

STARFIT

STUDIO

FITNESS

TIPS

TO SURVIVE

THE

HOLIDAYS



STARFIT
STUDIO

StarFit Studio Tips to Survive the Holidays: Cheat Sheet

1. Alcohol-

- a. Moderation is key.
- b. Watch out for high calorie mixers and drinks with a lot of sugar.
- c. Drink: Pinot Noir, Merlot, Pinot Grigio, some Rieslings, Rosé, Vodka Soda, Zero-calorie mixers, light beers (if you must).
- d. **Don't Drink:** sugary wines, high-calorie mixers, heavy beers.

2. Limit Glycemic Variability-

- a. Eat complex good carbs instead of simple bad carbs.
- b. If the food is white, and not a vegetable, it is likely a simple carb and bad (think wheat bread over white).
- c. **Good Carbs:** whole wheat, whole grains, vegetables, sweet potatoes, squash, pumpkin, brown rice, and quinoa.
- d. **Bad Carbs:** carbs are white bread, sodas, cookies, ice cream, pastries, and most dessert.

3. Continue to Exercise-

- a. Get into StarFit at least three times a week.
- b. Walks are great.
- c. Also try doing ten squats every time you walk through a doorway.
- d. Every time a commercial comes on knock out 10 push-ups or sit-ups.
- e. Do 30 seconds of exercise before an unhealthy meal, and a 15-minute walk after eating, to limit blood sugar spikes.

4. Use Smaller Plates-

- a. Control portions with smaller plates.
- b. Put healthy salads on your actual dinner plate rather than a separate salad plate.

5. Start with a Healthy Soup or Salad, and Chew Longer-

- a. Slow down your eating/ chew longer.
- b. When possible, start your meals with a healthy bowl of soup or a salad.
- c. Never mindlessly eat (i.e eat in front of the TV), try putting utensils down in between every bite, and mentally count in between every bite.

6. Get Hydrated!-

- a. People often confuse dehydration for hunger.
- b. It is recommended that women have about 2.7 liters of water a day (roughly 11, 8- ounce glasses).
- c. Chug a glass of water before your meals. This will not only help you to not confuse hunger with hydration, but it will also help you feel fuller.

7. Track Everything-

- a. We recommend our in-house Nutrition Counseling to get you started.
- b. Identify your caloric and Macro nutrient goals.
- c. Do food journaling with MyFitnessPal or pen and paper.

8. Have fun and don't sweat the small stuff-

- a. The goal with everything should be long-term lifestyle changes.
- b. Crash diets and quick-fixes don't work.
- c. Have fun!!!

StarFit Studio Fitness Tips to Survive the Holidays:

The holidays are fast approaching and with the holidays comes an endless supply of amazing food and temptations. We have put together a list of 8 tips to help you survive the holidays without ruining all of your hard work. And do not worry, these are tips that you will actually be able to follow while still having fun and living a normal life!

TIP #1

Let's tackle one of the biggest monsters first - Alcohol



The Quick So What:

For many, alcohol is almost unavoidable during the holidays, especially when interacting with certain relatives. We know what you are all thinking - StarFit is about to be lame/unrealistic and tell us not to drink at all. Well, lucky for you, we like to get after it just as much as the next person. The key to alcohol is **moderation...** when possible, and making sure you are **making the right choices when it comes to what you consume. Watch out for high calorie mixers and drinks with a lot of sugar.** We have put together a list of our favorite healthy(ier?) options when drinking.

For research purposes (the struggle we go through for our members), we tested a lot of different healthy options for alcohol. **We even partnered with a few of our favorite companies to get you all some pretty cool discounts.**

The Deep Dive:

Wine: Overall most wines are pretty solid options. Stay away from anything that is too sugary (Moscato and some Rieslings). For both red and white wine, the drier the better. Red is usually the way to go for overall health, but not necessarily if you are just worried about calories. **Some great reds are Pinot Noir and Merlot** (both usually come in at 150 calories or less a glass). **If you are going white, we recommend Pinot Grigio or some Rieslings** (both usually come in at 110 calories a glass). Lastly, before you ask, we list **Rosé as a decent option.** Not as good as a solid red, but better than a lot of whites (Rosé is usually around 140 calories a glass).

► A FEW COMPANIES WE LIKE:



DRY FARM WINES

 www.dryfarmwines.com/starfitstudio

Dry Farm Wine - Dry Farm Wine is a company that has curated some of the healthiest wines from across the world. Their wines are all natural and additive free and sugar free. The results are a great tasting wine that is lower in calories and actually claims to reduce the effects of hangovers. Dry Farm Wine is a subscription service where you can get a few bottles delivered every month or every other month. Use the link below to get a bottle in your first order for 1 penny.



FitVine - FitVine claims to be the wine company for people who like working out. They create their own wines and their wines are said to have less sugar, fewer carbs and calories, and no additives or GMOs. We do not have a discount code for FitVine, but we may or may not have them coming into to do some free tastings in the Studios in the near future ;).

