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## ***SPECIAL HOLIDAY SURVIVAL GUIDE***

*At this time of year our exercise and good eating habits tend to go on a vacation of their own. Actually, this holds true during any busy, hectic time in our individual lives and all sorts of holidays (do chocolate eggs and marshmallow bunnies ring any bells?). Here are some ideas for having fun and eating healthfully (yes, the two can coexist) and several small tips with big impacts to get you through the tough times. Enjoy!!*

*Is there anything more important than your health?*

*Here's to **You**,*

*Amy*

*Amy Lundberg  
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## “How to Keep Fit During the Holidays and Beyond”

**Prepare.** If you arrive “starving” at a party, forget it. Plan ahead and prepare yourself. Eat a small, nutritious “mini-meal” before you go so that you don’t find yourself eating complete platefuls of high-calorie food that you may not even enjoy and will later regret.

**Prioritize.** If you’re at a buffet, use your first “party food plate” to select fruits and vegetables with special dip (remember to watch your serving sizes). Once you’ve had these low-cal, high-fiber fruits and veggies, you are more likely to enjoy the rest of the foods without overindulging. Why? Because you’ve filled up somewhat, and because you feel good about eating healthy foods, so it is unlikely you will splurge excessively.

**Be Picky.** In the office environment, boxes of candy sit on the corner of every desk, and baked goods abound for weeks on end. It’s good stuff! Enjoy. Just be *picky*. Ponder which high-calorie foods are your absolute favorites. Watch for them and choose them. If you would not normally absolutely *drool* over a food, it’s a good candidate to “take or leave.” In this case, work on “leaving it!” When those favorites aren’t around, your challenge will be to refrain from all the other (non-drool) things that are available and offered by well-meaning friends and hostesses. Be very selective. Decide which foods are deserving of the calories that you have to spend. In other words, enjoy the quality, not the quantity.

**Cut back on Added Sugar.** Try to reduce consumption of sugar slowly by decreasing the amount of sugar you add to your coffee or tea, and to abstain from soft drinks. Try substituting these drinks with seltzer or plain water. Check food labels for sugar and its equivalents—sucrose, high fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose, honey, and molasses. Avoid products where sugars are high on the ingredient list. And remember, you can try substituting high sugar candy and sweets during the holidays with homemade low-fat, lower sugar, high fiber cookies and muffins.

**Take a Commercial Break.** Make it a goal for one week to do 10 jumping jacks during the commercials of every television program you watch. Then, bump it up to 15 the next time!



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**Make a Small Investment.** Consider buying a jump rope. It's cheap, takes up little space, and burns tons of calories. Warm up beforehand and start slowly. Work up to five, one-minute intervals. Great for the office!

**Shop 'til you Drop.** During the holidays, and for days after, the malls are packed. Instead of circling around to find the closest space, make your goal to find the farthest parking space you can. Better yet, if you plan to shop at a specific store, park on the other side of the mall. Then, continue this new habit when the shopping season is slow. 'Think that's a waste of critical time? Think again.

**Same goes for Grocery Shopping.** In addition to parking far away, take your shopping cart to the car. Once you've unpacked the groceries in your car, take the cart back to the store. I do this now to make up for all the times I had small children with me and couldn't leave them unattended to return the cart! And, it doesn't hurt that I'm burning extra calories. (While on the subject, make sure you're comfortable outside in the cold weather, by wearing layers, a hat, mittens, and scarf. You'll feel better if you're not shivering and desperately rushing back to the car's heater. (Yes, that's one of the moves I'm working on, too!)

Staying open and flexible is the first key to achieving and maintaining your natural weight. When life is hectic, relieve yourself of the *All Or Nothing* mantra. Think **modification**. This strategy works year round, whether you're sick, on vacation, working on a big project or caught up in the frenetic pace of the season.

***Remember, life should be enjoyable!***

If you are interested in what *Lifestyle Fitness and Intuitive Eating Coaching* can do for you to achieve PERMANENT (*lasting, remaining without change*) results, call Amy for a **free** consultation. 218-846-1525



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## “Tips to Take Off the Pressure”

It is well-known that stress is the cause of many an ailment. With one of the busiest times of the year HERE, why not take a little of the pressure off yourself?

Here are some ways you can!

**Tone down Self-criticism.** When something goes wrong, don't beat yourself up. Remove all “should have” and “have to” thoughts and replace them with “I choose to... I desire to...I want to.” Remind yourself that you are doing your best and become conscious of the positive things you are doing. If you oversleep and skip a workout, you can always hit the walking route at lunch or take a walk before dinner. Or get to bed early and simply plan again to exercise the next morning. Have a back up plan ready for life distractions. The world did not (and will never) end because of one missed workout! Replacing poor habits with healthy habits takes time.

**Don't Demand so much of Yourself.** If you do, you will define success with standards you are unlikely to match. If you expect to keep up a five-day-a-week exercise routine while your other commitments have increased dramatically, you might be setting yourself up to fail. (“Why do anything if I can't do it all?”—this question is an example of the fatalistic, unhelpful “ALL OR NOTHING MENTALITY.”) You know yourself. What you can expect to achieve realistically during the holidays? Aim for the attainable, not the ideal.

