


Navigating Social Events: Stay Fit and Fabulous

Welcome to your guide for maintaining fitness goals whilst enjoying social events. This ebook offers practical strategies for making mindful choices without sacrificing fun.

 **by ouba fitt**



Meet Your Guide: Oubafitt

Experience

12 years as an online fitness coach helping clients balance social life with fitness goals.

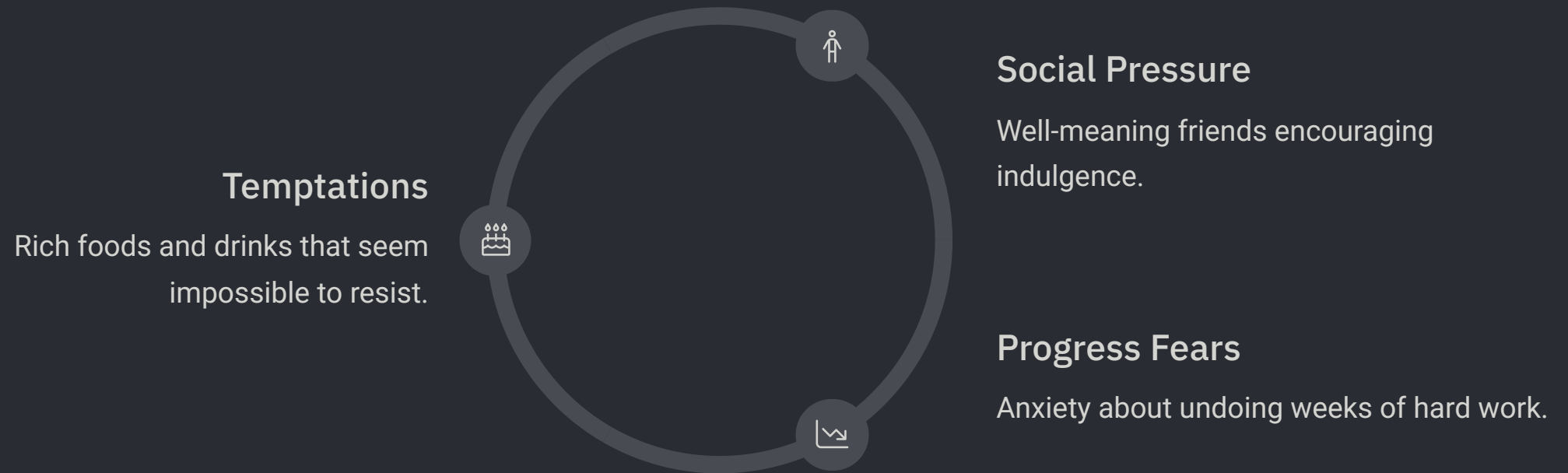
Success Stories

Transformed over 500 clients with personalised programmes that work in real-world settings.

Approach

Specialises in practical, sustainable strategies that don't require social isolation.

The Social Event Dilemma





Restaurant Strategy



Menu Research

Look at the menu online before arriving. Identify healthier options to avoid impulsive choices.



Start With Water

Order water immediately and drink a full glass before ordering food. This helps control hunger and portion sizes.



Appetiser Approach

Begin with a vegetable-based appetiser or salad to help fill up on nutrient-dense foods first.

Mindful Choices at the Buffet

1 Survey All Options

Walk around the entire buffet before making selections. This prevents impulse choices.

2 Prioritise Vegetables

Fill half your plate with vegetables and lean proteins. These provide satiety with fewer calories.

3 Use Smaller Plates

Choose appetiser-sized plates rather than dinner plates. This naturally limits portions.

4 Position Strategically

Stand away from the buffet table during conversations. Distance reduces mindless grazing.



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Savvy Drink Selections

Hydration Rotation

Alternate alcoholic beverages with water. This slows consumption and keeps you hydrated.

Smart Mixers

Choose low-calorie mixers like soda water with fresh lime instead of sugary options.

Set Boundaries

Determine your drink limit before arriving. Stick to it regardless of social pressure.

The Art of Social Eating

Slow Down

Eat deliberately, savouring each bite. Put your fork down between mouthfuls.

