

# Weight Loss Resolution Roadmap

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## INTRODUCTION

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Have you ever made a New Year's resolution to lose weight and get fit and NOT followed through?

Don't feel bad if you have, in fact nearly all New Year's fitness resolutions to get in great shape get abandoned not long after they are begun.

I should know I've certainly been there and experienced the same sense of let down myself.

The good news is that it doesn't have to be that way. Follow the ideas in this Guide and take action to implement them and this can be the year that sees a new you - an ideal lean and healthy you - emerge. I've used them successfully and seen them totally transform lives for the better.

**They work as long as you WORK them!**

You may be wondering if it's worth the effort. After all, for most of us, while getting into shape is rewarding it's often

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not easy.

I'd argue, if you want a really high, extreme quality of life being fit isn't a WANT, but a NEED.

Here's a few reasons why, to ponder before you begin. I hope they'll help motivate you.

### **You Will Be MUCH More Attractive.**

Let's face it, a big part of getting fit is its visual appeal. If we are married, in a relationship or single it's always nice to know we look good isn't it? Being in shape not only sends out the right message about who we are externally, but for those who think about it for a minute it also tells a compelling story about who we are internally.

The type of person who cares about themselves, who has self-discipline and is far from lazy. These qualities are universally attractive. Making yourself more attractive for the New Year and beyond is a great reason to take fitness seriously.

### **You Will Become Healthier, Fast.**

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Our health is our true wealth. Cutting down our body fat, getting in better cardiovascular shape and making smart diet changes will do wonders for our health. Barring any accidents these moves are nearly certain to add years to your life. They are certain to add quality of life either way.

### **Your Energy Levels will Sky Rocket.**

Having more abundant energy stores carries over into nearly every area in our lives. This means being more productive at work without having to get strung out on four cups of coffee ever morning, to being able to get back into that old sport you love, to being able to play with the kids without needing to take a nap on the couch. Believe me, the important people in your life will appreciate the difference nearly as much as you do!

### **You Will Beat Depression.**

Now you may not be suffering from feeling down often, but the hard truth is that many out of shape people do. Getting fit is the best cure for melancholy! Forget taking

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drugs or mumbo jumbo therapy - carving out a new fit you for the New Year is quite likely to chase depression away for good. Try it and see.

These are much closer to NEEDS than WANTS aren't they? There's plenty more too, these are just some of the more common things that come to mind.

Now, Let's get you Fit for the New Year!

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# CHAPTER 1 - WHY MOST NEW YEAR'S RESOLUTIONS FAIL

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If the statistics can be believed (and they probably can) some where in the neighborhood of 88% of New Year's Resolutions are given up on after a few weeks.

A smart bet would be that the vast majority of these New Year resolution false starts and stumbles are broadly speaking, health related ranging from fat loss to quitting smoking and everywhere in between.

Which brings us to the next big question... Why do most New Year's Resolutions Fail?

Knowing some of the big reasons why they fail gives us an idea of what to watch out for when it comes to making sure our New Year's fitness resolutions are an absolute blinding success.

Let's see...

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## **Putting Too Much On One Plate.**

Now I don't mean that literally in how much food you are eating in this case (though that may be true too!) what we're looking at is having too many Resolutions that target too many areas of life.

Big changes require big focus. If you NEED to lose weight and get more fit for the reasons we have already discussed make getting fit a priority. Worry about getting that raise at work, learning a new language and some of the other things you may want to do after you have accomplished this important milestone.

The upside of getting fit first is that your new found confidence, energy and self-discipline will make your future goals MUCH easier to achieve. Fitness can be the foundation of the new you!

## **No Accountability.**

Often New Year's Resolutions enter the land of pipe dreams, because we leave no one accountable to them



but ourselves. If this was enough most coaches and motivational speakers would be on the unemployment line. Human nature dictates that we are much more geared towards accomplishing our dreams when we let others who are important to us know about our plan and they hold us accountable to them. Even having online support through forums and discussion groups on fitness can be a huge help. Having no accountability beyond yourself is setting yourself up to fail.

