



THE FIT GIRLS GUIDE TO SURVIVING THE HOLIDAYS



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The holidays can be a very stressful and busy time for all of us. During this time it is very easy to fall out of our healthy eating habits and start to gain weight. We have holiday parties, dinners, shopping and office treats constantly trying to get in the way of our healthy habits. This year can be different! Don't wait until January to take off the average 10 pounds that are gained from Thanksgiving to New Years, this year you can learn to employ the habits and techniques from this e-book in order to make this holiday season your healthiest one yet!

AVOID GAINING WEIGHT THIS HOLIDAY SEASON

Don't let all the holiday festivities be an excuse to take you off your fat loss course. Here are some simple tips to keep you on track this holiday season.

Schedule a morning workout. Working out first thing in the morning will not only help to increase your metabolism and keep you burning fat all day, but doing your workout first thing in the morning will leave you with less excuses to skip your workout at night. This will allow you to tend to things that may come up during your day.

Eat small meals throughout the day. Don't save all your calories for the big party that night. That method just leads to bingeing and eating more calories overall.

Move away from the food table. Don't hang out by the food during the holiday parties. The more food that is within arms reach, the more likely you will eat it without even thinking about it.

Look for other ways to spend time with friends and family that don't involve food. Try to schedule that holiday get together with the girls to go to the spa instead of the bar.

Drink more water than wine. Drinking wine or whatever cocktail you choose, decreases your inhibitions, which leads you to eat more and drink more calories.

Dining out is very common during the holiday season. Here are some good tips on how to eat out healthier.

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DINING OUT

Eat Before You Go: Do not show up starving to dinner because you will be tempted to eat the entire loaf of bread and order a high fat appetizer. Be sure to eat a small healthy snack like an apple, or oatmeal before you dine out.

Talk More, Eat less: Focus on conversation and laughter instead of making the main focus eating.

Share a dessert: Is it really worth it to eat an entire piece of cheesecake to only feel full and bloated afterward? Instead, share a healthier dessert. If you choose dessert, try to practice self-discipline by eating 3 bites, that's it. You should enjoy every bite like it's your first. Once you start to not enjoy the dessert, then you should stop eating it.

Swap: Skip the fries and mashed potatoes and ask what seasonal vegetables are available.

Stop When Full: There is no reason to finish your entire plate if you are full. Wrap the rest up and take it home.

Choose drinks or dessert. When figuring out what to indulge in at dinner, stick to either a drink or eating dessert in order to help curb an all out cheat meal.

Look at the menu before you go. Most restaurants post their menus online, so find the menu online and figure out the healthiest option ahead of time. Doing this before you actually arrive at the restaurant will help you to have a plan and not be persuaded to order an unhealthy option from the waiter or your company.

Pass on the bread or chips. When you sit down, ask the waiter to skip the bread or chips. If it is not on the table you won't miss it. It is always harder and takes more will power to avoid the bread that is staring at you saying, "Eat me!"

Focus on fat, protein and veggies; Stay away from starches. These foods will help to fill you up and satiate you.

Drink plenty of water before and after your meal. Drink a large bottle of water before you go to the restaurant so that you

are already feeling full.

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YOUR HOLIDAY EATING OUT PLAN:

When I go out to eat this weekend I will:

I have these events this week that I will be eating out:

I will choose to eat these foods when I go out to eat:

WORKING OUT

Getting your workout in! The holidays are a busy time and sometimes you just can't fit in your workouts, or your workouts take a back seat to holiday parties and other social events. Here are some ways that you can make sure you get your workouts in during this busy time.

Make a Workout Date with a Friend: You will be more likely to show up if a friend is waiting for you.

Book Your Personal Trainer: Having a paid appointment will keep you motivated to get to your training session, and on time

because you have made a monetary commitment.

Workout First thing in the Morning: Errands and weekend schedules can get in the way throughout the day, so wake up an hour early before the family, and hit the gym or go for a nice run.

