



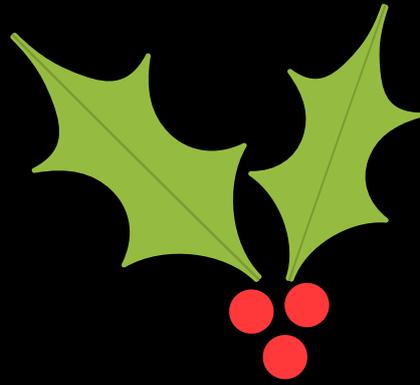
HOW TO

# NAVIGATE

*Christmas*

TO STAY ON TRACK WITH YOUR GOALS





**Christmas is a time we all get excited about; lots of social occasions, the food & festivities but with that can come a-lot of anxiety about the holiday!**

**This guide will help you to stay on track over the christmas period so you can enjoy your christmas!**

**Manageable tips, advice and support that will help you to manage the most wonderful time of the year!**



**Remember Christmas does not start on Dec 1st! It starts on the 25th December!!!**

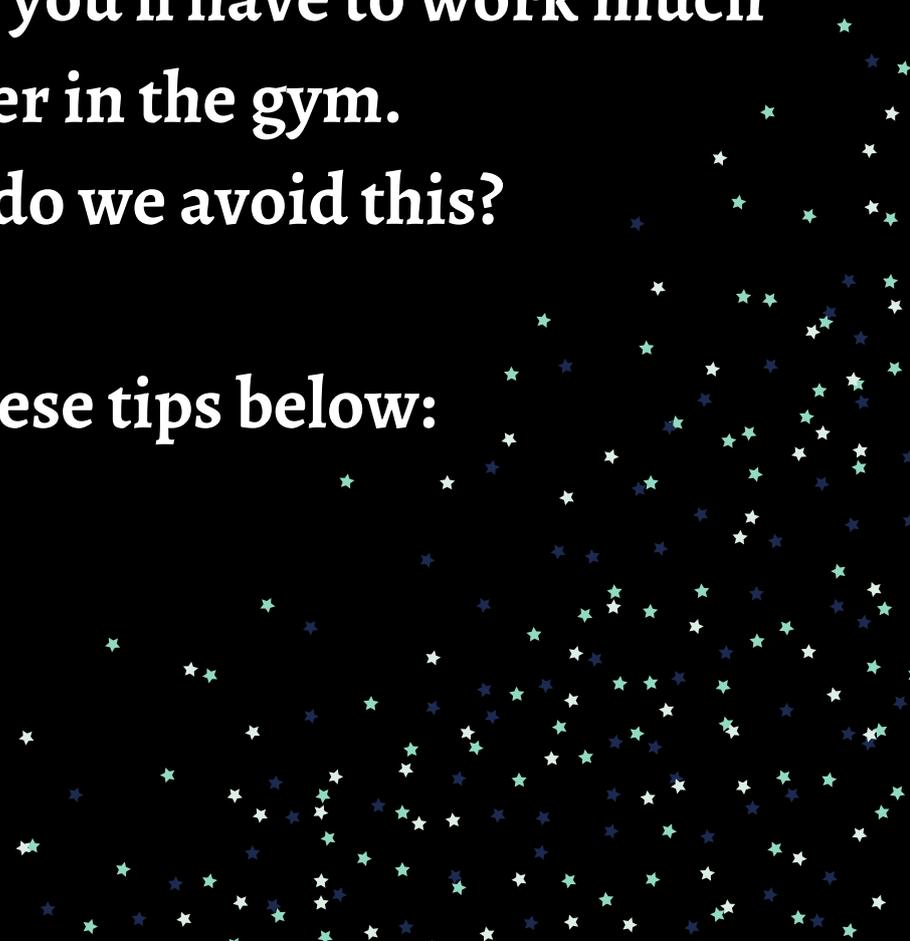
**It is easy to get caught up in making the excuse "because it's Christmas".**

**When really what people are saying is they want to overeat just because it's Christmas.**

**Trust me when I say this, do this and sure when Jan 1st hits you'll have to work much harder in the gym.**

**So how do we avoid this?**

**Use these tips below:**





**Think about how you can stay in control with all the celebrations & festivities!**



**If you are heading out to the work Christmas party keep your meals light. For example breakfast could be eggs on toast & lunch a simple chicken wrap. This gives you slightly extra calories to play with at dinner time but also won't mean you're starving for the whole day!**



**Try to make smarter choices when you are heading out. Use the time before hand to research where you're going, and make a lower calorie choice before you go. This gives you the control over the situation and prevents overwhelm/anxiety.**



**Overeating only happens when we eat mindlessly and have a lack of feeling in control. Ask yourself do I need those extra 3 alcoholic drinks? Do I want 10 biscuits with my tea? Try saying 'I don't want it' as apposed to I can't have it!**



**Try to cut back on alcoholic drinks! If the situation is unavoidable try to pick things that are lower calories! The chart will help you below in this guide!**



**Just because everyone around you is over indulging it doesn't mean you should! Many people like family and friend's who don't train or believe in a healthy lifestyle may peer pressure you to eat & drink more. Try not to give into this pressure and be sure to have something only when you decide! Your decisions= you being in control!**



## Top Tips For Eating/Drinking:

All the below applies to meals out and social occasions!