### **An Unwillingness To Try New Things.**

If you keep doing the same old things there's no doubt you will continue getting the same old results. This is an unbreakable rule which requires that we step out of our comfort zones, sometimes radically, to see dramatic change in our lives. Since you are taking the time to read this Guide, I'm very confident you are open minded enough to consider and try new things to get the body and health you deserve. Congratulations on delivering a blow to this foe of New Year's fitness resolutions already!

### **Thinking there is a "Easy" Way to Get Fit.**

Losing ugly body fat and getting your dream body to become a reality isn't easy, despite what supplement hustlers and infomercials may try to sell you.

It requires hard work, sweat and dedication. Smart tips and insider information, like you will find in this Guide and elsewhere, can and will help, but please don't think it will be "easy". Hardly anything worthwhile in life ever is. This also means when you do succeed you will have every right to be proud of your hard earned accomplishments. This alone can be worth the price of admission!

Now that you are better prepared to know what negative elements to be on the look out for let's dig into our program!

## CHAPTER 2 - THE SECRET TO ESTABLISHING NEW HEALTHY HABITS

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Are your habits acting like a straight jacket keeping you fat and unhappy?

What if you were able to install NEW habits - ones that made your goals more easy to achieve, habits that made your body and your lifestyle more in tune with who and what you want to be?

Learning how to establish new healthy habits is a secret that can be the deciding factor in achieving your New Year's fitness resolutions and beyond. Once you get the process down, and it's not hard, you will possess a awesome new power for self-change that can totally transform your life.

Here's how it works...

**Set Your Goal.**

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Pick a small achievable goal that fits into the bigger picture of the lifestyle change you are working for, Try not to be both specific and also not too broad.

For example, "running four days a week" is a goal which works much better with this method than "eating breakfast every day, going to the gym and getting eight hours sleep." Those are all good goals, but breaking them down into smaller pieces and working on them one by one is a much more successful approach here.

### **Establish a Trigger.**

You can think of your "trigger" as an action that signals for you to begin your new habit. This is an important part of why the method works psychologically. Continuing with running as our example a trigger could be drinking a glass of green tea or coffee every day before you immediately run.

Your trigger will stay the same as long as you work with your new habit. Many people are more visually orientated, in which case something as simple as laying your running gear out each day before work could act as

a trigger to run when you return home. Experiment and see which type of trigger works best for you.

### **Keep it as Fun as Possible.**

If there's any way you can spice up your new healthy habit to make it more fun and exciting, do it! The more pleasure you can keep associated with it (or pain with NOT doing it) the better. This can be as simple as always listening to music you love while exercising or seasoning the healthy food well to make sure it consistently tastes outstanding.

### **Don't Stop.**

Skipping doing what you need to do with your new habit before it sets in will take you back to step one. It's essential you force yourself to do it for these early days even if it seems uncomfortable. Remember, the nature of our minds is to strongly resist even positive change and to try to keep us in our comfort zone. Which is the last place we want to be when getting ourselves into the best shape of our lives!

## **21 Days is the Target.**

Most experts agree it takes roughly 21 days for a habit to be established. After that we can expect our "inner selves" to start working with us, not against us. If you can keep it going that long, which I know you can, things will become much easier. After that pick a new healthy habit and repeat!

Have you picked a new fitness habit to get started with? I hope so!

## CHAPTER 3 - NEW YEAR DIET TIPS

### THAT WORK

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When it comes to losing fat in the New Year almost nothing is as important as diet And you know what? Nearly every diet on the market today is probably much better than following your every day diet that has led you to be over weight and out of shape.

This is the real reason why you hear about new "break through" diets all the time. The people who design and market them realize they will cause people to lose weight as long as they break them out of their current over-eating habits.

