

# Healthy Holidays



## Tips to keep you fit!



***"Not enough time"***  
Is what we hear a lot as Trainers  
So keep your work short and sweet!

### Don't know what to do?

Get with Your Trainer or do this simple routine in the gym or at home!

-Stability Ball Overhead Lunges 1 min.

-Running in Place for 1 min

-1 min Pushups

-1min Sit ups

-Squat Ball Presses for 1 min

-Jumping Jacks for 1 min

-Ball Crunches 1 min

-Stationary Shuffles for 1 min

-Prone Iso Abs for 1 min

-Skip in place for 1 min

-Repeat 3 times for a quick heart beating 30 min workout!



It burns the fat and leaves you feeling mentally alert and energized.

Eating too much high fat food is double the calories. For every gram of fat there is 9 calories compared to protein and carbs only 4 calories per gram. So avoiding high fat foods will keep less calories going in!



### Plan what you eat.

Make a mental choice to eat fruits and veggies, less bread, pasta and desserts.

Eat lean protein meats such as fish and chicken. Keep beef lean and less. Stay away from sugary processed foods.



***You already know that? Then just do it!***



### If your Holiday Parties include alcohol

cut back your intake by drinking a glass of water equal to the amount of alcohol you drink. You will fill up fast, take in less calories and you will be less DEHYDRATED!

Self talk:

**"I do not need this extra food"**

Extra calories IN, means you will have to work harder to burn calories OFF!



***Now do you really have time for that???***



### Avoid Holiday BLUES

by moving your body at a higher intensity for a shorter duration. This kicks a natural antidepressant and it's less expensive.

Merry Christmas   
and a Happy Healthy New Year!



Keep your eyes on your weight loss GOAL! The finish line is closer than you think!

**NEVER LOOK BACK**

Keep your life style in check! You are worth the time and effort!



*Tips from your trainer  
Kathy Andrews*



**Free Consultation call at (830) 377-8936**