

THE HOLIDAY SURVIVAL GUIDE

ENJOY THE HOLIDAY SEASON
WHILE STAYING IN SHAPE



ELIZABETH SUPLEY, ACSM CERTIFIED PERSONAL TRAINER
OWNER, TINY FITNESS, HOUSTON, TEXAS
[HTTP://WWW.TINYFITNESSHOUSTON.COM](http://www.tinyfitnesshouston.com)

Table of Contents

Table of Contents	2
From the Author	3
About This Book	3
Emergency Kit: Super Quick Tips to Use Right Now!	4
Remember Your Goals	4
Make Your Next Choice	4
Get Away!	4
Holiday “Detox”	5
Weekly Workout Calendar/Tracker	7
Into the Wilderness: Psychology of Survival (of the Holidays)	8
Staying Motivated.....	8
The Present...and the Future (FOMO).....	9
Dangerous Animals	10
Mess Kit: Holiday Recipes and Nutrition	11
Five Strategies for Healthy Holiday Eating	11
Healthy Holiday Swaps.....	12
Mocktails.....	13
Field Rations	18
Traps and Snares.....	23
Survival Movement in Hostile Areas: Fitting in Fitness	24
Form a Team	24
Five Quick Workouts.....	25
Field-Expedient Medicine: Luxuries and Treats	31
Four Holiday-Approved Stress-busters	31
Combat Casualty Care (Beauty Treatments...and gifts!)	32
Return to Civilization: Life in the New Year	35
Celebrate Your Progress...Then Start Fresh	35
Setting – And Achieving – Goals	36
Staying Committed	37

About This Excerpt

This excerpt is just a sample of the 30+ page Tiny Fitness Holiday Survival Guide that will help you navigate the holiday season with your health and fitness goals intact.

Research suggests that the average American gains 1-5 pounds ([source](#)) during the holiday season – and that these pounds tend to stay even after the decorations are packed away. My hope for you is that these tips and tricks will help you make it through the season without becoming part of this statistic!

You don't have to read this from cover to cover – you can pick and choose as you go and find the tips that speak to you today. If you have any questions as you're reading, please feel free to email me at info@tinyfitnesshouston.com and I will do my best to reply to you as soon as possible!

While this book is written by a Certified Personal Trainer and the workouts and general nutrition advice contained herein are in keeping with the standards of this certification and generally believed to be safe for healthy adults, this book is not intended to provide or supersede medical advice. **Please consult your physician before beginning or modifying your fitness program.** By following the health and fitness recommendations provided in this publication, you voluntarily assume any and all risk of loss, damage, or injury of any kind whatsoever from the use of this advice and expressly waive any and all liability on the part of Tiny Fitness and Elizabeth Supley as the authors of this publication.

Copyright © 2014 Elizabeth Supley. All rights reserved.

About the Author

Elizabeth Supley, ACSM Certified Personal Trainer, is the owner of Tiny Fitness in Houston, Texas. She is passionate about fitness because she believes that good health is the foundation for a good life. Her fitness background includes instruction and coaching in dance, yoga, running, and many traditional methods of strength training and sport-specific conditioning. Elizabeth's current fitness passions include Zumba, TRX, aerial/acrobatic training, and sleep (hey, it's where the results are made!).

Emergency Kit: Super Quick Tips to Use Right Now!

Eat, drink, and be merry, they said...but maybe you're feeling like you've taken it a little too far. If you're convinced that Aunt Mildred has been priming you to be the entrée at the next family meal or wondering if your favorite jeans will forgive you for that last liter of eggnog, try these fast fixes that you can do right now to get your head back in the game.

Remember Your Goals

Take 5 minutes and check in with your health and fitness goals. If you have a vision board, look over the images that inspire you to create your best life. If you have a fitness mantra, reflect on why those words inspire you. If you have neither, consider taking the time to make one or both! Check out the Tiny Fitness [blog](#) for details.

Make Your Next Choice

Whether you slept through your workout (again) or devoured the entire cookie buffet, leave the past in the past and make your next choice a **healthy** one. Drink a glass of water, do a few squats, or put together a healthy snack tray – don't beat yourself up over your slip, just keep going in the direction of your goals!