Try Something New: Sign up for a morning yoga class or boot camp. The excitement of something new can help keep you motivated to get out of bed, plus the fact that you don't have work.

Give Yourself a Reward: Make yourself a promise to get a massage, enjoy a pedicure or buy a new outfit, only if you completed your workout.

MY HOLIDAY WORKOUT PLAN:

I will commit to working out _____ times a week.

I will reward myself with _____ after I have completed these workouts.

When I don't have time to get a full workout in or don't feel motivated to workout I will:

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SAMPLE WORKOUT

Here is a workout for you when you are short on time during this holiday season. These total body exercises hit numerous muscle groups at once.

Total Body Exercises

Bosu Burpees- Squat down and place your hands on the BOSU, or flat on the floor, and jump your feet back so that you land in a pushup position. Lower your chest to the ground, press back up to complete the pushup, and then jump your feet back into a squat position. Hold onto the BOSU as you explosively jump up in the air, pressing the BOSU overhead, or just reach your arms up. That's one rep.

Complete 15 reps

Woodchops- Stand sideways with your feet wider than shoulder-width apart and hold a weighted ball at forehead level, arms bent 90-degrees and knees slightly bent. Tighten your abs and rotate your body into a lunge-style stance, bending both knees until the back shin is parallel to the floor. Your arms will straighten with your hands traveling to the outside of your left knee. To reverse, tighten your abs and explode up through your legs, returning to the start position

Complete 15 reps on each side

Plank Rotations- From a plank position, reach your right hand forward and hold for 1 count. Lower your right hand and rotate into a side plank. Try lifting your top leg for a bigger core challenge.

Complete 15 reps on each side

Crunch to Stand- Lie face-up with your lower back on the BOSU or pillow. Crunch up and stand up in one movement, using your abdominals for the first crunch part of the movement, and then using your lower body to drive yourself up to a standing position.

Complete 3 sets of 25 reps

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The holiday season is so busy that I just don't have time to eat healthy!

Does this sound familiar? Here are some tips and time saving secrets to eating healthy when you think you just don't have the time.

HEALTHY EATING WHEN YOU JUST DON'T HAVE THE TIME

At home always keep a tray of cut up vegetables in your fridge. Many supermarkets already sell pre-cut vegetables that you can put on a plate and leave them in your fridge, so they are easy to grab.

Dried fruit and nuts. This is a great snack to take with you anywhere, but be sure that you watch your portions.

Already sliced turkey meat. Look for the low sodium, organic, nitrate free kinds. Great snack when you are in a bind.

Protein smoothie. In a blender mix 1 cup of almond or coconut milk, 1 cup of frozen berries and a scoop of protein powder. A quick and easy meal idea!

Protein bars. Is always a quick and easy snack to eat when you don't have a lot of time, but be sure you are not eating them too often. My favorite bars are Think Thin bars.

Cook hard-boiled eggs and keep them peeled and ready to eat in your fridge. They are a quick and nutritious snack to pop in your mouth when you only have one hand to eat with.

Buy pre-packaged grilled chicken breasts. You can buy them already cut up at most grocery stores and they are good to have around. You can throw them on top of a salad or just eat them right out of the package if you are in a rush.

Always keep frozen vegetables around. Frozen veggies are just that, vegetables that have been frozen, no preservatives and nothing else added. They are easy to add to any meal or stir-fry.

Do take out salads. Salads are easy to order anywhere; you can see all the ingredients in them and take out what you don't want. Stick to a salad with protein and vegetables and vinegar dressing.

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So you had a little too much fun this past weekend at all of your holiday parties and you are feeling a little bloated and not healthy. Here are some tips on how to detox from your party weekend...

TIPS TO DETOX AFTER A PARTY WEEKEND

Drink plenty of water. Drinking water all day long with some lemon in it will help to reduce bloating and help to cleanse and detox your system.

