



Beyond Personal Training

HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Thanksgiving marked the beginning of a 5-week holiday celebration

that often spells doom for your health and fitness plan. Here are some tips that might help.

1. It's not about the actual holidays.

What you do on Thanksgiving Day or Christmas Day isn't your major concern. It's all the other days in between that will determine if your holidays are healthful. Watch the holiday parties, treats and sweet gifts. These situations are more frequent than a binge on a holiday. Overeating on Thanksgiving Day isn't going to get you out of shape. Just like doing things right one day isn't going to get you in shape. It's all the little things on a daily basis that determine if you are moving toward fitness or away from it.

2. List your top 2-3 favorite treats during the holidays and commit to having only those.

We've all got our favorites. List them, and stick to them so you can enjoy your favorites without consuming any "accidental" junk food you weren't planning on.

3. Let go of perfect.

We don't expect it in other areas of life, so why do we expect "perfect" when we think about our fitness routines? You may miss a workout. In fact, everyone will at some point. It's not the end of the world. Really. Just make sure you get the next one done.

4. Forget your workout routine; just challenge yourself.

You may not have time for your full routine, so don't do it! Exert yourself for 10 minutes if that's all you have. Your body responds to the challenge of exercise, not to the amount of time you spend doing it.

5. Focus on what you can do, not what you can't.

It's not about what you don't have time for it's about what you make time for. This year focus on what you **can** do instead of what you can't. Look for solutions instead of repeatedly dwelling on the problems and obstacles.

6. Ask yourself, "Do I really have to _____?"

There is likely something that you tell yourself you "have to" do that you don't. Maybe it's sending out holiday cards to everyone in your address book. Or maybe it's hosting the family at your house (again!) just like you do every year. You have more choices than you think.

7. Pick your top 5 favorite exercises

Write down your 5 favorite exercises – I'm sure BURPEES will be on everyone's list this year – and when you need a blast of movement, do all of them for 30 seconds each. It will be easier if they are bodyweight exercises, but you can use anything as long as they are your favorites.

8. Explore fun ways to get the family moving.

Family gatherings usually involve too much food and too much sitting around. Get everyone moving any way you can. Reinvent old traditions in movement-based ways. Instead of sitting around talking about what you're thankful for, have everyone share that while they're out on a walk together. Or a round of "Around the World Ping-Pong"!

9. Keep sugar off of your vegetables.

I love sweet potatoes. But not with all the brown sugar and marshmallows. Let there be no glazing of carrots this year. Sugar has no place on vegetables. There's enough sugar in your favorite dessert. This year, find ways to make side dishes that are both delicious and nutritious.

10. Remember that the holidays come at the same time every year

Your favorite holiday comes on the same day each year (for the most part). Those annual celebrations won't catch you by surprise, so there's no reason why you can't plan for them. Unknown interruptions to your fitness program like car trouble or sick children can't always be avoided, but when celebrations come every year there's no excuse. Keep at it and you'll get a little better each year!

November 26, 2018

Weekly Challenges

Physical:

Schedule a workout date with a friend this week

Nutritional:

Pack healthy snacks to keep at work, in your purse and in your car just in case

Behavioral:

Pay it forward

Self-Care:

Schedule a massage or facial for later this month

Workout of the Week (WOW)

10 x Sun Salutations

10 x Spiderman Planks (steps)

10 x Alternating Side Planks

10 x Pushups

10 x Prone Snow Angels

10 x Rocking (saw) Planks

10R & 10L Split Squats

10R & 10L Single Leg Deadlift

30 sec Wall Sit Hold

Repeat x 3

Did you know the average person **GAINS 7 lbs** through the Holiday season?

What if you could change the pace this year? Take control over your diet, your body and get healthy with a group of people who support you!





Don't forget to sign up for my Facebook Holiday Health Challenge. Dec 1- Dec 31st there will be a health habit posted daily. You must post a reply or picture in the comments that day. You must participate all 31 days to be eligible to win. I will draw a winner on January 1st. The winner will then have the choice of a free month of coaching or to attend one of my retreats for free. Winners may gift their prize.

Almond Snowballs

RECIPE COURTESY OF RACHAEL RAY

Yield: 18 snowballs (small scoop) 9 snowballs (large scoop)

65 Calories per serving, 7g Carbs, 4g Fat, 1g Protein

Ingredients

2 egg whites
Pinch coarse salt
1/3 cup sugar, eyeball it
1 1/2 cups, about 6 ounces, shredded coconut
1 teaspoon almond extract, eyeball it
1/4 teaspoon grated or ground nutmeg
3 tablespoons all-purpose flour
9 candied red cherries, halved
1/4 cup sliced almonds



Directions

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, beat egg whites and salt to soft peaks, then add sugar and beat again until peaks are stiff. Beat in almond flavoring. Using a rubber spatula or wooden spoon, stir in half of the coconut. Sprinkle in the nutmeg and flour, stir, then fold in the remaining coconut.
3. Using a melon baller or other small scoop, or working with 2 spoons, form 9 "snowballs" a couple of inches apart on each of 2 cookie sheets. Bake snowballs 12 to 15 minutes, until lightly golden. Remove from oven and garnish each snowball with half a cherry and a couple of slivered almonds. Transfer to a rack or serving plate to cool.