

Six Tips for Getting in Shape Before the Holiday Season

By Shondelle Solomon-Miles

The holiday season is around the corner. Is your body ready? After all, the average American gains 8-10 lbs between Thanksgiving and New Year's. If you would like to get a head start on your New Year's resolution and prevent holiday weight gain, here are a few fat loss tips to help you get in shape before the holidays get here.

1. Believe You Can Achieve!

Without 100% unyielding belief, you will never permanently achieve your weight loss goal. If you believe that getting in shape is hard, or that you aren't motivated to eat "right" and exercise consistently, then your actions will NEVER support your intentions. Believe you can do it, apply the right information, and take consistent action, and you WILL transform.

2. Avoid Weight Loss Scams & Gimmicks

The weight loss industry is a multi-billion dollar industry driven by profit and not by the delivery of safe, permanent results. Therefore, please stop spending your hard-earned dollars on quick fix solutions, and think about this: If there was a successful "quick fix" weight loss solution, everyone would be using it and 2/3 of our population would not be overweight or obese.

3. Do 3-4 High Intensity Cardio Workouts a Week

Cardio increases your metabolic rate so that you burn more calories throughout the day, even while resting. Five- to 30-minute sessions of high intensity cardio, three to four times a week is enough to raise your metabolism and help burn calories, not only during your workout but for up to 48 hours after. Choose cardio machines that get more of your body moving. The more you move your body, the more

calories you burn. The Stairmaster, biking, and running on the treadmill are all good examples of intense cardio that will move more of your body.

4. Lift Weights at Least Three Times a Week

If you're trying to lose weight and/or reduce body fat and you're not lifting weights a few days a week, you're missing the boat completely. Muscle is your metabolic machinery. Fat is burned in your muscles. Therefore, the more muscle you have, the more calories, or energy, you are able to use. To effectively burn fat and boost your metabolism, focus on working larger muscle groups, like the legs, back and chest.

5. Eliminate Processed & Packaged Carbs

It's easy to blame weight gain on carbs, but the truth of the matter is that humans have been eating carbohydrates since the beginning of time, and we haven't always had the weight problems that we do now. The problem lies in the quality of the carbohydrates that we eat. To transform your physique, eliminate all white flour and simple sugar from your diet, and consume predominantly whole grains, beans, vegetables, fruits and lean proteins.

6. Eat Five to Six Smaller Meals Each Day

Frequent eating keeps your metabolism running smoothly and efficiently. Eating one or two larger meals each day will cause your metabolism to slow down. If it's not presented with food more often, it doesn't burn through it as fast. Skipping meals will cause your body to hold onto stored fat as a defense mechanism. Your body isn't sure when it's going to get its next meal, so it conserves stored fat to use in case of future calorie needs. Frequent eating also curbs cravings and minimizes overeating. Your meals should consist of high protein (chicken breast), complex carbohydrates (brown rice), and vegetables (broccoli).

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