Stay away from alcohol or anything else besides drinking water for the next few days. Drink at least 2-3 liters of water to- day. Eating and drinking over the weekend can cause you to hold onto water and be bloated. Drinking plenty of water will allow your body to detox and you will feel less bloated.

Eat a ton of green fibrous vegetables and lean protein. Eating vegetables with a lot of fiber will help to de-bloat and detox your body from everything you ate and drank this weekend.

Get an intense workout in today and for the rest of the week. An intense workout will help to kick your metabolism into high gear to help with fat burning. Don't punish yourself by doing hours of cardio, but do a 30-minute high intensity workout to get your metabolism revved up.

Don't beat yourself up. So you had a party weekend where you might have overindulged. Don't dwell on it. Just get back on track today!

Get back on your regular eating schedule. Don't skip meals to "make up" for the weekend. Just get back to your regular eating schedule and back to fat burning mode.

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The holidays should be a happy time to be spent with your family and friends by being grateful for what you have. However, the holidays can be a time of stress and unhappiness. Here are some tips on how to be happier this holiday season.

WANT TO BE A HAPPIER PERSON? PRACTICE THESE TIPS.

Practice gratitude. People that focus on what they are grateful for instead of what they do not have are happier. At the beginning and end of each day write down a few things you are grateful for and be happy for them.

Build healthy relationships and spend time with those people. People that have good friends and have people they enjoy spending time with are happier.

Don't make assumptions. An assumption is just a story you make up in your head. Let go of assumptions and you will find out that you will be a happier person.

Embrace failure. Instead of feeling upset about a failure think of it as a gift. If you don't ever fail, you will never learn from your mistakes and eventually succeed. Think of failure as a happy experience.

Spend more time smiling. It's that simple. Just smile. You can't smile without feeling happy!

Eliminate clutter. From your closets to your cabinets clean out the stuff that you don't use or need anymore. Clutter makes you

anxious and stressed, so get rid of the extra stuff around your house.

Add some extra Omega 3s. Omega 3s found in fatty fish like salmon help to raise brain chemistry to make you a happier person.

Drink more water. Water helps to eliminate toxins and keep you hydrated which helps your body to run efficiently and keep you happy and healthy.

Stop complaining. If you don't like something in your life than change it.

Surround yourself with love. Spend time with people who make you happy and support you.

YOUR HOLIDAY HAPPINESS PLAN:

I will commit to doing _____ to increase happiness during the holidays this year.

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STRESS AND THE HOLIDAYS

Spending time with family, shopping to get everyone presents, eating out and sleeping less are all things that can lead to extra stress over the holiday season.

For some people the holidays can cause added stress to your life and affect your well-being. Here are some simple tips to help you manage stress over the holiday season.

Stress cannot only cause havoc on your life, but also your body. Stress can be a reason that you are not losing weight and have many other negative side effects. Try some of these stress-reducing techniques today.

Take a walk. Leisure walking is a great way to reduce cortisol levels and a great relaxation technique.

Meditate. Take a few minutes today to spend some time in meditation. Sitting still for a few minutes and focusing on your breathe, will help to center yourself and make you feel calmer.

Get a massage or do self-massage. Massage allows the brain to calm down and focus on feeling good.

Take a time out. Sometimes adults need time out too. Take a few minutes in your stressful day to stop what you are doing, take a few deep breaths, clear your mind and when you feel like you are relaxed go back to your day.

Listen to relaxing music. Just by listening to music can help you to reduce stress levels and relax.

Take time for yourself. It is very easy to get wrapped up in entertaining and trying to keep the family happy. However, if you don't take care of yourself first, you cannot take care of other people. Take some time the next two weeks to care for you. Book a

Schedule workouts throughout your week. Sticking to your regular workout routine during the busy holiday time, will help to keep you feeling good about yourself and stress free.

Be thankful. Take time this week to reflect on what you are thankful for in your life. Studies have proven that if you take time to acknowledge and appreciate what you are thankful for in life, more good things will come to you.

MY PLAN FOR CONTROLLING HOLIDAY STRESS: I will do the following when I start to feel stressed out during the holidays. I.

