

My Fitness Challenge To You

From November to early January our calendars fill up with all kinds of social events. Starting from Melbourne Cup long lunches, to end of year work parties, family Christmas gatherings and New Year's Eve celebrations. Maybe you're even planning a trip away. Come early January and we're ready to hit our Nye resolutions to lose weight and shape up. The bad news is that this extra kilo we have gained over xmas tends to stay with us, it adds to the 'weight creep' experienced as we get older.

Common excuses for holiday weight gain

- "I'm too busy to exercise."
- "I'm stressed over the holidays, so I eat more."
- "I have my work xmas function, my friend's xmas lunch, the family gatherings, then the Nye party and the list goes on. It's too hard to stick to a diet."
- "I'm on holidays; I don't want to deprive myself. You can't enjoy it if you are watching your diet and exercising."

These are just excuses. The truth is people don't put healthy eating and exercise as a priority. There is no reason why you can't enjoy yourself but still eat and drink sensibly while remaining active.

The first step is to change your way of thinking. If you expect to workout less, if you expect to eat more, then your subconscious will make sure that happens. You will put on weight!

Now let's look at the alternative to this scenario.

Make your resolution now... You will finish 2010 looking and feeling your best.

Change the thinking.

Your health is the highest priority in your life. You will enjoy your life better knowing your body is at its optimum. You feel awesome, confident, energised all when you look great.

Put this into action. Get it out of your head that you can't enjoy the parties and stay in shape at the same time. It is possible.

A healthy life is about consistency. What do I suggest over the next few months? Choose your priorities. Health is number one. You can't live a happy life without your health.

Maintain your exercise regime. Do not let this go. There are 24 hours in a day, 1440 minutes. You do have time for a 30 minute workout at the very least! Maybe go first thing in the morning, and then you can get back, have your morning shower and breakfast. You'll be set for the day. By getting in your exercise you are assisting in the balance of calories in vs calories out maintenance.

This still doesn't mean you can pig out on rubbish and binge drink every night but you can have your indulgences too.

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Choose wisely what you eat. What do you love? Don't eat everything because it is there. I repeat, choose only what you love. If you're faced with a cheese platter (high in fat) but feel indifferent towards cheese, pass on it. Save the calories for something else. Platter of fried spring rolls is the next one to make the round. Will you really miss out if you don't take one? Probably not. Be mindful of what you are doing and don't just eat for the sake of it. You may even find at the end of the day after a long lunch you didn't indulge at all.

For the rest of your meals, stick to healthy eating. Consistency wins.

Expectations become reality. Focus on what you want to achieve and not avoid. If you believe you can enjoy the holidays and stay in shape you will.

Back to the challenge...

You now know how you can avoid the weight creep these holidays. But let's go a step further. You will expect to finish the year in better shape than you are now.

Two months until New Years Eve. Ramp up the exercise regime and step up your healthy eating plan. Maybe add an extra high intensity workout to your week. Or add another 5 minutes to your current workout regimes. Go the extra mile. Do something different and see your body change. Set your expectations high and see how if you set your mind to something, believe in it and visualise it every day it will happen. You really can make a change to your figure in two months. Give yourself the best xmas present you possibly can. Invest in you and finish the year fit and fabulous.

“The person that works the hardest will always get the best results”