



M.A.N.E. Framework (13)

M – How To Stop Holiday Weight Gain Now
A - Accountability
N – Nutrition
E – Exercise

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M - Mindset

How To Stop Holiday Weight Gain Now

Let's be honest here, the majority of people are going to gain weight over their summer holiday unless specific actions are taken to prevent this. Almost all people go into 'Holiday Mode' and end up over consuming junk foods and excessive amounts of alcohol. Sure we have to 'have a life' but there's no point in going on holiday and regaining the half stone that you just worked hard over several weeks or even months to get off of your body.

Not only do people do this while in 'Holiday Mode', but they're usually already in 'Holiday Mode' before they even go on holiday (several days before, when they become 'too busy' with packing etc) and also often when they come back from holiday ('Oh there was just so much new paperwork on my desk when I got back') and it takes far longer than it could, to get back on track again and progressing into smaller sized clothes.

'Holiday Mode' is often the death of progress, at least temporarily. Some people don't even ever make it back after they've gone on holiday.

Temptations will be MASSIVE while you're away. If it's all inclusive, then the unlimited quantities of food and alcohol make things even more tempting than they would ordinarily be.

Here is what you can do to stop your holiday weight gain right now. I've broken it down to actions that you need to take at three time periods. These are before you go, while you're there, and when you're back.

Before you go:

- Find out what the food is likely to be like before you go. You may well find comments from people who have been in reviews sections.
- Be booked in for the sessions that you will do when you return from holiday, before you even set off.
- Promise yourself that you'll attend those sessions when you get back, or you'll be in danger of being 'too busy' and prolonging your period of stagnation or even weight gain.
- Plan how many desserts you will have while away, and stick to it. (Do you really need 2 per day?)
- Have a chat with partners/friends that are going with you and let them know that although you are definitely going to be enjoying yourself, there are certain things that you're not going to want to be doing because you've worked so hard to get to where you are now.
- Prepare something to remind you of how far you've come and how important your goals are to you. This could be in the form of a video that you can watch to remind yourself of why you're on this journey, or it could be a motivational pic posted as wallpaper on your phone or tablet, or even a motivational video recorded by somebody else. Not everybody likes to see themselves on video, so use a video made by someone else if that's better for you.
- Complete your holiday plan (below).
- Make sure that you have your finances in place to carry on your journey when you return.

While there:

- Watch your video or view your motivational images/quotes etc every couple of days to remind you again.
- You could post your meal pics while there for greater accountability. We have had a few clients do this recently.
- How about only eating twice per day instead of multiple times?
- Pile up the plate with veg first, then fill in the gaps with fish, meats etc if you're able to select what goes on your plate.
- Have potatoes in a form other than chips.
- Can you have the clear spirits while there?
- Skip some alcoholic drinks and have water or soda.
- Avoid any and all fizzy drinks other than sparkling or soda water, including those as mixers with alcohol.
- Choose not to indulge in all day benders. Have 'windows' of alcohol consumption instead.
- Do activities to distract you from drinking and eating. If you're swimming, you're not drinking. How about a game of tennis or table tennis? Jenga, Scrabble or anything else distracting.
- Beware of voices in your head giving you false justifications, such as "It's fine to have it, after all, I'm on holiday".
- Do a check in with the group via Facebook, half way into your holiday. Let everyone know how you're getting on. This will ramp up your accountability further, as you won't want to be on Facebook publicly telling people if you're gorging.
- Avoid kidding yourself on that 'doing a lot of walking' will counter balance all of the calories and sugar that you could end up consuming.

Smart Choices When Consuming Alcohol

Vodka/bacardi/gin with soda/sparkling water and pieces of lime/lemon/orange/cucumber.

If you're drinking during the day time, then how about keeping off of it at night? Or at least have a lengthy break part-way into the day. E.G. have a couple of drinks at lunch time and then take a break from the alcohol and resume again at 9 or 10pm. Do you really need alcohol the entire day, all the way through until bed time?

When back home:

- Stick to the sessions that you arranged prior to going, no matter how 'busy' you are when you get back. No excuses! Do not accept your own excuses or false justifications. Just get in and do it. As soon as you've done your first workout after holiday, you'll already be feeling better about things and will be more mindful about what you're eating.

My Holiday Plan

Now is your chance to put together your own personal holiday plan to put a stop to weight gain before it even begins.

I am due to go on holiday on _____

In order to continue with my progress or to at least minimise the gains, I will do the following:

You can keep this plan on your tablet, phone or even print it out, and take it with you. Use it as a bookmark and it will always be there while you're reading and perhaps having a drink at the same time.

Best of luck on sticking to your holiday plan on your upcoming holiday. You can do this, so get completing the plan