



Key strategies for getting through holidays

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Some people struggle to manage body fat levels all year. That's usually down to laziness, lack of will power, or misinformation by the media.

However, there are also many people who are great when they're in a routine and in their usual environment, but fall apart during holidays. This can be holidays in terms of going away to somewhere hot and sunny, or holidays like Easter and Christmas which usually bring an abundance of food and drink at family 'get togethers' and parties.

This article will give you a crash course in holiday survival. Remember like everything to do with fat loss, it will still require a degree of will power and commitment!

Festival holidays

The truth is that if you behave yourself and train hard all year, it's not a problem to let yourself go at Christmas. In fact, it's something of a vicious circle in that if you have the mind set and willpower to do it all year there's no reason why you can't stay strong during the festivities. A mind set is a mind set and it doesn't switch off just because tradition says it's time to stuff your face like a pig! However, little things can be done to improve your chances of success!

- My family now know buying me Easter eggs or chocolate selection boxes at Christmas is a waste of time and money. Ask your family to either be more creative or just save their money! If you are given chocolate, keep it then give it to someone else. You stay lean and the other person thinks you're really nice!
- Don't buy chocolate in the first place. A lot of times people buy big chocolate boxes for the relatives who then all sit around nibbling them simply because they are there (my Aunty usually does this whilst complaining about how much medication she has to take for her diabetes. Go figure!)
- If you are in charge of cooking the Christmas meal, think carefully about how many people you are cooking for. You don't need to provide for the whole British army so don't over do it!
- If you're having a roast for Christmas lunch, use a roasting rack which will allow the meat to cook without becoming drenched in fat!
- Planning exercise becomes even more critical at Christmas time. Schedule in 3 x 20-30 minute sessions each week. Make sure you know when you are training, what you are going to do in that session then make sure the



intensity is high. Do all three and you won't need much more than 20 minutes!

- At the office party drink a bottle of water every third drink. I've also heard it said "Drink the first, sip the second, refuse the third".
- You don't have to get blind drunk at every party you go to. Don't worry about the inevitable banter – it will be forgotten in the morning unlike the hangovers and feelings of "why didn't I stop drinking at...."
- You don't have to go to every party! Because there is so much going on you can easily make your excuses and go to the most meaningful ones, the ones which will be most fun and the ones where all your friends will be there.
- Tell yourself you are going to eat one plateful and eat just one plateful. You know you don't need any more so just stay strong in the battle with your eyes and you will save hundreds of calories! If you want to eat more to avoid being rude, eat more meat and vegetables and go easy on the roasties!
- Restrict alcohol consumption at family parties. You don't need to get drunk to have fun with your family and friends (or maybe you do!). Think about the long-term goals and stick to a couple of glasses.

Holidays abroad

- Stick with what you know. Whilst it is essential to experience different cultures, eating different local delicacies all day every day when you don't know what they are is a recipe for inhaling calories! Most places will provide English menus which will help you stay on track but if they don't ensure you have a language converter handy so you can find the meats and dishes you are familiar with.
- Buy lots of bottled water. You know you should drink lots of water for general health reasons but it also helps you lose body fat by keeping your bodily functions working effectively. Don't get caught without water on holiday especially where local tap water is to be avoided.
- Set yourself rules on treats. For instance, you are only allowed an ice-cream every other day and always choose the smallest ice-cream cone, pizza size, glass of wine etc.
- When you're out at night every third drink, have a bottle of water instead of alcohol.
- As you won't be exercising as hard as when at home, reduce the amounts of carbs you eat from bread, chips etc. You don't need so much energy unless you're on an adventure / fitness holiday so don't pile in the calories from carbs!



- Just because you're on holiday doesn't mean you don't have to exercise. You will feel much better about sinking a bottle of wine if you have had a good swim or run during the day. It only takes 20-30 minutes and can be an excellent way to get off the beaten-track and see the local area.

Jon Le Tocq created the Storm Force Fitness concept which has produced amazing permanent fat loss results for people all over Britain. He is also co-owner of BodyClocq Personal Training, Nottingham's premier personal training company.

Check out his blog at <http://www.stormforcefitness.blogspot.com>

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