

**Successful holiday guilt busting tips** can be as simple as keeping your normal staple items in the refrigerator. Making the decision to throw out the holiday left-overs and get back on the right track can be momentous and liberating ...A fit and fabulous first place physique in 2010 !!! So????? Where do we start??? Pull the garbage can up to the back door, open the pantry, refrigerator and cupboard and start tossing and pitching !!! GET RID OF ALL OF IT !!! You know the second you're tempted you'll find the hidden stash or pushing it behind the pickle jar won't help !!! LOL !! Something we've done in my household after holidays. Feed the homeless. Great way to help someone out and flatten our stomachs !!! Ok so now the deed is done. Time to head to grocery !!!

Not only do these methods apply to the Christmas and New year holidays competitors have pitfalls throughout the year, Birthdays, Cinco de mayo, Mardi gras, Valentines day, Easter Sunday and Super bowl Sunday. Lets not forget the summer weekend beach and lake trips. My point is that proper preparation will help you avoid the negative post cheat feeling both mental and physical. Nothing worse than coming off a weekend of good nutrition intentions gone south.. A couple of perfect strategies. 1. Go out with friends to celebrate- once the waiter takes away the plate , then its done ! 2. Purchase snack packs from convenience stores , fewer calories and the temptation for more is gone with the last chip from the big grab bag. 3. Don't let the one cheat meal turn into a full weekend blowout. Todays left over pizza delivery shouldn't turn into tomorrows breakfast. Managing holiday and cheat meal stress should be taken seriously and its important to not let it turn into self punishment.

Your holiday shopping list should also **include** these items ...

### **Fish- Tilapia , orange roughy ( sea bass)**

Ground chicken  
Fresh fruit ( Blueberries, Apples, Pears, Oranges, Grapefruits)  
Egg whites  
Turkey or chicken breast  
Skim milk  
Low-fat cheese, cottage cheese or goat cheese  
Low-fat or nonfat unsweetened plain yogurt  
Clear or broth-based soups or broths  
Unsalted nuts  
unsalted air-popped popcorn  
Sliced chicken or turkey breast or fish  
Ezekiel bread  
Muesli, whole grains or shredded wheat  
Nonfat cooking spray or unsaturated oils  
Lemon juice or balsamic vinegar  
Brown rice

Many of you have also heard me say that ***just because it says low fat doesn't always mean that !!! Its quite the opposite.*** "If a product is labeled 'reduced fat,' you can be sure that it's not low in fat, or it would say so. Reduced-fat products are often still high in fat – they're just lower than the standard version of the particular product." Stick to healthy fats like nuts, nut butters and olive oil. And always look for the highest fiber-content products – especially in breads and cereals.

AND DONT FORGET YOUR WATER BOTTLE!!!

Gregs Suggested reading. Dr. David Katz, author of The Way to Eat: A Six-Step Path to Lifelong Weight Control ( copyright 2004)

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"**Winners** are not made in the 12 weeks leading up to a show.....We have to make the most of your off-season!"