**Dream Small.** You can reduce stress by limiting or reducing your obligations and goals. How do you get this perspective? Try thinking of something you plan to do during the holidays that you don't want to do. Perhaps it's something you normally do automatically. Overspending? Sending out hundreds of cards to people you hardly know? You fill in the blank. Then pretend your best friend is planning this action. What would you wish for her honestly? ***Take time to figure out your real beliefs. This small investment will help you make decisions that honor you and make the holiday season more pleasant.*** Just don't make this small suggestion a big deal—it isn't!



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**Study Cause and Effect Patterns.** If at 3:00pm everyday you find yourself snacking when you're not even hungry, identify what you may be feeling at that time. Are you bored? Stressed? Do you need a different kind of stimulation? Unless you're truly hungry, try to address this issue without food. You'll feel better mentally and physically. If you are hungry, plan ahead to feed this hunger appropriately.

**Include Your Loved Ones in Your Plans.** We all have multiple demands of many different stripes! Remember that in all your roles, you have opportunities to share in the tasks, the demands, the challenges. At home, I seem to always be fighting a battle between family time and "getting things done. How do you handle this balance? I try to recognize the three priorities that vie for attention:

1. Getting things done quickly/efficiently—this happens when my kids are busy and there are no other obligations.
2. Totally surrendering the idea of getting things done and spending time with my husband and kids, lazing around or doing something fun.
3. Involving the family in my projects—this means that they won't get done "my way" or as fast, but there's usually a high satisfaction factor for everyone.

How do you see yourself using each of these three strategies for your valuable time off?

**Be Flexible.** Be flexible with your workouts. These next few weeks may be very hectic. This is the best time to NOT get hung up on not getting all your workouts in. Look at your upcoming week and plan effectively. If getting all your workouts in is not feasible, *let it go and don't lay a guilt trip on yourself.* Working out one or two times a week will help you maintain your current fitness level. After the busy week or period of time, then pick up on the workouts and look back at how you allowed yourself to enjoy the holidays with less stress and more fun.

**Power Up.** Turn on your favorite music and jam through the housework. Pick up your pace up and down the stairs. Add some snappy moves while working around the house (just remember to pull the blinds first!). Seriously, the speed at which you move makes a BIG difference in calorie burn rate. A 60-minute fast-paced shopping spree will burn more calories than a leisurely 2-hour shopping "stroll." Map out your shopping trip so you know where you're going. Don't linger at the shop windows (or the food court!). . Not only will you burn lots more calories, you'll save



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money and time by not succumbing to those impulse buys! What a bonus! Use this same strategy with your workouts. Rather than skip them for lack of time, how about doing what you can in the amount allowed in your schedule and Power Up your intensity level

***Best Wishes for a Very Happy Holiday Season!***

*To discover the core cause of your weight problems and find lasting solutions individualized to your needs call Amy for a strategy session today to find the right way that works for you to make the necessary changes you know you need to make.*

*Call 218-846-1525 or go to [www.aimforfitness.com](http://www.aimforfitness.com)*

**"Your Secret Santa Bonus!"**



# December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Watch the weather forecast and schedule this month: <ul style="list-style-type: none"> <li>a 20-min walk outdoors when it's warmer</li> <li>time in a snowfall by yourself</li> </ul>						1 Consider which holiday occasions mean the most to you. Prioritize & eliminate the low priorities
2	3	4 Write an affirmation stating how you want this season to be for you & your family.	5	6	7 Choose bottled water today instead of your regular beverage.	8 1-2 hrs. before the holiday party, eat a nutritious snack
9 At each party, choose your absolute favorite holiday food and savor each bite.	10	11	12 Schedule an introductory yoga class (often free!)	13	14	15 Plan some exercises for those non-routine days next week.
16	17	18	19 Try just 10 minutes of exercise (anything!)	20	21 Acknowledge the religious traditions of friends of	22
23 Sing along with your favorite carols & music to keep stress down and breathe fully.	24	25 Flow with the hustle and bustle --be flexible with your workouts	26 Honor your moods & choose the people/events that make you feel balanced & happy.	27	28	29 If you're working, re-acquaint yourself with the stairwells & walking opportunities.
30	31					



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# January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Create intentions backed by planning & purpose. Other resolutions will fade.	2	3	4 If you've been thinking about praying, but haven't, make today a time for this quiet reflection.	5
6 Throw away magazines & diet books that give false hope and expectations.	7	8 When you begin to shiver in the cold, relax for three seconds. How does your body	9 Don't deprive yourself of a food you love. Instead, savor it and realize you're more powerful than a food item.	10	11 If you're "not the outdoor type," try layering up and heading out anyway. Make sure you'll be	12
13 Invite some friends to do something fun to start the new year on a happy note.	14	15 Become "super conscious" of what you say to yourself in thought about your well-being. Jot down what you learn	16	17 Rethink what it means to be part of a group. So what if you don't always eat or drink like "one of the gang?"	18 Take a <u>real</u> lunch break. Eat in a quiet place, savor your favorite foods, take your time, and breathe fully.	19
20	21 Use the cold evenings to enjoy performance art—book theatre or concert tickets.	22	23 Stretch like you haven't stretched for a long time. Do it watching TV? Breathe.	24	25 Today, drink ½ your body weight in ounces of purified water.	26
27 Act like a kid—stop eating when you're full, not when the portion is gone.	28	29 Do something imperfectly and ask, "Is this better than nothing?"	30	31		