

those HOLIDAY TEMPTATIONS *may* make you PAY LATER

from DAN'S
HAND



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Here we go again — just when you were becoming so focused on remodeling your body, the holidays sneak up on us again. Ugh! But the holidays should not be looked upon with trepidation; in fact, the holidays should be an opportunity to enjoy more foods and delicacies than you ever dreamed. How's that for a departure from the norm? A Sports Nutritionist telling you to feast and enjoy!

Well...not so fast! You can enjoy everything *in moderation*. The fact is, when you add variety to your diet, you bring in nutrients that may be essential for a healthier you; this is a very good thing. The healthiest people in the world eat a wide variety of foods. The ancient Chinese philosophy of eating 32 different foods everyday (and each day being different from the day before) has been proven to yield healthier, longer lives. But holidays, for many of us change the way we eat, and when we don't follow some simple rules, our performance goals can be submarined.

Facts

Statistics indicate that on average, people gain one pound over the holidays. The problem is most people don't lose it and year after year those pounds begin to add up.

Sugar alone has no fattening properties. We have been so conditioned to believe that sugar is the root to all evil and foods that have zero sugar will deliver us to the Promised Land. NOT! The simple truth is this: sugar is not the enemy. It's quite simply the overconsumption of it or the timing of it that adds inches to our love handles and hips.

If you adhere to eating a balanced diet day after day and suddenly you have one bad day, your body will be predisposed to store most of those extra calories as glycogen and not fat. It's when you make bad food choices a habit that your body makes a physiological adaptation to recognize all extra calories as fat.

It takes 3500 calories to add a pound to your body. If you stick to your normal diet and increase your activity levels (calorie burn) to match your daily indulgence, logic dictates no increase in weight.

Why?

Your body has constructed a whole system within itself to support those extra pounds. Connective tissue, enzyme counts, capillaries and more have been created slowly as you have been adding fat cells so your body could support those new fat cells. It's no wonder why fat is so hard to lose. Once it is created, your body has created a balance to support it and will always try to maintain that balance. It's called homeostasis.

Tips

- Stress can often make losing weight more difficult. Relax during the holidays and love who you are. It's not easy to continue to lose weight through the holidays, so aim for breaking even.
- When eating cookies, pies and cakes — foods that you know have added sugar — be sure to combine them with foods that will slow digestion (i.e. proteins, fat and fiber, usually derived from whole foods).
- Always leave a little on your plate.
- Everything in moderation — keep carbs to no more than 60% of total calories consumed.

Remember, it took years to add those pounds to your bod; it's gonna take years to take it off. Don't try and do it all at one time especially over the holidays.

So enjoy the holidays and enjoy the cornucopia of great foods that may tempt you; just remember these tips and you may avoid that extra pound that will be so stubborn to remove later.

Eat Well!

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