

CrossFit



HOLIDAY RESOURCE GUIDE PART 1

We realize that the holidays can be hectic. Often our personal health and fitness goals take the back seat to holiday parties, shopping, travel, and pure exhaustion. One cheat meal turns into 6 and a day off from the gym turns into a week, and then two. Before we know it, we haven't been to the gym in almost a month! Clothes are fitting more snug and we feel sluggish. We know we need a workout and a healthy meal, but instead we choose another holiday party and lots of holiday goodies!

New Year's rolls around and it is time for resolutions. Do you want to feel like you are starting over in the New Year? Don't let yourself get "out of control" this holiday season! Utilize the simple tips in this **FREE Holiday Resource Guide** and you will not feel like you are starting from scratch on January 1!

If you have worked hard to get where you are, this guide will help you maintain over the holidays. If you are just starting out and need to work out and eat better, this guide will serve as a springboard to a new healthier, fitter you!

Don't waste another minute! Read through part 1 today and get your plan of attack organized! You will see that this guide is not meant to deprive you of holiday fun! Rather than binging on holiday treats, enjoy them in moderation. Instead of skipping the gym altogether, do a quick bodyweight workout at home.

Let's get started! When everyone else is starting over on January 1, you will be feeling lean and energized ready to set goals to take you to the next level!

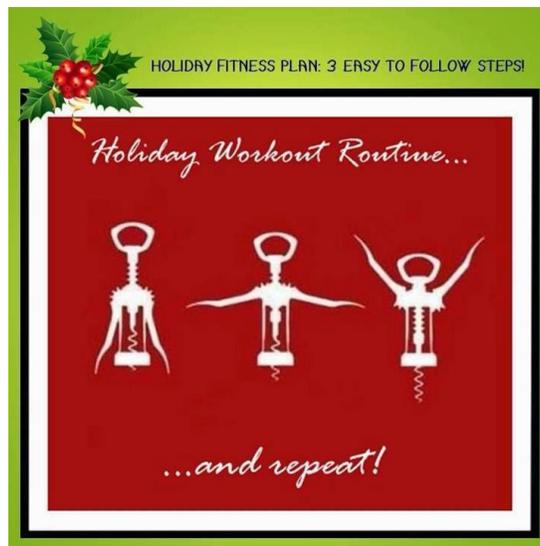
BTW: If you like this and want more, give us a call at 214-532-6599

APPROACH & NUTRITION

Its that time of year again... the 6 week period from Thanksgiving to New Years Day during which your time and focus is split so many different ways that it's difficult to maintain focus in your training and eating.

(For best results, read this section THEN do the workouts which will be emailed in part 2)

If this is your only workout plan for the holiday:



Then you need to make an appointment with one of our coaches immediately!

YOUR APPROACH TO TRAINING

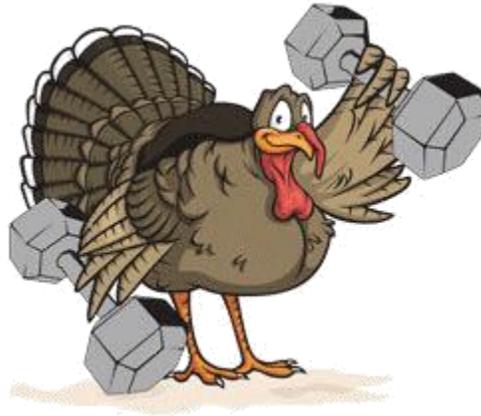


So, what are some of the ways that you can deal with this period - so that at the very least you have a plan that you are committed to (other than the default, “Whatever... it’s the holidays... I’ll get started again in January.”)

1. Give yourself a break. Literally. Identify a **2-week period between Thanksgiving and New Years that you are going to TAKE OFF** and really enjoy the holidays. Now to make this effective, it means that **during the other four weeks, you need to be as committed as ever to your diet and training.**
2. **STAPLE workout.** Identify ONE thing that is your staple. Something you like doing that takes almost ZERO effort. Commit to this on the days where normal training simply isn’t an option. Here are some ideas: **run, stretch, mobilize, burpees, push-ups/sit ups.** (My favorite is 100 air squats for time.) Once you’ve got the movement(s), pick a time domain and/or a rep scheme. Write it down. This is your STAPLE workout. Here are the steps to take to do this:
 - a. Choose 1, 2 or 3 movements (ex. Run, push ups)
 - b. Decide how much time you have (10, 15, 20 min)
 - c. Pick either “for time” or “as many rounds in x min” format
 - d. Decide a distance / reps for each movement
 - e. 3, 2, 1... GO!
 - f. **We will send out workouts in Part 2 of the Holiday Resource guide** so that you don’t have to think! All are designed to be fast and effective, and take no time to get started because they don’t require driving anywhere. You could even do it with another person to make it a bit more challenging.

3. Try to carve out some time for a **walk with family, a jog, hike, or bike ride**. I know, it's hard to consider "fun" activities like these actual workouts, but guess what... they are!! Relax. Enjoy. Have fun!
4. If you're even half human or you have kids, you're definitely going to be spending more time than usual in front of the TV (specials, movies, football, etc). Make this time your workout and/or **stretching/mobilization time**. It's very easy to SAY this, and then not get up off the couch when the TV's on. This will definitely test your commitment. Try this - NO couch or comfy chair... all TV watching must be done from the floor.

