

11 Do's, 1 Don't And A STOP For Holiday Weight Loss Success



Top Tips To Implement A Successful Holiday Weight Loss Strategy

By Patrick McGuire
BSc, Nutritionist, CSCS

www.EmpoweredNutrition.com

Top Tips To Implement A Holiday Weight Loss Strategy

I got 11 Do's, 1 Don't and a STOP tip to make your weight loss and lean muscle body a success.

Ok so some of these are going to be simple, some obvious, some said before, some new and some just plain blunt and painful. You don't have to implement all the tips on this check list at once, but you do need to take action and implement a few to achieve your weight loss goals before the New Year's resolutions are wasted on yet another diet claim for 2010.

1. **“DO “- Eat breakfast** – this sets you up for the day and is all powerful in terms of weight loss and lean muscle building, especially over the holidays
2. **“DO “- Eat smaller meals more often** – Try to eat 5-6 times a day. Eat the same calories, just more frequently in smaller portions; call it grazing if you like. I bet you already eat 4-6 times a day, you just don't count the coke and chocolate bar as a meal
3. **“DO “- Eat Fresh** – The fresher the better. Fresh fish, meat, fruits and vegetables are best. Get them at their freshest as often as you can. Sometimes shopping at smaller market places are best for this as they get local farmers supporting them with fresh products often times daily
4. **“DO “- Eat Treats** – yeah you heard it here. Eat treats, but keep it in check. I have worked with some clients that just needed a treat daily, so we counted 31 pieces of chocolate and put them in a box for a daily treat. They had the choice to eat 1 daily or all in one sitting, but that would be it for the month. I think if you are 90-100% compliant to your game plan then a small daily reward can be factored in.
5. **“DO “- Eat Fruits and Vegetables** – they are packed with nutrients. There is this cool school of thought coming back into research and it is a pretty valid point. Eating lots of variety may be more beneficial in small amounts than eating lots of the same fruit or veggie. It's sort of like the theories of homeopathy or hormesis, it's quite compelling.
6. **“DO “- Drink plenty of water** – increase hydration, fat loss, energy, mental alertness, satiation, digestion

7. **“DO “- Portion Control** – watch how big your portions can get. Especially at restaurants, bigger plates, mean more foods and bigger bellies
8. **“DO “- Reduce Liquid Calories** – these are pops, sodas, fruity beverages, beer, wine and spirits. I am not saying cut them out, but control them and limit them so on the occasions you are going to indulge, then you can without hesitation as you will already be ahead of your holiday weight loss strategy
9. **“DO “- Keep a Journal** – Food Journaling is a huge business. You can get them online, offline, printed, digital, and many more. Hey they even have cool little iPhone and Mobile Apps for this to make it easier. Food Journals, help you track and create a more consistent eating pattern and change the way you think about food. Sure it looks a little OCD but its all about you and your goals, not the weirdo watching you journal your foods
10. **“DO “- Read Labels** – this is more on the OCD side, but it helps too. If you read a label of two similar soups, cookies, crackers or meals, you will be able to quickly choose the one that has fewer calories and better percentages or ratios of nutrients to support your fat loss goals. Reading = Learning = Results
11. **“DO “- Be Active** – sure this is obvious, but I don’t just mean go to the gym. Try to go for a walk 1,2,3,4,5,6,7 times a week. Park far and use the stairs to the office. Sure it will take more time, but worth it. Try walking the stairs to and from or during lunch break. Do a simple stretching routine at your desk 2-3 times a day, just 2 minutes will change the way your body looks and feels and your performance at work will benefit too.
12. **“DON’T” - Don’t Go Out on Empty** – yeah all this positive stuff had to get ruined by one DON’T. Sorry. Don’t go shopping or out to a party on an empty stomach. Eat a balanced nutritious meal pre event and fight off the cravings and subsequent binge eating of junk, sweets and treats.
13. **STOP** – There is a rather powerful technique you can use and that is the power of a STOP day. Brad Pilon author of [Eat STOP Eat](#) has a powerful theory that I use from time to time, especially before a bit EAT day and that is a STOP day. It’s that simple, just Eat STOP Eat for 24 hours and reap the amazing benefits of all the hormones and fat loss induced results of a STOP day. Think of it this way, the average male eats 3700 calories a day. A brick of butter is 1 pound of fat and a pound of fat is roughly 3500 calories. So if you don’t take in 3700 calories for a day and do burn 3500 calories from exercise that day or week, then you have a sure fire way to lose 1-2 pounds of fat a week.

A great way to ensure fat loss success is by following a game plan, check out this private link before January 3rd and **SAVE 50% on Your Personalized Nutrition Program** == > www.EmpoweredNutrition.com/PRwebSpecial

That's it, that is a simple holiday weight loss and lean body check list you won't have to make this year.

Have a holly, jolly festive season this year and remember to enjoy and embrace the amazing celebrations and feasts during the holidays.

Have an Empowered Thanks Giving, a Merry Christmas and Happy New Year.

Patrick McGuire
President, Empowered Nutrition Products Inc.

For more amazing tips, tricks and articles to fight fat during the holiday season and to learn how to **SAVE 50% on Your Personalized Nutrition Program**, visit this link before January 3rd, <http://empowerednutrition.com/free-holiday-fat-loss-download/>