Get Away!

Many holiday activities center around food – but there are so many that don't! The best way to take your mind off of the parade of treats is to get yourself away from them for a little while. There are many more suggestions later in this eBook to take you away from the unending holiday buffets, but here are a few ideas to take your mind off of the next slice of pie:



- Try a fun holiday manicure! Do it yourself or splurge on an outing – invite your female relatives for some good bonding time (or as a peace offering...)
- Make some gifts or cards. Exercise your creativity (see the next chapter for some gift-making instructions)
- Set a timer for 10 minutes and clean up. The holiday tornado blows through everyone's homes; take a little time to hang up those jackets somewhere other than on the backs of your chairs and display those greeting cards ("pile on the counter mixed with bills" doesn't count as a display, sorry) and you may even find yourself more relaxed afterward.

Holiday “Detox”

Check out the full version of the Holiday Survival Guide for the Holiday “Detox” meals, workout, and more!

Weekly Workout Calendar/Tracker

Keep yourself on track by planning your workouts and healthy activities for the week! Print a few copies of this page or make your own planner to make sure that you know when you will complete the activities that will help you reach your goals.

Sunday	Monday	Tuesday	Wednesday
Today, I will:	Today, I will:	Today, I will:	Today, I will:
Thursday	Friday	Saturday	 
Today, I will:	Today, I will:	Today, I will:	

Into the Wilderness: Psychology of Survival (of the Holidays)

Keeping your head in the game is key to surviving the holidays without suffering from the purported average 5-8 pound weight gain that befalls most Americans. Balance is key, friends! Sure, there are plenty of recipes and healthy tips in the pages that follow these next two, but will you follow them without keeping your motivation close at hand?

Always remember the big picture. The holidays will pass, you will still be on your fitness journey, and you will still have goals. Keep reaching for those goals even during this festive season!



Staying Motivated

I've already linked you to my motivation toolkit on the Tiny Fitness [blog](#). If you have time to complete any of these activities amidst the hustle and bustle (maybe make the vision board a family affair), they will definitely help you stay on track!

If not, here are some motivation shortcuts for the holiday season:

- Find a single image that reminds you of your goals and set it as your phone lock screen and computer background
- Try a pre-made holiday fitness mantra like: "Only the best", "Resolution head start", "10 minutes a day", "One more step", "Progress, not perfection", or "Ho ho how am I going to fit in my clothes if I eat more cookies" (ok...kidding with that last one)
- Commit to tracking your food at least 4 days a week (if you use MyFitnessPal, feel free to add me – **TinyFitnessES** – as your friend)
- Set aside 3 minutes a day to reflect on your goals and strategize for the next day's activities and healthy meals
- Get an accountability buddy at home, work, or both so that you will both be sure to stay on track with your goals (but don't slack just because your buddy slacks!)
- Sign up for group fitness classes and put them on your calendar so that you won't forget to attend
- Register for a 5k or other fitness event in January so that you have no choice but to keep up with your training
- Keep a pair of well-fitting but unforgiving pants handy (jeans, slacks, anything that doesn't stretch) and try them on throughout the week

Survival Movement in Hostile Areas: Fitting in Fitness

Your basic mission: commit to 10 minutes of activity every day.

You can walk or jog, do push-ups or squats, shovel snow (for my non-local readers...Houstonians, I will probably not believe you if you tell me that you shoveled snow), hula hoop, play a dance video game, or do any other activity that gets your heart pumping.

Form a Team

If you make fitness a group activity, it will become a natural part of the holiday season!

Some easy ideas:

- Take a walk to look at Christmas lights instead of driving. (Bundle up!)
- Play some touch football, soccer, or fake badminton. Rules and fancy setup are less important than fun!

The full version of the Holiday Survival Guide contains more than 25 additional pages of recipes, tips, personal trainer-developed workouts, and strategies for maintaining your fitness progress in the holiday season and into the new year! Email info@tinyfitnesshouston.com if you have any questions.

In health,

