



## Guide To Surviving The Holidays – Part 1

This is a 4 part series that will give you some tips on how you can survive the holidays. We will not only discuss how to survive physically but also mentally.

Did you know that the average person gains 1–5 pounds over the holiday season.

Is this inevitable? No! absolutely not. There are some simple things you can do to help you at least maintain your weight and even lose a pound or two.

### **#1 Make breakfast and lunch high protein, low carb, low fat and high fiber.**

The holidays are won during the meals that aren't "special." They are won during that protein shake you consume to make up your protein as you get your kids ready for some last minute shopping. It's the boring egg white omelet or chicken salad you have before you head to your sister-in-law's house for Thanksgiving. Use breakfast, lunch and your snacks to limit carbs and fat and stock up on protein and fiber. If

you can stay tight in the hours leading up to the special meal, you'll award yourself more freedom when the green bean casserole comes out.

## #2 Limit alcohol consumption and pre-log it.

Most people drink more during the holiday season. The more social we are, the more booze is available. Moderating alcohol consumption can be the difference between maintaining or reversing progress. The best strategy is to **predetermine** what kind of drink and how much of that drink you will have, log it first thing in the morning, and work around it. Keep the amount low. We don't want cognitive decline because any good plan goes out the window when you've got a strong buzz.

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## #3 Fill your plate with lean meats and proteins then wait

Realize that you can go back for more. There is plenty of food. Fill your plate up with lean proteins and veggies first. Wait 10-15 minutes. (while waiting you can have meaningful conversations with family and friends or you can watch the Thanksgiving football game. Then go back for your favorite sides and desserts. You will be surprised by the better food choices you make when you are already feeling satiated.

## #4 Avoid Guilt

We all mess up. Things don't always go to plan. We spend time developing an intricate plan of action and all it takes is one wrinkle before that all goes out the window. Even plan B can be shot out of the sky! There must be a plan C. There must be a plan D. You must not let the failure of one plan prevent you from moving to your contingency. The successful are not those who never wander off the beaten path—everyone has their moments—but those who analyze their shortcomings without guilt, and snap back to their routines quickly. They are the ones who experience consistent, long-term nutritional success.

An airplane flying from Detroit to Philadelphia will have a flight plan, however in flight it will go off course consistently throughout the flight however the pilot and the navigation system will always course correct as often as needed to arrive at its destination. We can do the same. Thank goodness!

## #5 Pre-Schedule Your Workouts

Make appointments on your calendar for your workouts and keep them.

Ideally you should exercise at 4-6 times during the week with at least 2-3 sessions of strength training and the remaining being cardio. These sessions do not need to be long, 15-30 minutes can be enough to help boost your metabolism. Genesis training is designed to give you metabolism boosting fat burning workout in just 30 minutes and as our clients know, you can get this training virtually as well.

## Have A Safe and Happy Thanksgiving



### Kelley and Nancy Tate

Our mission at Genesis Personal Fitness is simple:

**We help you become  
the-best-version-of-yourself...  
through an individualized structured  
approach to  
results-driven exercise, balanced  
nutrition,  
weight loss, and lifestyle habits.**

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