

# Holiday SURVIVAL GUIDE



Enjoy the holidays without  
packing on excess pounds

## Disclaimer

The full contents of this ebook are for informational purposes only and do not provide any medical advice. Statements in this ebook have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.

This ebook is intended for use only by healthy adult individuals. All individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss exercise or nutritional program.

Use of any of the information contained within this ebook is at your own risk. The author does not accept any responsibility or liability for damages of any kind from any actions you take from this information provided.

**Have a Happy and Healthy Holiday Season!**

# Tis' the Season....But for What?



It is that time of year again. Going shopping, holiday parties, loads of festive foods...and unfortunately for many also a time of unwanted weight gain.

Most people just shrug it off to the “holidays” and assume that it will be OK once they make their New Years Resolution to lose it. How many really do though?

What is the cost of adding up a few pounds here and a few pounds there year after year? Why wait till the New Years to make a resolution to stay healthy and lean?

## **You Can Lose Weight Even During the Holidays**

Believe it or not it is possible to lose lbs and still have a social life in the process. No need to hide in the corner and eat celery sticks.

So this guide was put together to give you the top 10 essential tips and strategies to not letting the holidays also mean going up a size in your jeans.

Here are the ways to survive the holiday parties and look great doing it!

# Tip #1

## Don't Show up too Hungry



Ever show up and see all the deserts and food out on the table and just want to dive in and eat it all up? Well your number one enemy at the holiday party is going to be hunger pangs and sugary cravings.

### **Eating More than Normal**

If you haven't eaten in a while and show up with a growling stomach, then you are going to have a tough time controlling the amount of food you probably want to eat.

Now if all that was around was fruits, vegetables and some meats you probably wouldn't have an issue. But lets be realistic. There are going to be plenty of heavy sauces and deserts in easy arms reach.

### **Weight Gain/Loss and Calories**

Weight gain and loss is going to be a battle of how much calories you take in, and how much you are burning for energy.

If you take in more than you need, you are going to store it. If you take in less, then you have the opportunity to burn stored energy (namely fat).

All in all there are going to be high calorie sources easily available which can mean, an overload on calories.

### **Craving the Wrong Things**

Also if you are showing up in a state of low blood sugar, your body is going to crave more sugar (as it wants to balance out the blood...not too high, not too low).

While I am not going to say that you can not have some dessert, just know that an overload of sugar will quickly turn off any fat burning that was happening and lead to more fat storing (especially if there is an excess of calories).

So it is a good idea to not show up for the holiday parties feeling too hungry, unless you have a strong iron will and can control your cravings and calorie intake.

**Tip:** Before going out, have a brief snack (such as some fruit or nuts) to keep your blood sugar stable and hunger in check. Then you will have better control in what you enjoy eating from that point on.

## Tip #2

# Drink Plenty of Water

Ah, water. Our body's friend and also an easy way to help keep yourself feeling full without overdoing the calories.

Drinking plenty of water during the day and even at the party will keep you also from overdoing the holiday “drinks” (many of which can be calorie bombs!).

### **The Party Hangover Trick**

Most of the damage at the holiday party may be done from drinking too many “festive” drinks. Here’s a trick to make sure you keep the party under control and stay hydrated:

After a “festive” drink, make your next drink a glass of water. Alternate all night long between party drinks and water and you will be surprised how much better you may feel the next day! (Plus drinks are calories too, so watch out you don’t overdo it!).

Add a Vit C and B complex vitamin with water before bed and you should be just like new the next day!

*Disclaimer: This is not advocating the consumption of alcoholic drinks. Please be safe and responsible during the holiday season.*

So drink your water, enjoy your foods and be responsible with any other holiday drinks. Simple and easy strategy and your body will thank you for it.

## Tip #3

# Portion Size Does Matter



When we are talking about losing weight everyone has heard about calories and portions. Well it makes sense that the bigger the portions are, the more calories there will be in front of you.

You can enjoy most anything if you really want to, but you have to make sure you do not eat more than you really should.

Many people are on the “SEE-FOOD” diet, that is if they see food in front of them on the plate, they will eat and snack at it all night until it is all gone. So the smaller the portions you have, the less temptation there is to keep eating.

### **The Buffet Trick – Small Plate, Many Trips**

Forgot those big full size plates and piling on everything you see. That is the reason people eat more even when they are full, because there is still something in front of them on the table to snack on!

So get the smallest plate possible and take a few items. Sit down, chew your food, talk with others and let your food digest a little. It takes a while for the sensation of hunger to go away even after you have eaten.

If you are still wanting more later on, get back up and get another small portion. Force yourself to make more than just one trip and when you are finally done, throw the plate out. Leave nothing sitting in front of you at the table.