Remember Christmas dinner is basically a glorified roast!

Meat, potatoes & veg is healthy try to put these on your plate first!



Don't forget the basics and use your fist to portion your meal!

Ensure you have a glass of water when eating as this aids digestion helping you to feel less bloated!



Take your time to eat & chew your food!

Try to eat mindfully and with awareness there is no need to over indulge for no reason! Treat it as 1 meal which is exactly what it is!

Try not to worry too much about calories; 1 meal for 1 day is not going to make you fat or gain weight.

Allow 15-20 minutes once you have eaten before going for any more as it can take the stomach this long to send a signal to your brain to stop eating.





## Tips For Alcohol:



**Remember alcohol can be very dehydrating and empty calories i.e they provide 0 nutrients & take you over a calorie deficit very easily!**



**Below I have provided some charts so you can make more informed decisions and choices!**



**Remember for every alcoholic drink try to drink an extra glass of water, this also prevents dehydration & hangovers.**



**It's not unusual to get hangovers around Christmas try to get your normal sleep hours and take yourself out for a regular walk!**



**Be mindful to go for lower calorie drinks as this will help you to not go over your deficit drastically so you can still have the odd tippie here & there!**



**A day of having a few drinks here and there will not be too detrimental to progress but over time these things can contribute to added weight gain if not balanced or managed well.**

**Check out the below:**

# Alcohol



Champagne  
120ml  
**89kcal**



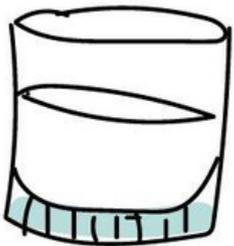
Gin  
45 ml  
**116kcal**



Rum,  
45 ml  
**116kcal**



Vodka  
45 ml  
**116kcal**



Whiskey  
45 ml  
**116kcal**



Wine 145 ml  
**White 122kcal**  
**Red 125kcal**

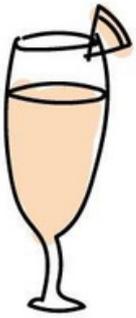


Beer  
355 ml  
**150kcal**

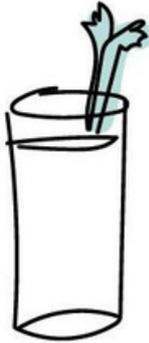


Coffee Liqueur  
45 ml  
**166kcal**

# Mixed Drinks



Mimosa  
120ml  
**75kcal**



Bloody Mary  
136 ml  
**120kcal**



Daiquiri  
80 ml  
**137kcal**



Mojito  
120 ml  
**143kcal**



Cosmopolitan  
74 ml  
**146kcal**



Margarita  
120 ml  
**168kcal**



Rum & Coke  
235 ml  
**185kcal**



Vodka & Tonic  
207 ml  
**189kcal**

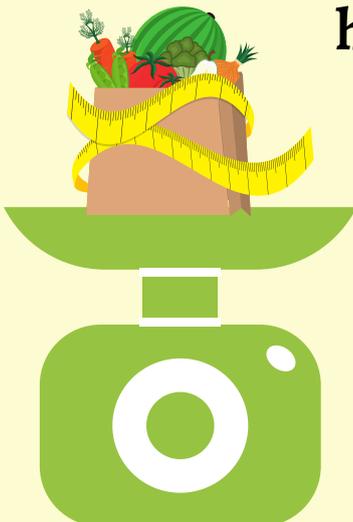


Piña Colada  
200 ml  
**562kcal**



## Remember The Basics:

- **Drink up to 3-4 litres of water!**
- **Get your 7-8 hours of sleep/rest!**
- **Always start your day as normal with no restrictions!**
- **Don't let one day become a whole week of indulgence!**
- **It's one day of the year, 1 meal isn't going to make you gain weight overnight! (we know weight gain happens over time)**
- **Don't worry if you are a couple of pounds up this will drop as soon as you hit the gym and get back to your normal routine!**
- **Try to stay away from the scales if you can!**
- **Once Christmas day is done go about your next few days as normal; back to x3 meals a day focusing on protein, carbs and fats with plenty of veggies & fruit!**
- **Complete regular exercise such as long walks or heading to the gym for training!**



**Consistency, dedication and routine!**

**All of these give you the results! We work hard in the gym to enjoy these special moments such as Christmas!**

**Get back into your routine as soon as possible, this way you stay consistent and it won't have a detrimental affect on your current progress!**

**By doing so you will stay on track, continue to contribute to your goals positively & you won't be having to start from square 1 when January hits!**

**If you lack getting back into routine you will find you will become sluggish, you'll lose motivation very quickly & you will find it harder to get going again!  
Nobody wants that!**

# **Finally...**

**Enjoy your Christmas!**

**Enjoy the food & festivities!**

**Most of all have fun & get ready for hard  
work when you return!!**

**I'm off to the beach!**

**Love Zo x**

