but it's not *Realistic*.**

You will probably slip up somewhere along the way. That 1 glass of wine may turn into ten. Then it's 3am and you're at IHOP eating the best pile of pancakes, eggs, bacon and sausage you've ever had in your life. And guess what? -Who cares? No one.

Obviously I'm not big on guilt. I think you can make a mistake, learn from it, and should move on. Take your the guilt put it in a box, you can come back to it later. Now plan on getting back on track fast and hard on Monday.

**#6 Booze Control-My personal favorite!**

-Eat a supportive healthy meal before you go out

-Have healthy snacks(Almonds, raw cashews,etc) on hand to help counter bad choices

-Take your beer. What kind, lite or regular doesn't matter. A beer or glass of wine contains around 150 calories. But a mixed drink has 150 calories from alcohol *plus* what you mix in. No you're not going to "drink just one" always multiply by 3.

-Don't drink and drive-enough said.

**#7 Don't Panic-It's mostly water weight. Stay off the scale. I repeat stay off the scale. You're going to take in carbs, salt and sugar. All cause water retention.** The better you've been on your diet the more you'll feel it. A person under 150 can swing 3-5 pounds, 150-200 can swing 4-7 pounds, over 200? up to 10-12 pounds in water weight. Hard to believe but true. Plan on doing your next weight in next Wednesday to give your body time to get back to normal.

**In the end. Be Thankful. That's what this season is all about.**