



3 Steps to Staying Fit and Healthy on Holidays

1 Mindset - 2 Plan - 3 STICK WITH / ACTION THE PLAN

These three steps seem pretty straight forward, however, research shows that most adults gain a few kilos over the holidays, lose one or two of those added kilos, but usually hold onto at least one extra kilo each and every year. This slow and steady *weight creep* finds most adults overweight by middle age!

So, lets look at these three steps in detail to help you stay fit and healthy during the holiday break;

1. Mindset

Get into the right head space - you have worked hard to get yourself where you are now - don't blow it all just because you have holidays! Holidays are about celebrating with friends and family WHILE enjoying the sensation of living in a body that's healthy.

Remember, back to previous years when all that extra sugar and fat from holiday treats made you feel stuffed and fatigued, don't let it happen again. Give yourself and your loved ones the gift of health. Resolve to make this holiday season your healthiest yet. Make it the theme for the holidays!

Ditch the excuses like, “I’ve just been so busy with the holidays and family visits, that I couldn’t workout.” **Focus on what you can do** instead of what you can’t. Look for solutions instead of repeatedly dwelling on the problems and obstacles.

2. Plan

Your holiday strategy starts now. Tighten up on your eating and increase your daily exercise. This will instil good habits you can maintain throughout the holidays and gives you a bit of wriggle room for a little indulgence.

Only indulge at social gatherings. If you are not at a social gathering eat normally. Save the indulgences for social occasions. Overeating on Christmas Day isn’t going to get you out of shape. Just like doing things right one day isn’t going to get you in shape. It’s all the little things on a daily basis that determine if you are moving toward fitness or away from it.

If you already have a good diet, don’t change it. Eat your normal meals at their normal times and you will find that you eat less at the “event” meals.

The same applies when you are doing the grocery shopping. If you are already buying good nutritional whole foods as part of your weekly grocery shop - keep doing this. Make a shopping list - stick to it and **avoid buying extra indulgences** you don’t need and wouldn’t normally buy. If you are hosting an event use mostly whole foods that are low in sugar, healthy and nutritional.

Social Gatherings

Buy yourself a fabulous outfit that makes you look great and celebrates all the hard workouts you have done - preferably a comfortable yet tight outfit that will not allow you to overindulge. Ladies, carry a clutch handbag that will keep one hand occupied, reducing your urge to nibble.

Make sure you do a good solid workout on the day you have a social gathering - No excuses.

Have an eating plan for your social events. **Small servings only.** Look over all the foods on offer and choose wisely. Start with simply prepared whole plain foods such as; fruits, vegetables, green salads, grilled meat, roast turkey or chicken and grilled seafood. Remember small serves only - portion control is very important.

Limit your sugar. **No sugary drinks.** Water should be your go-to drink! If you need a sweet fix think fruit rather than lollies or sticky deserts.

One small plate of healthy food is usually enough for your nutritional needs. Eat it slowly and savour each mouthful.

Before you go for a second helping;

1. Wait 10 minutes - this allows time the food to digest and the feeling of hunger to pass. Generally, the desire for more food is not about being hungry, it's about how good it tastes.
2. Slowly drink a full glass of water. Sometimes we feel the need to eat because we are thirsty rather than hungry.
3. Check in with yourself. Ask yourself these four questions;
 - “Do I feel $\frac{3}{4}$, or more, full?” If the answer is “yes” stop eating.
 - “Why do I feel I need to have a second helping?”
 - “Would another serve make me feel stuffed?” and
 - “How is my stomach/body going to feel if I had another serve?”

Should you choose any high-calorie, high-fat sauces, gravies, casseroles, or desserts, only have a single small ‘taster’ size portion. No seconds on deserts!

Don't linger around the food table! Move to another location that is less tempting and always sit down while you eat.

Remember smaller portions and moderation are the keys to your success.

Watch your alcohol kilojoules - they add up fast. Alternate between one alcoholic beverage and a glass of water. This will ensure you don't drink as much and you will feel better the next day because you won't be dehydrated. Having too many wines will also lower your inhibitions and lead to you making extremely poor food choices.

Don't be afraid to indulge—a little! But only a little!!

Exercise

Have a plan to keep up your regular physical activity.

Let go of perfect. We don't expect it in other areas of life - school, work or in with our family members. So why do we expect “perfect” when we think about our fitness routines? You may miss a workout. In fact, everyone will at some point. It's not the end of the world. Really. **Just make sure you get the next one done.**

You may not have time for your full workout routine, but don't use a lack of time for not exercising! Exert yourself for 10 minutes if that's all you have. Your body responds to the challenge of exercise, not just to the amount of time you spend doing it.

Sleep more. Being well-rested means you perform at your best and you're motivated to exercise. The general recommendation is 7-8 hours of sleep every night. Adequate sleep is important in maintaining a healthy weight helps your immune system fight off viruses.

Schedule your exercise - make it a must do priority! Sitting down and planning your workouts for the week ahead can be the most effective 15 minutes you spend

on your health and fitness. By writing your workouts into your schedule, you'll be more likely to regard them as protected time and actually do them. Build a in a bit of flexibility by checking your schedule a couple of times during the week to make adjustments as soon as you know about things that have popped up. This lets you create a back-up plan for those extra busy days, rather than being caught off guard and having to ditch your workout.

Exercise first thing. By far, the best way to ensure that you don't miss a workout is to do it first thing in the morning. Not only does this guarantee that unforeseen interruptions in your schedule won't interfere with exercise. Devoting the first 20 to 30 minutes of each day to exercise makes it more likely to happen.

Exercise with a friend. Exercising with someone who has a similar mindset will keep you motivated, accountable and therefore you'll be less likely to skip a session.

Plan ahead if you are travelling. Being away from your normal exercise environment is not an excuse to skip exercising. It's imperative that you have a quick and easy travel workout in your repertoire. This needn't be your typical high-quality workout to be effective. A simple routine consisting of walking/running and three to five exercises you can do with no equipment in a very small space is enough to keep you on track until you can get back to your usual routine.

Look to squeeze in mini-workouts. You might not get to exercise every day during the holidays, or the workouts you do get in might not be as robust as usual, try to focus on sneaking in short bursts of activity as often as you can throughout each day. These "activity snacks" can be as simple as a trip up and down the stairs in your home, a walk around the block with the grandkids or a few deep knee bends during the commercial breaks when you're watching football.

3. STICK WITH / ACTION THE PLAN

No excuses. You should now have a well-thought-out plan. Stick to it. Action it. **If you have a 'bad' day put it behind you and get back to the plan!**

More Helpful Resources

 <p>SHARP FITNESS TRAINING FOR LIFE</p>	 <p>Phillip Sharp <i>(Assoc. Dip. App. Science (Exercise Science), Cert IV Fitness, Cert Weight Control Management, Cert IV Assessment & Training, Grad Cert Learning & Teaching, Cert Pol)</i></p> <p>Mobile: 0416 10 40 40 Email: phillip@sharpfitness.com.au Web: www.sharpfitness.com.au</p>	 <p>Melissa Sharp <i>(500hr Registered Yoga Teacher, Cert IV Fitness- Personal Trainer, Cert Nutritional Coaching, Cert Pre-postnatal Exercise, Cert IV Beauty Therapy, Cert Weight Control Management)</i></p> <p>Mobile: 0414 602 434 Email: melissa@sharpfitness.com.au Web: www.sharpfitness.com.au</p>
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