2.

3.

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AVOID EMOTIONAL EATING

Even with trying to control the stress of the holidays it can start to feel like too much and you may start to eat for emotional reasons and not just hunger.

Does stress at work, home, or your personal life make you eat? Do you feel like eating when you are overwhelmed, anxious, angry or have negative feelings? Many things can trigger emotional eating and it is very important to recognize what is making you eat. Check out these quick steps to help you avoid emotional eating.

1. Keep a food journal for a week and determine:

What did you eat?

When did you eat?

What was your mood when eating these foods?

2. Determine any patterns in eating. (i.e.: I eat sweets when I am stressed at work) (i.e.: I eat junk food when I am anxious) (i.e.: I eat chips when I am bored).

3. Change Behavior: After you have determined when, what, and why you are eating, try to change your habits for the better.

Some tips to help:

- Pack healthy snacks for work that are portion controlled in zip lock bags.
- Become aware of stress at work and make it a point to walk to the bathroom or go outside, instead of reaching for food.
- Practice breathing techniques or meditation when feeling anxious.
- Commit to an early morning workout to release stress and which will set you up for a healthy day.
- Keep a large water bottle at your desk. Determine when reaching for food if you are hungry or just overwhelmed. Drink water instead.

MY EMOTIONAL EATING PLAN:

When I start to feel like I am eating for emotional reasons I will:

- 1.
- 2.
- 3.

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So, you have it under control when you are at home or eating out, but what happens when you are surrounded by all those gift baskets and cookies at the office?!

HOW TO NAVIGATE THE ABUNDANCE OF HOLIDAY TREATS AT THE OFFICE

Ask yourself, is it really WORTH it? If you indulge in a chocolate cupcake, is it really worth the guilt and calories?

Stay away from food pushers. Do not allow others to influence your decisions on eating a treat.

Pack healthy snacks that will keep you from getting hungry, so you are not tempted to grab a handful of cookies.

Have a cup of green tea during the 3pm slump, instead of reaching for a high sugary treat that will ultimately leave you feeling more tired and guilty later.

Take a walk. Take a bathroom break or fill up your water bottle if you feel very tempted to eat the treats. The break will help dis- tract your temptation.

Bring in a healthy treat. Why not offer a healthier option yourself, such as a vegetable platter, or fruit basket.

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GIVING THANKS

Several studies have shown that those who are grateful tend to be happier and more satisfied in their life. Take time to sit back and realize what is important. It is not the stuffing, mashed potatoes, or the perfect apple pie. It is not the perfect house or biggest table. Take time to realize what is important to you in life beyond the material items.

Benefits of Grateful People...

- Have a positive outlook
- Don't sweat the small stuff
- Are healthier
- Have a smile on their face
- Don't care about material items · Care for others' well being
- Have more energy
- Have less stress
- Are happier & not depressed
- Are more productive

MY GRATITUDE LIST:

I am thankful for:

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BEAT THE AFTERNOON ENERGY SLUMP

So, the office party went a little too late last night and now you have to make it through the workday without sleeping underneath your desk. Here are some tips on how to stay energized and beat that afternoon energy slump.

Get some sunlight. Take a break from your day and go outside for some air and sun. The sun has a very energizing effect on your body and vitamin D is always good for you.

Chug some water. Dehydration can cause you to feel sluggish and crave sweets to help boost your energy. Try drinking a large glass of water and avoid the candy you were thinking about eating.

Brew some green tea. Green tea is high in antioxidants and will give you an extra boost of energy from the caffeine.

Do an exercise blitz. Stand up and do a set of squat jumps for 60 seconds. It's almost impossible not to feel energized after

raising your heart rate and getting your blood flowing.

Have a high-energy snack. Eat a well-balanced snack like an apple and a handful of nuts or turkey slices and avocado slices.

I hope that you are able to get some great tips and information in order to get through this holiday season. In Health and Happiness,

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