
INFERNOFIT



10 top tips to enjoying your holiday and not destroying your hard work to drop weight

1. Skip Breakfast (or another meal)

You can only put on weight if you eat more than you burn. And on holiday we normally eat loads in the evening (and drink) missing breakfast or lunch means we have more calories saved for indulging at night!

2. Be active (not exercise)

Most people won't go to a gym on holiday, but that doesn't mean you don't have to be active. Go for walks, have a swim, take the stairs where possible, play games on the beach, for the more adventurous go climbing. They all contribute to the calorie burn for the day meaning a guilt free Mojito later!

3. Drink water

Probably not the local tap water (and not the pool or sea) but bottled water. When we are dehydrated the body wants to store more fat to store more water, a bit like a camel! With the alcohol and hot weather becoming dehydrated is a common occurrence

4. Limit your carbs in Marbs

Bread is likely to leave you feeling full temporarily but then hungry again later. As tempting as it is, pass on the bread basket. If you go to a buffet, try and choose more protein (see point 5)

5. Protein is key

Most places have an awesome array of fresh caught sea food, and local meats. Add some salad or veg to a big plate of protein and you have a brilliant fat burning meal! This is an example of my choices at a buffet I went to recently, lobster, steak, oysters with a couple of different salads

6. Sleep in!

Sleep is your body's natural reset time, dropping stress and allowing your body to balance fat burning hormones! Holiday is a great time to get some rest and recover! Be careful as alcohol will stop you sleeping properly even if you are asleep for a long time!

7. Walk on the plane

Plane food isn't great for the waist line, not to mention the alcohol! Treble that with being sat down for hours and you have a recipe for starting your holiday off on a very sluggish wrong foot. Have a wander, and even go to the bar to get a drink rather than chair service. You'll burn a few more calories and help your circulation at the same time preventing the dreaded swollen foot syndrome!

8. Think what you drink

On the subject of alcohol, select your drinks with a little thought. What mixer will you have? Which cocktails are full of sugar? Do I have to double up? Can my next drink be water?

Having alcohol provides your body with essentially a source of carbs meaning you should then probably limit your bread, rice, potatoes etc in the evening meal

9. Eat till you are full

You don't have to overeat just because it's 35degrees! This is a sure way to pile on the pounds! Eat your normal portion sizes! If you go to a buffet like many breakfasts are nowadays, and there is sooooo much choice, fill up your plate with what you want, but only have one visit! Would you ever eat 2 or 3 platefuls of food at home? Would you do it 7 days on the trot?

10. Enjoy your holiday

That said enjoy your holiday! Have a dessert if you want one, take your time eating it and savour the flavour! Having too much of a good thing is true. You will stop enjoying the desserts as much! Have a break for a couple of nights and then have one, and guaranteed it will taste nicer!