Now this doesn't mean some perform better than others, they certainly do. Also some of the more radical approaches are best suited to smaller groups of people who just "click" with their dietary approach better than others.

So for New Year diet suggestions, rather than promote to

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you one diet over another it may be much more fruitful to share some broader weight loss tips that can get the ball rolling in the right direction while you explore and find a plan that best fits your own individual needs and desires.

You may even find, like many people I consult, that these tips alone are more than enough to get your eating habits in order. That buying and studying a 400 page diet book is an unnecessary chore and you're meeting your weight loss goals by keeping it simple and self-disciplined!

Try them along with the rest of our advice in this Guide and prepare for a lean new you this New Year!

### **Throw Out the Junk Food.**

If it's in your cabinets the chances of you eating it are much, much higher than if you only had healthy food in your home isn't it? So grab a garbage bag and throw those temptations away if you plan on getting lean. Hard advice for sure, but radical problems require radical solutions! This tip alone has saved many from emotional eating and junk food "relapse".

## **Eat Small but Frequent Meals.**

Cutting your daily calories while not putting your metabolism into starvation mode isn't as difficult as it may at first sound. Simply cut your calorie intake by 25% (or more) and divide this over five or six meals. If you are unsure about your daily calorie intake pick up one of the widely available calorie counting books and copy down everything you eat and drink over a 24 hour period. And everything means EVERYTHING. Cut this by 25% at first and continue cutting calories until you hit the magic number where you are losing weight every week on the scale. The frequent meals will make sure your metabolism stays high.

## **Don't Drink Calories.**

No soda and no juice. Beyond protein shakes you should not be drinking any calories at all. Water, green tea (without sugar) and diet soda are all your new "go to" choices.

## **Make Protein King.**

Most over weight people eat WAY too many carbohydrates. This is why low and no carb diets work so well. Cut your carbs as much as possible and replace them with protein and vegetables. Whenever you hit a plateau losing weight it's not a bad idea to cut carbs further!

### **Plan and Cook Your Meals in Advance.**

Succeeding with your New Year's fat loss program requires planning and preparation. Having a good idea of what you will be eating every day before it begins is setting yourself up to achieve your dreams. Even better is cooking a few easy meals like lunches for work in advance. If not you are at the mercy of external factors which can (and will) sabotage your diet quickly and without mercy!

These tips aren't complicated and they work. Once they are in place you may choose to expand your diet plan or you may not. Either way you can expect to be shedding more weight and getting more fit every single week. Sounds good doesn't it!

## CHAPTER 4 - A NEW YEAR'S EXERCISE PLAN YOU CAN STICK WITH

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Now for the fun stuff! While most of us find dieting to be a bit (or much more than a bit) of a chore, a fitness routine is something that can become the highlight of your day once you get into the swing of things. Really, there's few things as satisfying as seeing your strength rise as you stick with a good exercise plan. The weights don't lie and as you progress it's near impossible not to have your sense of well being and self worth rise along with the heavier dumbbells and barbells!

For our get fit for the New Year plan we're going to keep it simple. There's no complicated moves or exercises. If you do see something you are unfamiliar with a YouTube or Google search is sure to answer any questions of form.

For complete beginners ask a friend to hit the gym or the garage with you one day to help walk you through it. Or even schedule one or two sessions with a personal trainer to catch you up to speed though I doubt that's necessary

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for 99.9% of our readers!

We'll be training three non consecutive days a week, split into A workouts and B workouts. On week 1 we will do our A Workout on Monday and Friday and B workout on Wednesday. On week 2 we reverse the days and do our B Workout on Monday and Friday and B workout on Wednesday.

This somewhat abbreviated schedule compared to what you have likely read in fitness or bodybuilding magazines is perfect for cutting fat, getting toned and building strength. There's no fear of over training, which is something that can cause your New Year's weight loss to grind to a stand still.

