



HOLIDAY SEASON HACKS

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Ah! Tis the season, a time to relax, celebrate, and spend time with those you love! Sounds great right?

Of Course!!

However, if you are someone who has worked hard all year and seen great results, the holiday season can actually be a very busy and stressful time.

Travel, holiday parties and the disruption of your daily routine are all big hurdles that can easily throw you off track.

This does NOT have to happen!

To help you stay on track and continue to crush your goals, we have put together our holiday season guide. We hope you enjoy!!

Just because its the holidays does not mean you get to go off the rails and disregard all nutritional advice. However if done in moderation the holidays are a great time to pull the reigns back a bit and enjoy some quality time with friends and family.

SETTING EXPECTATIONS/ HAVING A PLAN

One of the most important things to start with is setting expectations and coming up with a plan on how you want this holiday season to go.

There are two primary ways you can look at it. Both can be successful and both have a lot to do with your individual scenario.

1. The path of the Straight and Narrow - If you are looking to stay on the strict side of things this season, planning ahead will be crucial for your success. This can start with getting a rough idea of family events, parties, travel schedules etc. and coming up with a strategy to have meals prepared ahead of time to make those tough decisions easier and to make sure you are sticking to the schedule.

2. The 80/20 Rule - If you know trying to stick to the above plan amongst all the chaos of scheduling, travel and family events will actually cause you more harm (stress) than good. Having a slightly more lenient approach might be the better option. Just like the above having a rough schedule of events will be a great idea so that you can mentally prep for times when you are more in control vs. times when you may not be.

HOLIDAY MEAL STRATEGIES

EATING ON THE ROAD

If you know you will be traveling during the holiday season. Having some basic guidelines to follow will really help keep you in check. We like to stick to the following...

Protein Comes First - The first question you should ask when stopping to grab something on the road is how can I get in 25-40g of protein. Protein is vital in helping you feel full and should be the base of each meal. This can mean adding extra chicken or steak to your salad, or finding a bag of beef jerky, some hard boiled eggs, or almonds if you're stuck at a gas station.

Earn Your Carbs - We like to look at carbs as a fuel source for performance. So, unless you are planning to workout on the days you are traveling, we suggest trying to go lower carb and higher fat. Processed carbs can cause rapid spikes and drops in blood sugar and insulin which can lead to storing body fat.

Fill Up on Veggies and SOME Fruit - Fruits and Veggies contain a lot of the micronutrients and fiber our bodies need and are always healthier options when traveling. *Just be careful not to overeat in the fruit department. Even though it may be natural, fruits still contain sugar which can cause similar effects to eating the carbs mentioned above.

HOLIDAY MEAL STRATEGIES

Cheat Meals

If you've been committed and want to enjoy a cheat meal this holiday go for it!!

Cheat meals are an important part of a healthy lifestyle and can help create a much more sustainable approach to food and nutrition. Going 100% strict on a diet/ nutrition plan for long periods of time can become very draining mentally. This often leads to a mental breakdown in which we go way off the tracks and overcompensate for being strict for so long.

Having a cheat meal over the holidays can create just the right mental break from the stress of a strict routine and allow you to sustain your new lifestyle changes on a much more long term plan. Which we all know leads to better results over the long term.

For Cheat Meals we recommend trying the following guidelines (See next page).

HOLIDAY MEAL STRATEGIES

Cheat Meal Guidelines

Low Carb + Low Fat - On the day you know you will be having a cheat meal going low carb and low fats leading up to the meal, will allow you to afford the excess of calories you may consume during the cheat meal.

Make Sure it is a Cheat Meal NOT a Cheat Day - These are two very different things and it is important to get right back on track with your normal routine. This will prevent you from falling into bad habits. A general rule of thumb is keep the cheat meal between 1-2hrs. (This helps to prevent multiple blood sugar spikes and lows.)

Earn It - If you have the ability to get a workout in that day, DO IT. Working out not only helps to burn more calories, but also primes our body to put that cheat meal to good use. Thus preventing the storage of excess calories as body fat!

Drink More Water - Studies have shown that thirst and dehydration are easily mixed up with the feeling of hunger. Drinking water (8-16oz) at each meal will help to prevent this confusion and prevent overeating.

Alcohol - Research has show that alcohol is usually associated with an overconsumption of calories. So, If you are going to be drinking try to keep it to the same days you are planning for a cheat meal and keep it within that 1-2hr window. Try and AVOID sugary mixers and stick to clear unflavored types of liquor.

TRAVEL WORKOUTS

For those of you that will be traveling during the holiday season, finding a gym that has what you need is not always the easiest. Not to mention trying to match/ fix your schedule so it works well with the gyms schedule can be more of a nightmare than a help.

In this case we have put together a handful of home workouts you can do to stay on track and keep smashing your goals. All of these workouts require no equipment and can be done in very limited space.

20 Rounds For Time
5 - Push Ups
5 - Air Squats
5 - Sit Ups

10 Rounds For Time
10 - Walking Lunges
10 - Push Ups

5 Rounds
200m Run
20 - Squats
10 Burpees

For Time
50 - Burpees
75 - Sit Ups
100 - Push Ups
150 - Flutter Kicks

TRAVEL WORKOUTS

3 Rounds

1min Max Reps - Push Ups
1min Max Reps - Sit Ups
1min Max Reps - Air Squats
1min - Rest

5 Rounds

30s - Handstand Hold
30s - Squat Hold

For Time

10-9-8-7-6-5-4-3-2-1/
2-4-6-8-10-12-14-16-18-20
Burpees/ Sit Ups

15min AMRAP

10 - Push Ups
15 - Sit Ups
20 - Squats

Deck of Cards

*Flip each card and perform designated movement and the specified number of reps

*Face Cards = 10, Aces = 11

Hearts = Burpees

Diamonds = Mountain Climbers (4ct)

Spades = Squats

Clubs = Sit Ups