



I LOST IT AT THE CLUB TIP # 12

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Trainer Tip of The Week from Sheila Blackman

BALANCING HEALTHY NUTRITION WITH WORKOUTS AND YOUR LIFE

Now that you have committed to your group and you are on your way to reaching your fitness goals, then next step is to make all your new habits work within your life. This step is essential for long term success in keeping your weight off or for continuing to loose weight.

Here are a few tips to help you incorporate whatever nutrition plan you have chosen into your daily life.

- 1) Start by solidifying your plan for one meal at a time.
 - A) Begin with breakfast. First of all, eat breakfast. This will get your metabolism revved for the day. Choose foods that will sustain your energy all day long. Once you have several choices that you like and that will fit your morning schedule & preferences, move on to lunch.
 - B) For lunches, find 3 or 4 options that you can either bring with you or choose wisely from where you will be that time of day. Whether you eat in or out, make a plan for what works within your specific constaints. Don't make excuses for why you cannot do it, but instead, make a plan for how you can make it work for you. If you are willing, you will find a way.
 - C) Lastly, do the same for dinner options. Cooking in is always more predictable for keeping fats down and using measurable portions. But even if you are eating out, make choices that keep you within your plan. Change your mindset that might say eating out means eating whatever you want. Instead, start thinking of continuously choosing foods that sustain your energy and support your workout. For example, ask the restaurant never to bring the bread to the table. Consider a hot drink as dessert. Choose a lean protein and one carbohydrate – not 3 or 4 carbohydrates. Be careful to eat the same portions that you would at home. Just because they bring larger sizes doesn't mean you have to eat it. Some people even ask them to bring half portions and take the other half home. The important thing is to decide

ahead of time what your plan will be, and then stick to it. Choices are truly mind over matter.

- 2) Now consider your snacks. Keep good choices with you – either in your car or in your work space or in your cabinets at home. Keep them very manageable in size and consistency. This is where prepackaged or fruit size items are very convenient. Plan on having something with you that is in your plan at all times. This will avoid the fast food or quick snack at the gas station syndrome. Keeping something with you will alleviate the temptation to go off plan when hunger strikes.**
- 3) When you know you are walking into a situation where all the wrong foods are likely to be, then eat before you go. Even if it's a meal you are going to. Not being hungry will help you keep those extra calories from creeping in. If you have to bring something, make it something on your plan that is healthy – your friends and family may appreciate the gesture on their behalf because they too are often struggling with how to eat healthier.**
- 4) At the end of the day, when you want to munch absently, plan on fruit or a hot drink to close your taste buds. Another very helpful tip at the end of the day is to brush your teeth early. Usually, you don't want food after you have brushed. Try it – you might just surprise yourself.**

All of these habits will help you stick with your newly formed choices. Healthy nutritional choices last for life!!!! Keep making those choices and your success will be permanent.

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