All exercises should be done with a weight that causes you to fail with your last set. If you make your final rep goal increase the weight in your next session. Don't forget to keep a log to make sure you keep moving forward!

## **Workout A**

- \* Dumbbell Bench Presses. 4 sets of 8 reps.
- \* Lat Pull Down. 4 sets of 8 reps. If you are strong enough sub pull ups for lat pull downs.
- \* Barbell Curls. 4 sets of 10 reps.
- \* Dumbbell or Machine Shoulder Presses. 4 sets of 12 reps.
- \* Crunches. 4 sets to failure.

## **Workout B**

- \* Barbell Squat or Machine Leg Press. 5 sets of 12 reps.
- \* Barbell Stiff Leg Dead Lifts or Machine Hamstring Curls. 5 sets of 12 reps.
- \* Seated Calf Raises. 4 sets of 12 reps.
- \* Dumbbell Shrugs. 4 Sets of 8 reps.
- \* Leg or Knee Lifts for Lower Abs. 3 sets to failure.

And that's it!

You can see on Week 1 we will be training our upper body twice and lower body plus some abs and our traps once. On Week 2 we will do our lower body twice and upper body once. With our diet and cardio on point this is the perfect training program to carve out the body of our

dreams. Just be sure you train like you mean it! Intensity is key to your success and sleep walking your way through your program can't be expected to do much good at all can it?

IF you give 100% real miracles can and will happen.



## CHAPTER 5 - THE TRUTH ABOUT CARDIO

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Have you seen many fat marathon runners?

Overweight sprinters?

How about flabby guys or girls who bike ride obsessively?

No you probably haven't. And neither have I. The reason being despite what some fitness "experts" may try to push in order to sell an "easier" program, is that cardio works wonders in getting one lean and healthy. Very few people you see who are in AWESOME shape got that way without doing cardio. All the rest put in the work and paid in sweat to get their dream bodies. If you'd like to unveil the best you possible for the New Year you will have to to also!

So what's the best approach towards Cardio for losing

weight? Here are some of the secrets...

### **Both Long Distance Low Intensity and High Intensity Interval Cardio Can Work Well.**

Weight loss cardio advocates usually fall into one of two camps. The first suggest long distance cardio at a low or moderate intensity. This could be power walking, jogging or biking for an hour a day, five or six days a week. The other camp pushes very intense, but short cardio plans with things like hill sprints, rowing machine sessions and so on. There's no surprise, really, in that each method works well. Which you choose is more a matter of first your initial fitness level (the less fit you are the more appropriate low intensity cardio is) and your personal taste. Choose the one you enjoy more and is less of a strain sticking to.

### **Train Five or Six Days a Week.**

With cardio the more often you train the better, Do at least five days. Six is even better if your schedule allows.

## **Fasted Cardio Burns Fat Fast.**

The best time to do cardio to lose body fat most efficiently is in a fasted state. For most of us the most practical time to do this is first thing in the morning after not eating for our eight or more hours of sleep. This is a trick discovered by professional bodybuilders looking for every advantage in contest preparation. It can speed up your fat loss by 25% or more!

## **Don't Be Afraid to Mix Up Your Cardio Choices.**

Personally, I can relate to the people who find cardio a bit boring. A nice way to fight this (after being sure to have a MP3 player with a kick ass play list) is to cycle through a few different cardio choices. On Monday and Wednesday I run on the treadmill at the gym, on Tuesday and Thursday I bike ride in my neighborhood and Saturday is dedicated to high intensity rowing machine work. This can keep things much more fresh and fun.

## **Stay Safe.**

Never launch a cardio session without a ten minute stretching session first. The last thing you want is a New Year's pulled hamstring or worse to slow down your fat loss momentum. Think of stretching as your body's insurance policy. Never neglect it. Believe me. I learned this lesson the hard way!

Diet, exercise and now cardio. You've earned your degree in the three courses of New Year's fat loss! Congratulations.