So you don't have to be obsessing about what foods you are “allowed” to eat, just enjoy them in smaller portions and keep your calories in control.

## Tip #4

# Protein Based Foods First

Protein is our friend. We need it to build and maintain strong muscles and we also need it to feel full and satisfied.

Ever just eat a whole bag of some snack loaded with sugar and never feel satisfied? (Hence you ate the whole bag only to have your blood sugar come crashing down an hour later)

Sugar is addicting but protein is filling. Not only will you feel full, not letting you to eat more than you should, but also with protein comes the added bonus of more energy that body has to use to digest it (more calories you could burn just sitting there!)

### **Beware the Sauces**

Great dishes like fish, chicken and beef (not hamburger meat) are leaner and full of great protein. Look around and pick and choose wisely.

Watch out for sauces that may be loaded with sugar as those are the most dangerous to our weight loss efforts (because we do not even realize they are there).

When in doubt, eat your protein based foods first and get full. You will feel great, have more constant energy levels all night and not regret your choices the next day! Load up on sugar too early and it will only lead to your energy coming crashing down later (with more sugar cravings and excess in calories that will just lead to more fat being stored).

## Tip #5

### Be Active Every Day



What do you find in common with people who have good health and look great? Chances are they lead an “active” lifestyle along with also eating healthy foods.

You don't have to go to the gym to be active, you just have to keep your body moving and don't fall for all the shortcuts and other distractions (watching TV, sitting at the computer) of modern society.

#### **Workout at the Mall/Supermarket/Work**

- Park at end of parking lot
- Take the stairs, not the escalators/elevators
- Don't get stressed out, relax and take your time
- Carry your bags in your arms, not a cart (use those muscles!)
- Get up and walk around for 5-10 minutes every hour, don't sit down too long

Find a way to keep your body moving whether it is taking a walk with a friend, getting off the office chair and moving around every hour, playing with your kids in the park or going dancing.

Find creative activities and hobbies that you can consistently do with yourself or friends. Know that consistency is the key to any weight loss success, and consistency is another word for a lifestyle.

If you enjoy what you do, then you will continue to do it often which is what really matters over the long run.

## Tip #6

### Watch Those Liquid Calories



One of the deadliest calorie bombs around the holidays comes from sources that most people don't even count, that being what you drink.

Yes sad to say that drinks also count towards putting in the excess calories and shutting down fat burning (from the high sugar intake).

Here is just a few samples of the deadliest drinks during the holidays that may be sneaking up on you. All of the stats below are based on 1 serving size/cup (8 fl oz or smallest available).

- **Eggnog** - is about 350 calories with @40g of sugar per serving!
- **Hot Apple Cider** - While not too high in calories does pack about a 30g sugar punch! (but the real danger comes in multiple servings)
- **Pumpkin Spice Frappuchino** - will give you 230 calories almost 50g of sugar in the smallest size (with the largest size over 500 calories and 90g of sugar!)
- **Hot Chocolate Drink (from a Coffee Shop)** - can give you (or your kid) about 250 calories and 40g of sugar.

## **But Who only has Only 1 Small Glass?**

Keep in mind, these are just 8 fl oz or the smallest sizes. Now imagine going and having a medium/large size that can get to 500+ calories and 90+g of sugar!

Or have more than one cup (as who stops at one) at the party and you are packing in more calories than you would be able to walk off in an hour!

### **Make Smarter Choices on Drinks**

Stay away from the heavy drinks or drinks loaded with sugar (fruit juices, punch, cream). Go for the better choices:

- Wine
- Lighter Beers
- Mixed Drinks without Juice (sugar) such as anything with flavored tonic water instead

Of course like anything, all choices are best in moderation! (and don't forget tip #2 about drinking water as well in between drinks)

## Tip #7

### Use the Calorie Cycling Trick



Shhhhh....here's the top secret strategy on how you can help offset a higher calorie day. Ready? You can offset a high calorie day with lower ones around it. Shocked? Well you shouldn't be.

#### **The Body Works Over Days...not Meals**

Too many people nowadays are so worried about calorie loads meal to meal and every day, when in fact the body works differently. The body is smart, and works over a longer period of time (it had to in order to survive tougher times long ago).

#### **Cycling the Calories for Parties**

So what is calorie cycling? Simple, if you know that you are going to be at a party or function and chances are high that you will eat more than normal, then you want to take it easy on the day before and after.

Here's an example. Assume you "maintain" (don't lose or gain) weight around 1500 calories. If your goal is to maintain weight during the holidays you want to try and average around 1500 over the long term.

So if you take a normal schedule (including holiday party):

- Day 1: Regular Schedule – eat 1500 calories
- Day 2: Work and Holiday Party – eat/drink 2200 calories

- Day 3: Regular Schedule – eat 1500 calories

The above would mean a daily average over 3 days of about 1700 calories (over your daily maintenance levels).

