

December Seminar: Surviving the Winter Holiday Season While Reaching Your Goals

Maintenance over calorie deficit (aka fat loss)

- Cannot “diet” forever. Maintenance is an important phase that we all must go through during a fat loss journey. Must provide time for metabolism to recover.
- The holidays are a great time to take your “diet” break.
 - Plan a couple of weeks ahead to slowly increase calories.

Leading up to the big event

- Make working out a priority.
- Reduce carb and fat intake, slightly increase protein.
 - Allows wiggle room for the big event day (weekly net/gain vs. day-to-day fluctuations)
 - Achieve your fiber goals (25-40g/day)
 - Eat what’s special, skip what’s not.
 - Grandma’s homemade tiramisu/German chocolate cake/etc. **(YAY!)**
 - Starbuck’s overly sugared peppermint mocha? **(Pass....)**
 - See PowerPoint on JFKFFC website for drink ordering tips!

Day of the BIG event: Before or morning of

- Workout before the event
 - Focus on heavy/high-volume lower body or whole-body resistance training
 - Avoid endless cardio to try and “balance” out eating for the day. You’ll just end up even more hungry and joints aching.
- Drink water consistently throughout the day.
- Eat lean proteins (at least half) and less carbs and fats to save for the event.
- *DO NOT SHOW UP STARVING TO THE EVENT!*

Day of the BIG event: During

- Drink a full glass of water before digging in.
 - Grab a smaller plate
 - Serve food with eating silverware versus serving silverware
 - Load up on protein and veggies first.
- Eat *slowly* and focus on the company rather than the food.
 - Stop eating when you're satisfied. Avoid TPS (tight pants syndrome)
- Steer clear of the food room when it's not chow time.
- Watch your alcohol consumption (see PowerPoint chart).
- Avoid sitting for long periods
 - Wash dishes
 - Play with kids or pets
- **Most importantly:** Enjoy the food guilt-free and move-on!

Exercise

- Workout the morning of the big event and the day after to put those delicious calories to use.
 - Focus on heavy/high-volume lower body or whole-body resistance training.
- The only bad workout is the only you didn't do.
 - Can't go for an hour? Try 20-30 minutes
- NEVER punish yourself with exercise.
 - Avoid endless cardio to try and "balance" out eating for the day. You'll just end up even more hungry and joints aching.

Concluding Thoughts

- Add in casual walking whenever possible.
- Traveling this season and have to cut back on workouts? **It's okay.**

- Don't be afraid to switch up your traditional workouts to home bodyweight workouts (HIIT workout)
- Weight gain will most likely happen in the form of water weight, fat weight, lean body mass, or a combination of these.
 - Let your body adjust for a few days after a big event before weighing self.