



“Holiday Survival Guide”

NUTRITION CHECKLIST

Use the following exercise checklist to stay on track during the holidays. For each of the 10 NUTRITION guidelines you meet in the outlined checklist below, you earn ONE point.

- If your goal is to maintain your weight during the holidays, then you MUST achieve at least 5 total points each week.
- If your goal is to reduce your weight and lose body fat during the holidays, then you MUST achieve at least 8 total points each week.

NUTRITION CHECKLIST	
<input type="checkbox"/>	Did you say NO at least 90% of the time when sweets & pastries were passed around the office or your workplace?
<input type="checkbox"/>	Instead of bringing a dessert or pastry dish to work for everyone to enjoy, did you bring something more healthy like a veggie or fruit platter with a healthy dip? Make sure it's festive - Use those green, red, orange and white veggies and fruits!
<input type="checkbox"/>	Did you skip the bread and breaded appetizers at holiday dinners and parties? Remember, bread and flour products are processed carbohydrates and often stripped of good nutrients
<input type="checkbox"/>	Have you told yourself that sugar and sweet treats will kill your health and fitness goals? Avoid eating sweet treats by eating protein: Curb Sugar Cravings with Protein
<input type="checkbox"/>	Did you eat healthy, balanced meals containing protein, whole carbohydrates and fats the day of a holiday party instead of starving yourself and "saving" your calories?
<input type="checkbox"/>	Did you stay away from alcohol at 90% of your holiday events? Remember: alcohol causes your body to store fat and not be able to burn fat, and when you add sugar to it, it makes it even more detrimental
<input type="checkbox"/>	Did you stick to mostly protein and veggies at holiday dinners and parties?
<input type="checkbox"/>	If you have to bake holiday treats over the next month, did you bake something low in sugar and high in fiber, protein and healthy fat? Remember that artificial sweetened foods are not any better. Stick with less real sugar or use Stevia and your body will look better.
<input type="checkbox"/>	If you can't exercise due to holiday commitments, did you keep your carbohydrate intake lower and focus mostly on proteins, vegetables and some fruits?
<input type="checkbox"/>	If you know you're going to eat more carbs than your body needs at a holiday event, did you plan this into a carb cycling routine? The day prior, eat a lower carb diet, and then the day following, eat a no carb diet - Give yourself an extra point if you also did a damage control metabolic resistance training workout



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Please note that all information shared is for educational purposes only. Please consult with your Doctor or registered health professional before embarking on or making changes to your exercise or nutrition programme