NUTRITION



The other half of the equation is the food choices you make over the holidays. Talk about a difficult time of the year to stay on a diet, **not eat sugar, stay away from desserts, cookies, treats...** it can seem almost impossible. Another problem... going to holiday meals/gatherings, **people tend to eat HUGE quantities of food** because the food is so good (Thanksgiving, Christmas, Hanukkah, New Years Day, etc). Last but definitely not least - **alcohol & other drinks... beer, wine, drinks, eggnog, holiday coffee drinks, etc.** Here are some suggestions for dealing with food over the holidays:

1. Give yourself a break... identify one event every week over this period that you'll let yourself go to and enjoy... Put NO limits on yourself for this event. Goal is to not be a total GLUTTON, and not get WASTED... but **give yourself a time-out from your normal disciplined eating**. Remember that for this to work effectively; you've got to keep yourself on track during all the other meals and events you're attending that week.
2. Pick ONE vice that you're going to allow yourself to have over the holidays - JUST ONE. Set your weekly limit... and then decide how you're going to allocate it over the course of the week. It should feel slightly challenging. For instance one glass of wine every day would NOT be much of a limit (unless you regularly have 2 glasses per day), however, 3 glasses per week might work.
3. Big dinners - while I wouldn't say you have to RSVP 'no' just to maintain your diet, it is a very good idea to go in with a plan. Two suggestions here:
 - a. **Never attend a holiday dinner hungry.** Eat normally all day prior to dinner... and then eat a healthy snack just before you go. It won't guarantee that you won't overeat, but at least it will reduce your chances of stuffing yourself.
 - b. **Pick one indulgence each dinner.** Allow yourself to have this... but be super strict on the other elements of that meal.

HOLIDAY RECIPES

Here are some healthier alternatives to satisfy those holiday cravings. These recipes have some ingredients that we do not recommend eating regularly, but they are ok as an occasional treat.

SPINACH ARTICHOKE DIP

<http://paleomg.com/4th-july-spinach-artichoke-dip/>

APPETIZERS

<http://paleomg.com/thanksgiving-appetizers-two-recipes-in-one-post/>

CAULIFLOWER CASSEROLE

<http://paleomg.com/thanksgiving-guest-post-primal-cauliflower-casserole-not-strict-paleo/>

BACON WRAPPED DATES

<http://www.paleoplan.com/2012/02-22/bacon-wrapped-dates/>

PUMPKIN BREAD

<http://www.againstallgrain.com/2013/01/19/guest-post-pumpkin-bread-paleo-grain-free-gluten-free/>

PUMPKIN SPICE HOT BUTTERED COFFEE

<http://healthylivinghowto.com/1/post/2013/10/pumpkin-spice-hot-buttered-coffee.html>

CREAMY RANCH DRESSING

<http://navitasnaturals.com/recipes/9458/Creamy-Ranch-Dressing.html>

SWEET POTATO HUMMUS (great for dipping veggies)

<http://www.wholeliving.com/133217/sweet-potato-hummus?center=136761&gallery=136037&slide=133217>

FROZEN GRAPES AND KIWI

Do you really need the recipe?

PALEO SPICED NUTS

<http://www.elanaspantry.com/paleo-spiced-nuts/>

HOLIDAY RECIPES

HARVEST CAKE

<http://roostblog.com/roost/harvest-cake-with-vanilla-cream.html>

USE THIS FROSTING FOR THE HARVEST CAKE (use grade B maple syrup)

<http://www.cooks.com/recipe/890oz1ld/maple-frosting.html>

FLAVORED DAIRY COFFEE CREAMERS

<http://deliciouslyorganic.net/homemade-coffee-creamer/#s.abxe64yzibiaa>

FLAVORED COFFEE CREAMERS WITH COCONUT MILK

<http://deliciouslyorganic.net/homemade-dairy-free-sugar-free-coffee-creamer-recipe/>

APPLE PIE BALLS

<http://paleoparents.com/featured/apple-pie-balls-nut-free-larabar-wannabes/>

HONEY ROASTED BUTTERNUT SQUASH

<http://www.janssushibar.com/honey-roasted-butternut-squash/>

COMMITMENT

Here's the deal. The ideas above are just that... ideas. You could make a case for them ALL 'sounding good', especially when just sitting here reading them. Turning any of them into action is quite another story... and it's the other piece of the puzzle. That said, prior to the start of this holiday period, read through these ideas and choose 1 from each category (Training / Nutrition) that you're willing to be committed to. **WRITE IT DOWN. PRINT IT OUT. HANG IT ON YOUR COMPUTER, ON YOUR BATHROOM MIRROR, ON YOUR REFRIGERATOR** - wherever you know you'll see it and read it.

To step it up another notch... choose a dollar amount you're willing to be accountable for if you DON'T do what you commit to. Also pick a recipient whom you'd rather not pay. Then if/when you don't do what you said you'd do, write the check. If you made it a large enough sum, believe me, you will start living up to your word.

**HAPPY
HOLIDAYS**

