



focus_contributor.

FITNESS UPDATE

with **RACHEL LEMAN**
FROM MISS MOTIVATOR



TO SPLURGE OR NOT TO SPLURGE?

Welcome to the December Fitness update. With the festive season well and truly upon us I thought it would be a good time to discuss the holiday season and some of my best strategies to uncomplicate your health and fitness routines.

From my experience, people often sit in one of 3 camps, they either completely overdo it and let one overindulgence roll into the next completely sabotaging their progress, they deprive themselves all indulgences or indulge and then feel guilty about it and have the need to exercise away any perceived wrong doings.

I wonder where you sit with this?

I am a true believer of everything in moderation and that we all need a little indulgence in our life. Life is for living and

enjoying, so of course this includes having a little fun during the festive season.

It doesn't mean that you have to completely let your hair down and go all out for the months of December and January... because, Christmas is really only 1-2 days, your indulgence doesn't need to last for days or weeks. Here are my top tips to enjoy the festive season without the guilt;

“ I am a true believer of everything in moderation and that we all need a little indulgence in our life. Life is for living and enjoying, so of course this includes having a little fun during the festive season.”

Enjoy what the season has to offer, without judgement and guilt.

Move your body - Make a plan to keep to your regular exercise routine. During the holidays you might actually have more time or be visiting another location – why not try a different walking or running track, a surf lesson, bike ride or something different to keep things interesting.

Serve healthy options and plenty of veggies and salads at Christmas. In many homes the food is the main event at Christmas, and that's wonderful. Most of us leave the dinner table feeling over indulged ready for a nap. Try to serve yourself a plate with

50% veggies! Then add the other yummys around that.

Keep up the hydration – amongst all the busyness and indulgence of Christmas it's easy to drop the water intake. This can lead to cravings of sugary and salty foods – the ones we love to overindulge on. Keeping yourself hydrated will not only help to reduce cravings, it will also help your brain recover if you happen to have that extra wine!

Christmas is really only a couple of days – by all means enjoy, but don't let the party stretch out to a couple of weeks. If you follow the tips above you can enjoy a guilt free festive season that your body and mind will thank you for.

Why not pop in and see us here at Miss Motivator before Christmas and we can help to keep you on track.

Jump onto our website to find out more or download our eBook of workouts do while whilst on holidays. Merry Christmas and stay strong,

Rach x