## CHAPTER 6 - LIFESTYLE CHANGES

### THAT MAKE THE DIFFERENCE

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We've gone over a great deal of the nuts and bolts of how you can and will get fit for the New Year. Will you be able to STAY fit once you put in all the time and hard and smart work?

The answer to that very important question rests on whether you are able to make the positive lifestyle changes that support the fit new you rather than work against you.

Over the years, I have been able to identify some of the most common lifestyle changes that friends and clients have had to master before they were able to set their new levels of fitness in stone and not relapse back into their old ways. You have a HUGE head start knowing what to look out for as you make your New Year's weight loss goals solid and real.

**Avoid the Negative Few Who Would See You Fail.**

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There's an element of person who feels VERY threatened by those who are able to work at positive self change - and especially at something like weight loss. Rather than asking how you were able to cut fat and trying it themselves they'd rather put temptation after temptation in front of you until you fall off track.

Do they do this consciously? Who knows, but it happens and happens frequently. If staying lean, healthy and fit is important to you a vital lifestyle change is to avoid spending too much time around this type of influence. They will only drag you down.

### **Get Off the Couch and Have Fun.**

Your new body shouldn't just be for show. As you get in better and better shape make sure you have fun using it! This will reinforce the idea that the new you is worth the work and sacrifices. Play that old or new sport you love, going dancing or take the kids for an active day at the beach. All these things should be taking the place of television and video games more and more until NOT being fit becomes unthinkable.

## **Share What You Know.**

A self help genius once said that the best way to keep what you have is to teach it to others. Do you have friends and loved ones who could use a bit of motivation or could benefit from the knowledge you have picked up from this Guide and elsewhere? Why not teach or train them? Who knows in the future this could even turn into a new hobby or a part or full time way to make a living. Stranger things have happened that's for sure.

Don't underestimate the power of these three lifestyle shifts. They may seem minor, but they are anything but. In fact they could be the deciding factor on how you look and feel two, five, ten years from now and beyond.

Being lean, attractive and healthy isn't a set of moves and diet choices. It's a way of life. A way of life that's probably one of the most rewarding things that you could ever dedicate your time and effort to. Give it your all!

## CHAPTER 7 – KEEPING YOUR MIND RIGHT

### - THE INNER GAME OF GETTING FIT

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Just about every top athlete would tell you, if you asked, that 90% of the physical game is mental.

Our minds command our bodies ultimately and staying on point with our weight loss goals has MUCH more to do with what's going on inside our heads than not. It's only the rarest situation where our body will fail us in training and leave us with an injury. Taking the time to train safe largely prevents this.

On the other hand situations where a person trying to lose weight sees their minds fail resulting in skipped workouts or junk food eating binges are much, much more common.

Thankfully. there's a few simple things we can do to develop our "Inner Game" of fitness. These tips can make



an ally of our minds rather than an enemy!

### **Use Positive Visualizations.**

Our subconscious mind has great difficulty separating what we image from what has actually occurred or is occurring. This trait can be harmful, but when we harness it and use it to our advantage it can also be pure magic. How can we do this? Sit comfortably with eyes shut. In your mind imagine how you will look lean and fit in the New Year.

After around five minutes move on to yourself performing in the gym powerfully and dynamically. After a few minutes more move back to seeing yourself again lean and fit. In total this can be worked on for ten or fifteen minutes a day as many days as you are able. Watch the wonders ensue.

### **Practice Affirmations to Build Confidence.**

Think of affirmations as an approach to the subconscious audibly like visualizations are visually. They pay off just as much. When both these methods are used they

compliment each other perfectly. How do affirmations work? Take a short positive set of statements and repeat it to yourself, out loud in the morning and evening. An example: "I am healthy, fit and happy". Always state things in the present terms with "I am" and your goals stated as if already achieved. Never use "I want" or "I am not". The way the mind works these things don't sink in nearly as well.