Using the calorie cycling trick you can counteract the higher day with some lower ones around it.

- Day 1: Regular Schedule – eat 1200 calories
- Day 2: Work and Holiday Party – eat/drink 2200 calories
- Day 3: Regular Schedule – eat 1200 calories

Now look, you average 1533 calories a day now (your maintenance level). Note these are just rough numbers but you get the idea.

### **Burn more Fat and Control Calories with “IF”**

Did you know that you can use the calorie cycling in a condensed eating window for added benefit? Compressing the time in which you eat on certain days can elevate fat burning hormones, save muscle and will not lower your metabolism in the process.

Yes it is true, and there is much science (and real life success stories) to back it up.

If you want to learn more about “IF” then you can [click here and download the free ebooks at the IF Life.](#)

So if you know a party is coming up, eat a little less the day before (focus more on low calorie foods like leaner proteins, fruits and vegetables) and the day after so you do not have a calorie surplus over the long run!

## Tip #8

### Get Out and Socialize



You go to a party to talk with people, not to sit at the table and eat! So get up, talk, mingle, walk around, dance...be the life of the party! Plus if you are using your mouth for conversations, then you will probably end up using it less for food and drinking.

If you spend more time on the dance floor you will also help to burn up some extra calories vs just sitting down the whole time. Standing even will burn some more calories than sitting, so don't sit around!

#### **Don't let Emotions Take Over...Food is Not the Answer**

Around the holidays, emotional eating can be an issue. Some people tend to be more depressed or feel alone, and then find happiness in foods/drinks that may provide a temporary high, but don't address the real issue.

So it will continue to happen over and over again. The toll of the emotional roller-coaster with food (namely sugar based foods) will only do more damage to your waistline.

#### **Call Up or Go See an Old Friend**

Get out of the house and go see an old friend, call someone up you haven't talked to in a while, or just go and make new friends.

The world is too big and full of way too many people to feel alone and depressed. It is amazing how much more fun it is just to talk and be around others.

### **How to Talk to People You Don't Know**

If you are going to a party where you don't know anyone, be adventurous and go talk to new people. If you are shy, then write down or memorize a couple opening questions to spark a good conversation.

People love to talk about themselves so ask what inspires them, what their goals are, what they enjoy to do for hobbies, their thoughts on certain topics...get to know all about the person!

## Tip #9

# Strength Train those Muscles



Much like an active lifestyle is important, so is using your muscles. Did you know that your muscles are actually your fat burning factories?

So it only makes sense that if you want to keep (or make more) fat burning factories, you need to challenge your muscles every now and then to keep them around. The old saying is true, use it or lose it.

You don't have to have an expensive gym or membership either to get a workout in. You can use your own body weight, some simple resistance bands or even other objects around the house.

### **Free Workouts for Home**

If you want some quick and easy workouts for home using your own body weight, then just [click here and get your workouts](#).

The key is to make it challenging to your muscles (not too easy). Don't worry ladies when we talk about gaining muscle, this is not going to make you "bulk up". Muscle is much smaller in size by weight than fat.

## Tip #10

### Slow Down, Relax and Enjoy



Also holiday time stress can be higher with work, shopping, traffic, dealing with relatives, travel or many other factors. High stress means your body will go into a sugar burning mode (as your brain is a big glucose/blood sugar hog). This will only lead to more energy crashes and cravings for sugar.

#### **Enjoy the Season**

So take it easy. Don't be in such a rush all time. Smile as you wait in line at the checkout. Enjoy walking around the bigger crowds. Don't be focused on everything that "needs" to be done, and just focus on what you are doing right then and there.

If you can't relax and enjoy the holiday season, then what is the reason for it all in the first place? If you feel a bit stressed go for a walk or quick workout. But also remember what this time of year is supposed to be about.

Being relaxed and in a better state of mind will also reflect on what choices you make for food and drinks. Don't let your emotions get the best of you and you can have a much more enjoyable time (and look great doing it).

# The Holiday Survival Checklist

- Never show up to a party on an empty stomach
- Drink plenty of Water all day/during a party
- Keep portion sizes small, use a small plate and make several trips
- Eat Protein and Vegetable based dishes first
- Watch Sugary drinks as they do count
- Socialize, Talk, Dance, Have fun!
- Help offset a High Calorie day with Lower Calorie Days
- Be Active every day, make it a Lifestyle choice
- Use your Muscles to keep your Fat Burning factories
- Slow down and Enjoy the Holiday season!

This Holiday Survival Guide brought to you by  
(click links below to visit for even more tips):

[The IF Life](#)

and

[Fitness Spotlight](#)