



MOTIVATE
FITNESS

21 Days of Fitness-Holiday Hold'em

Follow the exercise recommendations each day	Eat from the Holiday Hold'em Menu w/ 100% compliance except 1 splurge per week	De-Stress Each Day for 10 minutes	Each day check off that you did the 3 -Holiday Hold'em strategies	Follow the color coding rules below	Give yourself ONE splurge per week	
12/4 Monday __ MW __ Menu __ DS	12/5 Tuesday __ TB __ Menu __ DS	12/6 Wednesday __ Cardio __ Menu __ DS	12/7 Thursday __ MW __ Menu __ DS	12/8 Friday __ MW __ Menu __ DS	12/9 Saturday __ TB __ Menu __ DS	12/10 Sunday __ OFF __ Menu __ DS
12/11 Monday __ MW __ Menu __ DS	12/12 Tuesday __ TB __ Menu __ DS	12/13 Wednesday __ Cardio __ Menu __ DS	12/14 Thursday __ TB __ Menu __ DS	12/15 Friday __ MW __ Menu __ DS	12/16 Saturday __ TB __ Menu __ DS	12/17 Sunday __ OFF __ Menu __ DS
12/18 Monday __ MW __ Menu __ DS	12/19 Tuesday __ TB __ Menu __ DS	12/20 Wednesday __ Cardio __ Menu __ DS	12/21 Thursday __ MW __ Menu __ DS	12/22 Friday __ MW __ Menu __ DS	12/23 Saturday __ TB __ Menu __ DS	12/24 Sunday __ OFF __ Menu __ DS
12/25 Monday __ MW __ Menu __ DS	12/26 Tuesday __ TB __ Menu __ DS	12/27 Wednesday __ Cardio __ Menu __ DS	12/28 Thursday __ MW __ Menu __ DS	12/29 Friday __ MW __ Menu __ DS	12/30 Saturday __ TB __ Menu __ DS	12/31 Sunday __ OFF __ Menu __ DS
<i>Congratulations!!! You Made It Happy New Year</i>						



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Calendar Code

TB = Total Body: either your individualized Motivate Fitness Total Body strength training program or follow one of our Holiday Survival Guide Home Workouts

MW= Metabolic Workout which is a metabolic class or intervals using a cardio machine/jump rope/kettlebell/sprints (perform 1 min all out, recover 2 min X 10)

Cardio = keep heart rate around 65-75% of your max heart rate for 30-45 minutes. You can swim, jog, row, elliptical or whatever you prefer.

- Effective exercise to boost your metabolism and burn fat. All exercise should be what we call “bang for your buck” exercise using more than one muscle group, getting your heart rate cranking and creating what we call an Afterburn effect. Afterburn Effect = You’ll burn fat the next 24-48 hours and burn that FAT right off! Give yourself a check if you did the workout recommended.

DS = De-stress: Did you take 10 minutes to reduce your cortisol by de-stressing doing one of the activities listed below?

Menu=Holiday Hold'em– did you follow it or at least follow the recommendations below, today?

You will fuel your body with Belly Fat Burning Foods, stabilizing your blood sugar and getting your metabolism revving. Follow the Holiday Hold'em menu for best results over the next 6 weeks. You can give yourself a check if you follow the Menu as close as possible or at least stick to the following guidelines. The menus will assure you’ll be adhering to these guidelines:

- Eat Veggies at every single meal along with 1-2 pieces of fruit a day especially ones high in carotenoids, beta carotene, alpha carotene and lycopene because they have been shown in the research to equal smaller waistlines. This includes kale, spinach, turnip greens, winter squash, strawberries, tomatoes, carrots, sweet potatoes, collard greens, cilantro, thyme, cantaloupe, Romaine Lettuce, Broccoli, Watermelon, Apricots.
- Eat Foods high in Vitamin D or take a Vitamin D supplement. Vitamin D is the new super Vitamin and has been shown to decrease body fat. These foods include milk, mushrooms, salmon, Eggs, Cheese, Tuna Fish, Sardines, Beef, shrimp, cod.
- Eat at least 20 grams of fiber a day. Eating veggies at each meal should help with this but also eating things like fruit and Oatmeal and adding a fiber supplement in a shake will drop your muffin top even quicker. People who eat more fiber have smaller waistlines. Have Oatmeal at breakfast, add a fiber supplement to your shake, add berries to everything – raspberries, blueberries.
- Use Coconut Oil when you cook your veggies and in your shakes. Coconut Oil, along with Olive Oil has good fats that have been shown in the research to decrease waist circumference. These monounsaturated fats are also found in avocados, nuts, and seeds. Include these every day.



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- Eat Fish 3-4x per week. The Omega 3 Fats in Fish have been shown to decrease visceral fat on your belly. You should also take an additional Omega 3 supplement to really shrink your waistline (take 3-6 grams a day).
- Eat Asparagus and foods high in Vitamin C which is a natural diuretic to lose any bloat- includes citrus such as strawberries, lemons and cucumber and do not salt your food during this program.
- Drink a Holiday Hold'em Protein Shake after every workout and on off days as a meal which contains Coconut, Fiber and fruit along with super food giving you an extra dose of the nutrients you need to melt your waist line.
- **You must follow our Motivate Fitness Basic Nutrition Principles 100% of the time for the 6 weeks except for 6 splurges throughout the 6 weeks (One meal a week)- Use them wisely!**

MOTIVATE BASIC NUTRITION PRINCIPLES

1. Eat breakfast within 15 minutes of waking up and eat every 4-5 hours throughout the day.
 2. Have a protein and fruit or veggie at each meal.
 3. Eliminate Processed Foods. Only eat whole grain, natural starchy carbohydrates but limited.
 4. Drink Calorie free beverages only and have half your bodyweight in ounces of water every day. No Alcohol. No Fruit Juice.
 5. Always have a protein shake within 15 minutes of finishing your workout.
1. Spend time each day de- stressing. High Cortisol levels (your stress hormone) has been linked to high belly fat. Take 10 minutes every single day to do one of the following:
 - Take a YOGA/Regeneration class- foam roll and stretch
 - Close your eyes in silence, practice deep breathing
 - Take a long walk
 - Take a Jacuzzi
 - Stretch or do yoga poses in silence (alone)
 - Write in a Journal – get up 10 minutes earlier and just write and let your subconscious flow. Buy a nice journal for this only.
 - Get a pedicure or a massage or facial – you deserve it!
 - Watch a Funny Movie.