### **When Stressed Breathe DEEPLY.**

Breathing influences the mind. When you become stressed about your ability to achieve your New Year's fitness goals, or anything else really, breathe deeply. Here's a traditional "calming" breathing technique used in yoga. It's worked for over a thousand years. Inhale for a count of four. Hold your breath for a count of eight. Exhale for a count of twelve while you imagine your bad thoughts leaving with your breath. Repeat twenty times or until you feel yourself relax.

Don't be surprised if you feel yourself developing more mental focus and energy through out the day as you do the calming breath more frequently. These positive side

effects come with the territory.

There's an inner and outer game to most things worth doing in life fat loss and fitness included. Now you're armed with the skill to become a champion of your New Year's weight loss inner game will you use it? I hope so, because this is one game that s definitely worth winning.

## CHAPTER 8 - STAYING ON COURSE THE WHOLE YEAR AND BEYOND

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We've touched on lifestyle changes we need to make to protect our fitness choices. Now it's time to explore a few other areas that will help us stay on course for our New Year and beyond. Because this WILL be the year we put on and off fitness efforts to an end for good won't it?

The idea is to take off the weight and keep it off. And I'm going to give you every tool and trick I know of to make that idea a success!

### **Schedule Regular Fitness Times.**

Just like you get up on time five days a week (or more) to go to school or work, you should do the same for your fitness training if you want to stay on course for the long term. Sticking with the same time incorporates what we have learned in our Chapter on Habits to our advantage.

Having it set that training is an every day part of life like going to work makes losing our gains next to impossible. I have close friends who have stuck with this tip for years and made fitness transformations that should be on television they are so amazing. Persistence pays.

### **Review Your Progress.**

Keeping a photo album, either shirtless in shorts (for guys) or in bathing suits (for women) starting at day one with updates every month over the years gives a clear, solid picture of why staying on course is so vital. Whenever you feel the temptation to be lazy or over indulge head to the closet and open to day one. Ask yourself if you would like to go back their, or worse? I'm betting that junk food will have lost it's appeal pretty quickly.

### **Ignore Training and Diet Fads.**

There are certainly fitness sources that provide valuable, actionable and useful information free from hype and over-self interest. I would like to think I am one of them.

There are also fitness sources that will try to sell you snake oil and useless programs just to make a buck. These are best ignored as they can distract you from what works and sometimes even cause injury. Buck the trends and keep things simple. Only accept advice from those who have earned your trust.

### **Remember MORE is Always Possible.**

Don't let your successes seem like the end of the road. There's always new goals that can be set and accomplished that can bring you even more excitement and joy.

Your lean now, but haven't you always wanted six pack abs? Well figure out how to get them and work towards it! Or how about doing 25 pull ups for those who like strength goals? Or 100 push ups without stopping? Or running a marathon? If setting big new fitness goals helps motivate you keep doing it and accomplish them one by one. Before you know it you may have a fitness resume fit for an award winning auto biography!

Thinking of your New Year's weight loss resolution as a

starting point for a new active healthy life is where it's at. We all had to start somewhere. The finish line is something we should NEVER set. The future should always be exciting and something we look forward to!

## CHAPTER 9 - TAKE ACTION - BUILD

### A NEW YOU FOR THE NEW YEAR

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You can have the best information on weight loss in the world, a membership to an A class gym and one of the coaches from television's "The Biggest Loser" as your success coach, but without the willingness to take action what is it all worth?

Nothing.

If you are truly serious about building a new YOU for the New Year you have to stop being a person who JUST reads about it. Or talks about it. Or thinks about it. Or PLANS to do it.

You NEED to be the type of person who uses fat loss knowledge as fuel and inspiration and who takes swift action to put it to good use.

Taking action is the final key to making sure you succeed



with your New Year's weight loss goals and beyond! Otherwise things will stay the same. If not become worse. It's a truth that can't be escaped.

Don't forget...

