Holiday Survival Guide

Surviving the Holidays and Staying on Track

Most of us go into the holidays without having any idea or plan of how are we going to keep our fitness goals in check. We just throw away all our progress in a couple of months and try to restart in the New Year.
Since we all struggle with putting on unwanted weight during the holidays and also slacking off on our goals. I have put together this guide to help us stay on track with our fitness goals and to avoid having to restart on New Years.
Here are my steps to stay on track with my goals.

By Charles M Sanchez

1 Savor the Flavor

Choose one or two must-have treats and truly enjoy them. It's about quality, not quantity.

2 Stay Active

Incorporate physical activities into holiday traditions. How about a family football game or a post-dinner walk?

3 Be Selective

Go for protein and nutrient dense foods first and then opt for the things you like. This will make sure you don't overeat.

4 Quick Workouts

Short on time? Try high-intensity interval training (HIIT) to burn calories and build muscle efficiently.

5 Take care of Sleep

Prioritize sleep to maintain energy levels and aid muscle recovery.

6 Manage Stress

Take time for relaxation and mindfulness to keep stress at bay, which can impact your fitness goals.

If you want a more tailored approach to workouts, nutrition and overall accountability.

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