

## 12 Training Tips to try for Holidays and while Visiting family and Friends

By Jessie Adams

### 1. Never go to a party hungry!

-You eat faster, and you eat more when you're hungry. Fill up on something healthy before going to a celebration or event.

### 2. Keep Active!

-Something is better than nothing when it comes to traveling. You can find the time to do something. Plan a short workout of 10 or more exercises that you do for one minute each.

### 3. Keep an eye on portions!

-It's hard to refuse the fresh cookies or treats offered by family and friends, so take a tip from the French. You can mostly eat what you like, but make sure that the samples are small. That way you get to browse without expanding your belt.

### 4. Wear your running shoes!

-You never know when you will get the chance to get in a short walk or run. When everyone else is lounging or watching the television, take a 20 minute run or offer to walk the dog. Healthy and helpful, it's a great combination.

### 5. Try to Enjoy the Less Dangerous Foods.

-The biggest dangers during this time of year are the cheesy, the creamy, and the processed. If at all possible when browsing the buffet of holiday goodies, try to avoid things that are deep fried, cream based, and heavily processed. I'm looking at you summer sausage.

### 6. Visit or bring your loved ones when traveling.

-If you're traveling and have some resistance bands, take them with for a good mobile fitness tool. Now if you're staying with someone else, check the local area for gyms and ask if they accept guests. Home is where the Health Club is.

### 7. Say "No" to the regular Nog.

-Egg nog is a regular holiday treat as well as belt buster. We think it's due to being made from egg yolk, heavy creamer, and lots of sugar, but who can say for sure? Substitute this for a low-fat egg nog or even soy nog if you don't think this will offend your family's delicate sensibilities or holiday traditions.

### 8. Look good by appearing to do nothing.

-When you're just standing around, do some isometric exercises. Clench and hold your abs, triceps, glutes, or press your hands together for chests. This increases blood

flow to the target areas and helps increase muscle size. Plus it saves you from the uncomfortable looks of family members when doing active exercises such as jumping jacks in the middle of living room.

9. Fill your belly with the proper booze.

-it's the holidays and thus everyone's right (21+) to get a little tipsy and have some fun! Now if you think the hangover feels bad wait until you see your weight if you were chugging down beer, or cream and sugar based liquor such as Bailey's. Try dry wine or some spirits that are mixed with diet sodas. Alcohol calories tend to go right to the gut as well as make it even harder to lose weight if that's what you're currently trying.

10. Let loose your inner child.

-If you want a creative way to lose some calories, try playing with the children. If there is anything that can get your blood pumping and maybe earn you some brownie points with the relatives, its taking the kids off of their hands for a bit. Organize some type of sports activity for groups, or just chase and play with the little ones. Either way, you burn some pounds and feel better afterwards.

11. Drink more water!

-Ever notice how this is in almost every article for every magazine. It is there for good reason. All of the fun from drinking, and rushed panic from over consumption of caffeine will take its toll on you and dehydrate you. Drink up to help your body burn the pounds and recoup from your respective relatives.

12. Buy more stuff from Max Muscle. They sell the products that help you recover from the food and festivities, as well as help you hit the ground running when it comes to your New Years resolutions! Fill some zip lock bags with High 5, Max Pro, and Glutamine to stay on track for in between meal snacks.