### **ACTION is the Way to Success.**

Everything here in our Guide from positive thinking to the diet and exercise plans are basically worthless if they aren't applied. They all need to be put into effect through you taking ACTION for their benefits to be felt and seen.

Your new body will be built through action not through talking, reading or thinking alone. If getting lean didn't require work there would be a lot more fantastic looking people in the world.

Many overweight and out of shape people have whole libraries full of fitness books and hard drives packed with weight loss guides. They never lose a pound because they never act on the things they've read. Don't be one of these people.

### **Today is Better than Tomorrow.**

Many good intentioned people spend months and even years putting off their efforts into getting into shape until "tomorrow". Sadly, this tomorrow keeps being postponed again and again. Meanwhile, the pounds continue to pack on and their quality of life stays far removed from what it could be. Live up to your full potential. Don't wait for the perfect conditions to begin. They may never come. Start today, regardless. Tomorrow may never come.

### **Keep Moving Forward.**

Stasis is the enemy of getting fit. Once you get started do everything in your power to keep moving forward. The small actions you take everyday are a continuation of your important decision to get started. These little victories will add up until you see the dream you staring back in the mirror one day. You can bet on it.

Now the ball is in your court. You've taken the time to acquire and read our Guide. You've committed to building a lean, fit and healthy New You for the New Year. All that's left is to get things started for real in the real world. Make today the first day of the rest of your life. I

know you can do it and I can hardly wait to hear about your successes big and small. This is the New Year where it all changes for the better. Can you feel it too?

## BONUS - HOW TO ENJOY THE HOLIDAYS WITHOUT PACKING ON POUNDS!

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The Holidays need to be treated with respect if we hope to not torpedo our weight loss goals!

For many people these few weeks add up to complete diet disaster. For a quick example, did you know Americans on average gain seven pounds between Thanksgiving in November and New Year's day? This is a terrible statistic considering how difficult many find it to shed pounds.

Wishing for a healthier way to celebrate the Holidays? Read on and find out how you can still have fun without giving yourself a spare tyre around the waist for Christmas!

**Stay Hydrated.**

The more water you drink the less calories you will eat. Staying hydrated is a sure way to not over indulge on food because of false "hunger" signals. Water is your calorie less, health providing friend. Drink lots of it.

### **Fill Up on Protein.**

There's no need to skip the holiday meals with friends and family. Just make sure to focus on eating protein. Think a little extra turkey or ham over potatoes and rice. More carbs with less activity is a sure way to get fat. Protein, on the other hand, is much much more forgiving.

### **Drink in Moderation.**

Alcohol binges on New Year's Eve can really be a mess if you are drinking calorie heavy beer and mixed drinks. Drink moderately and choose less harmful options when you can. You can still have fun while not torching your physique believe me!

### **Amp Up the Cardio.**

Don't skip workout sessions during the Holidays. Why not up the intensity instead? You will surely have the time to get your cardio in and this can be a pretty effective counter measure should you stumble and over eat a bit. Even if you can only manage a half session or the gym is closed and you run at home, anything is better than doing NOTHING,

### **Try Adding in Fast Days.**

Yes fasting works. Why not add in a "fast" day where you drink only calorie less liquids for every day where you broke your diet? This has been shown to be both safe and effective. You may even decide to give fasting a shot during your normal schedule too. If you do be sure to check out an Intermittent Fasting Guide or book to get yourself caught up to speed.

### **Have a Holiday Success Coach.**

Sign up a friend, family member or significant other as your Holiday Success Coach. Their job is keep watch what goes on your plate and give you a scowl should you get

out of hand. Also encouraging you to workout is part of the job position. Be sure to reward them with a great Christmas gift and a drink or two on New Year's!

It's not the end of the world if you put on a pound or two over the holidays. If you keep these tips in mind and apply them the worst excesses can be avoided. This sets you up perfectly for having the best fitness year of your life! There's no better gift you can give yourself for the New Year and beyond.

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