Engage Socially

Focus on conversations away from food areas. Social connection can be more fulfilling than food.

Listen to Your Body

Stop eating when you feel satisfied, not stuffed. Your body knows when it's had enough.



Dealing with Food Pushers



Graceful Decline

Say "It looks delicious, but I'm quite satisfied, thank you."
Maintain confident body language.



Offer Compliments

Redirect with praise instead of eating more: "Your cooking is amazing! I'd love the recipe."

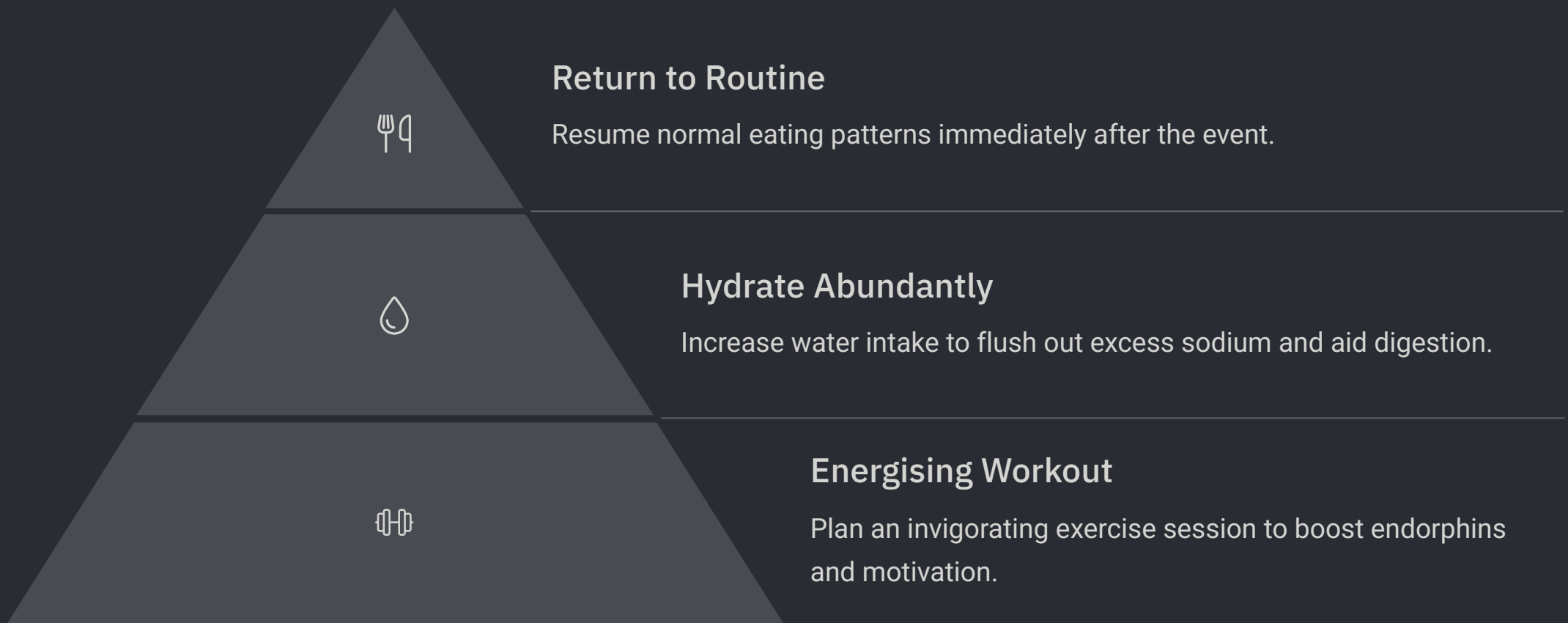


Prepared Response

Have a ready phrase that works for you: "I'm pacing myself tonight, but I appreciate the offer."



Post-Event Recovery





Remember: Balance is Key

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Single Event

One indulgent occasion won't derail your fitness journey.

80%

Consistency Rule

Following your plan 80% of the time allows for 20% flexibility.

365

Year-Round Habits

Daily choices matter more than occasional celebrations.