

TOTAL BODY

BOOT CAMP

AND PERFORMANCE CENTER

It's no secret that many people are worried about weight gain during the holidays. It's surprisingly simple to maintain (or even lose) weight during the holidays. This checklist will show you how.

STAYING FIT THROUGH THE HOLIDAYS

- Stay Physically Active
- Forgive Yourself And Move On When You Deviate From Your Plan
- Get At Least 7 Hours Of Sleep
- Limit Your Sugar And Alcohol Content
- Set Some New Year's Goals
- Create Some Accountability



- Remember The Power Of Brief Workouts
- De-Stress
- Avoid Excessive Sitting
- Try Healthier Recipes
- Remember One (Or Two) "Cheat" Meals Won't Make Or Break Your Plan
- Set a Challenge For Yourself - Sign Up For An Event So You Have Something To Focus On
- Treat Yourself To New Workout Clothing You Want To Fit In AFTER The Holidays

- Workout With The Family
- Hire A Professional
- Get Your Heart Rate Up With Yard Work
- Power Walk Between Errands
- Watch TV - And Do Push-ups, Planks, And Squats During Commercials
- Work Towards A Goal
- Pick And Choose Which Parties You'll Attend



BEFORE THE PARTY

- Budget Your Calories
- Don't Go Hungry
- Go To The Party With A Plan
- Execute The Plan
- Discuss Your Plan With Someone For Accountability



AT THE PARTY

- Use Portion Control
- Drink H2O
- Chew Gum
- Focus On Family And Friends
- Don't Sit Near The Food
- No More Than One Plate
- Hummus And Nuts Are Your Friends
- Move
- Limit The Amount Of Snack Options You Choose
- Get Right Back On Track The Next Day
- Choose Your Drinks Wisely And Go With Lighter Options
- Enjoy Something You Think Is "Off Limits" But Do It With Intention

