



December 17, 2018

Check into Beyond Personal Training on Fb and participate in the Healthy Holiday Challenge.

Holiday Survival Guide to Stick to Your Goals

1. Stick to your regular diet – Seriously! Plan your day ahead of time. There are too many holiday treats brought into work and holiday parties to attend after work. Start your day with a healthy breakfast and pack healthy snacks to keep handy through the day. Make sure to drink enough water. Keep a water bottle with you as well. Commit to sticking to your regular diet and then allow yourself a small treat at the office holiday party after you have eaten the healthy snack you had brought with you. Make sure you eat a healthy snack before going out to holiday parties, so you're not starving once you get there. There are going to be plenty of opportunities to have some fun, but in the meantime, keep at it with the salad for lunch so you can enjoy the extra beverages at the ugly sweater party.

2. Fill your plate but leave it half full - Now here's the deal, when you get to said celebration: enjoy yourself! But enjoy yourself with a plate. Snacking on random appetizers makes it hard to keep track of how much you're eating so use a plate instead. When something looks AMAZING, I want you to add it to your plate but then here's your mission... leave that plate half full! There's a solid chance you're putting way more than you need onto that plate. So, if it looks good, add it to your plate. Allow yourself to sample the yummys, but you don't need to clean your plate.

3. Is it worth it? - Take a bite and then ask yourself "is this worth the calories, fat, sugar, etc. I'm about to consume?" If it is, enjoy! But more often than not the cookie is just "OK", and I don't want to go totally off track for an OK baked good... I'd rather save up for something that makes me pee my pants. Make it worth it!

4. Workout (move), every single day - Chances are, you're going to consume more this month than you normally do and a surefire way to still feel great is to make sure your workouts are set to accommodate the increase. Schedule your workouts and keep them. Even if you just take the dog for a long walk or dance around your kitchen while you bake the cookies, try to get your heart rate up for at least thirty minutes every day!

5. Pay attention to how certain foods make you feel - I believe that being healthy isn't about how you look, it's about how you feel. *If you know that sweet cocktails give you a hangover headache... then, avoid them. Fried foods, too many sweets, whatever it is, pay attention to how foods make you feel. You can enjoy yourself without overdoing it and feeling like crap the next day.*

6. Drink water like it's your job - You must, must, must be hydrating this month! I mean really, you must be hydrating every day all year long but most especially if you're going to be taking in more indulgent food and drinks than normal. The water will help flush things out of your system and will help keep you from getting sick.



1. Stick to your regular diet
2. Fill your plate but ...
3. Ask yourself...
4. Move
5. Pay attention...
6. Drink water

Workout of the Week

5 Inchworms

10 Spiderman Planks

15 Push-ups

20 (10&10) Surrenders

25 Squats

30 Alternate Side Lunges

Repeat x 3



Every choice counts, and little choices can make a big difference. Every day is a new day and every morning you get to try again to make health choices. So, be kind to yourself. Enjoy the holiday season and stay healthy. Start the year off with SOLUTIONS not resolutions this year.

Phyllo-Wrapped Asparagus with Prosciutto



Ingredients

- 3 ounces thinly sliced prosciutto, cut into 30 long, thin strips
- 30 asparagus spears, trimmed
- 10 (14 x 9-inch) sheets frozen phyllo dough, thawed
- Cooking spray

How to Make It

Step 1

Preheat oven to 450°.

Step 2

Wrap 1 prosciutto strip around each asparagus spear, barber pole–style. Place 1 phyllo sheet on a work surface (cover remaining phyllo to prevent drying); coat phyllo with cooking spray. Cut crosswise into thirds to form 3 (4 1/2 x 9–inch) rectangles. Arrange 1 asparagus spear across 1 short end of each rectangle; roll up jelly-roll fashion. Arrange rolls on a baking sheet; coat rolls with cooking spray. Repeat procedure with remaining phyllo, asparagus, and cooking spray. Bake at 450° for 10 minutes or until phyllo is golden and crisp. Serve warm or at room temperature.

- I have also rolled a thin slice of cheese in with the prosciutto in the past

Caprese Christmas Wreath

Ingredients

Balsamic Glaze (or use 3/4 cup store bought):

- 1 1/2 cups (375ml) balsamic vinegar
- 3 tablespoons brown sugar

Salad:

- 12 ounces grape tomatoes (or cherry tomatoes)
- 10 ounces fresh cherry-sized bocconcini (mozzarella) balls
- 2 tablespoons olive oil
- 3-4 teaspoons dried Italian herbs
- Handful fresh basil leaves, shredded (to garnish)
- flaked sea salt and ground pepper, to season

Instructions

For the Balsamic Glaze:

1. Combine the vinegar and sugar in a small saucepan. Cook while stirring over low heat for 4-5 minutes, or until sugar has dissolved. Increase heat to medium setting and bring to a boil. Reduce heat to low and allow to simmer for 8-10 minutes, or until reduced by one-third and thickened like syrup.

For the Salad:

1. Wash and dry the tomatoes. Arrange them in a circle on a large serving plate or round platter. Drain the mozzarella balls and arrange between the tomatoes.
2. Drizzle with olive oil and season with the Italian herbs, salt and pepper. Toss the tomatoes and bocconcini through the oil with a spoon.
3. Garnish with the fresh shredded basil.

