

# HOLIDAY SURVIVAL GUIDE

How To Stay Healthy and Fit while  
Enjoying The Holidays







## Here is what you'll find in our guide which will help you stay on track over Christmas!

- Giving yourself a well-earned, guilt free break
- Fun ways to stay active, whilst still feeling relaxed
- Examples of small workouts you can do
- Nutrition advice so that you can still enjoy the tasty delights of Christmas!
- Planning to be successful
- Getting your friends involved for accountability

### My Story

My name's Amy Oldfield and I'm the owner of Empowered Fitness.

I have been working in the fitness industry since 2012, after taking a career change in my mid 20s. For me, helping people with their health and fitness is one of the most rewarding jobs on the planet. I simply love getting up and going to work each day!

But it hasn't always been that way for me and I have been many shapes and sizes throughout my life. I was the 'fat kid' at school, then I was the 'skinny kid', so I developed a negative relationship with my body and with food. Once I started learning about the benefits exercise and nutrition my outlook was transformed and I learned to treat my body with respect. Now I love what I have and my passion is in helping others to experience this too.



*(Me with my husband, Oli)*



“Empowered Fitness is a personal training studio in south Bristol and we specialize in helping people to lose weight. We work with people just like you every day who struggle with a lack of body confidence and self-esteem, but you’ve tried all diets under the sun and don’t feel comfortable going to a regular gym. You want to feel fit and healthy but you need the extra support and motivation. Through our unique training programmes we offer all the exercise, nutrition and lifestyle support you need to start living the life you want to lead. And our studio has been designed with you in mind. We don’t have rows of boring treadmills and cross trainers, there’s no gym bunnies judging you or mirrors everywhere you turn. Here we’ll simply teach you how to exercise safely and effectively, in an environment which is fun, supportive and unintimidating. And most importantly we’ll know you’ll love it here and if you don’t get great results, we’ll give you your money back!”

**Amy Oldfield**  
**Director and Personal Trainer**  
**Empowered Fitness**





## **PART 1. APPROACH**

It's that time of year again... the Christmas Season from November to New Years Day. This is a busy time of year that leaves you focusing on everyone and everything... except for yourself.

### YOUR APPROACH

No one is perfect. We are all human and not robots. It would be crazy to expect to stay on autopilot through the Christmas holidays and not even sneak some festive chocolates and wine! Cut yourself some slack... but not too much. This is the first and critical key to success over Christmas.

### KEYS:

1. **Give yourself a break.** Literally. Identify a 1 week period between December and New Year where you are not going to train. Seriously, take sometime and just relax and be ok with it. To make this effective, you must stay consistent and committed to your diet and training during the other weeks.
2. **ONE consistent '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: walk the dog, jog/run, stretch, mobilise, squats, push-ups.

**Once you have your movement, choose how many reps you will complete/how much time you are committing to.** Advanced Tip: Determine a few staple movements. Then choose a few, mix them up, and rotate them. i.e. Monday: 100 air squats; Tuesday: Walk 20 minutes and 10 push-ups

3. **Turn your normal workout time into family/friend adventure time.** How about playing some sport with a friend, maybe go to one of the indoor rock climbing venues in Bristol, or just head out for a nice family, winter walk! It can be hard to consider "fun" activities like these as actual workouts, but guess what? They are! Relax. Enjoy. Have fun!
4. **Use TV time as timer** - you're definitely going to be spending more time than usual in front of the TV (Christmas specials, movies, football, etc.). Make this time your mobility of stretching time. It's very easy to SAY this, and then not follow through. Enroll your kids or spouse to stretch or workout during the commercial breaks – keep it simple and just start.





## PART 2. NUTRITION

Christmas food, treats, and parties are a huge hurdle to staying on your goals.

Talk about a difficult time of the year to stay on a diet, not eat sugar, stay away from desserts, cookies, treats... I personally find it nearly impossible. In fact, I am human! I admit it, and it is impossible to stay regimented while still staying sane.

A big problem I find is going to Christmas meals/gatherings.

We all can eat crazy quantities of food; the food is just so good. And, last but definitely not least — alcohol & other Christmas beverages — beer, wine, fizzy drinks, and Christmas coffee drinks. The list NEVER seems to end!

**Here are some suggestions for dealing with food over Christmas:**

**1. Give yourself a break.** Heard this before?!

Identify one event every week over this period that you'll let yourself go to and enjoy. Do not put limits on yourself for this event. Be ok to go and enjoy it. To be clear, the goal is to not be a total GLUTTON on either food or drink, but to 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. Plan to be successful.** You do not need to RSVP 'no' or have a special diet created or be 'that person' that only eats the salad. What you need is plan. Here are my top 2 suggestions on how to conquer the 'big dinner':

- a. **Never attend a Christmas dinner hungry.**  
Eat normally all day prior to dinner. 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. Be strict on the rest of your dinners and eat slowly.



2. **Commitment.** Here's the deal — all the ideas above are GREAT... but they are just ideas. They all sound good. But when you put this down you need something to hold you accountable and to stay committed. I want you to be successful, not be another statistic. Choose one option below and commit to doing it.
- a. **Enroll a friend.** Create an accountability partner and send each other pictures of what you eat before each meal. You will think twice about the second helping you really don't need.
  - b. **Make a bet.** Use [www.stickk.com](http://www.stickk.com) and make a bet against yourself — whether it be for a goal or for staying on track. Put any funds towards a charity of your choice.
  - c. **Email us.** Seriously. Email your trainer! We will be happy to hold you accountable over Christmas and provide some insight into how to have your best Christmas ever. I have helped lots of people achieve their goals and I know I can help you.

## **CLAIM YOUR FREE WEIGHT LOSS ASSESSMENT :**

Think back to past Christmas holidays. What promises have you made to yourself? You'd be "good" through the Christmas holidays and not gain weight? You'd start on your exercises and nutrition programme on 1st January (or maybe 2nd January)? Have you failed to keep these promises to yourself despite your best efforts? If so, you're not alone! This is EXTREMELY common, and we're here to help!

One of the components that makes our programme so effective (and we talked about it above) is accountability — it's the missing piece for so many people!

### **Do you want to have anything like the below?**

So we want to invite you to stay accountable to yourself and to your goals in a special way this Christmas season...

For the first 9 people to respond, we are offering a completely free, no obligation personal weight loss assessment and goal setting session. That's 1 hour of one-on-one with a fitness and nutrition professional who can help you create your personal Christmas Survival Blueprint! To claim your spot before they're all full, simply fill out the form here: [www.efitbristol.co.uk/contact](http://www.efitbristol.co.uk/contact) or call us at 07874 656 422.

We can't wait to help you strategize on how to enter the New Year with your goals accomplished, or at least being a heck of a lot closer! You'll be ahead of the "resolution-ers", and you'll feel great about it! Spaces will fill fast, so don't wait to claim your free session!





[www.efitbristol.co.uk](http://www.efitbristol.co.uk)

07874 656422  
info@efitbristol.co.uk

Empowered Fitness  
Duckmoor Road Industrial Estate  
127 Duckmoor Road  
Southville  
Bristol, BS3 2BJ



facebook.com/efitbristol



@efitbristol



@efitbristol