 <https://www.fitvinewine.com/>



The Winery at Bull Run - Lastly, it is always great to stay local and if you are looking for one of the best wineries around, we recommend The Winery at Bull Run. We cannot say enough great things about their wine. Make a day trip out there and you will not regret it!

 <https://www.wineryatbullrun.com/>

Hard alcohol/ mixed drinks:

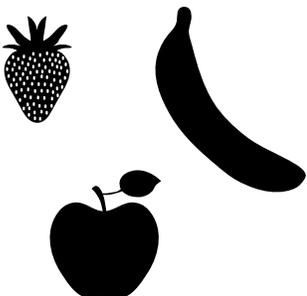
Most hard alcohols actually will not destroy your diet. The issue usually comes in with the mixers. We at StarFit are huge proponents of not “drinking your calories.” One of our most recommended drinks is vodka soda, with lemon and lime squeezed in to taste. We like Titos Vodka in particular, but there are a lot of good vodkas out there. A vodka soda will usually come in from 90-120 calories depending on the pour. Need a little more flavor? **Check out a new company called Be Mixed. They have created zero-calorie mixers that are amazing!** Some of their flavors include margarita, cucumber mint, and ginger lime. **Be Mixed gave StarFit members the code MIXITUP to save 20% on their first order (Yay!!!)** Two other drinks worth a try are White Claw and Truly. They are basically canned and premade vodka sodas that come in unique flavors.

Beer:

Last and least is beer. Of everything on our list beer is definitely something we recommend the least. But, we get it, some people “like beer,” and if that happens to be you we have some options. **Definitely stick with light beer.** Some of the better players in this field are Michelob Ultra, Budweiser Select 55, Miller Lite, and Bud Light. These beers are all below 120 calories a serving. If you have to drink something darker Guinness Draught is a great choice. It comes in at about 126 calories, but it does hit hard with 10 g of carbs.

TIP #2

Limit Glycemic Variability (Eat Complex Good Carbs Instead of Simple Bad Carbs)



The Quick So What:

Limit Glycemic variability - What does this mean in English? Certain foods spike your blood glucose levels. This can be bad for a lot of reasons, but in particular it can make sticking to a diet much harder. Replace simple carbs (processed, starchy and sugary food such as white bread) with complex carbs (whole wheat, vegetables, peas, and beans). **A great cheat that usually works is if the food is white, and not a vegetable, it is likely a simple carb and bad (think wheat bread over white).**

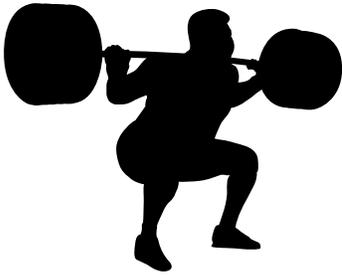
The Deep Dive:

Carbs have gotten a bad wrap (see what we did there) in today's world. The truth of the matter is not all carbs are bad. Carbs are usually the biggest energy source in most diets (except Keto). There have been proven benefits to reducing carbs, but more important than anything is replacing bad carbs (simple carbs) with good carbs (complex carbs). For a quick understanding of a very complex topic, carbs are turned into glucose (blood sugar) in the body and used as energy. Any unused glucose is stored in the liver and muscles as glycogen. **A bad carb (simple carb) burns super-fast in your system, usually lacks good nutrients, and spikes your blood sugar.** The follow-on response is an energy spike followed by a crash. Furthermore, your body starts to crave more carbs because you never got actual nutrients and your body craves the blood sugar spike again. It is a messy situation. Great examples of simple carbs are white bread, sodas, cookies, ice cream, pastries, and most dessert (BOOOOOOO!). **A good carb (complex carb) burns slower in your system, is usually packed with good nutrients and vitamins, and levels your blood sugar.** The result is energy throughout the day and a sense of fullness. Good examples of good carbs are whole wheat, whole grains, vegetables, sweet potatoes, squash, pumpkin, brown rice, and quinoa. So what of all of this is try to fill up on healthier complex carbs. This is not to say don't eat a piece of pie or dessert. But, keep that stuff limited when possible. Lastly, come dessert time, a great substitute for sugar is Stevia. Stevia has almost no calories and unlike other artificial sweeteners it does not appear to spike blood sugar (data is still developing). If you are a baker, there are lots of measurement conversions online showing ratios of Stevia compared to sugar.

TIP #3

Continue to Exercise

The Quick So What:



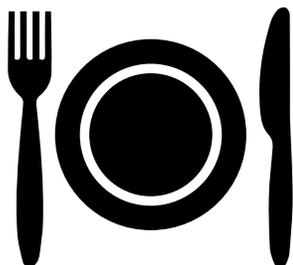
We obviously are biased to this amazing one-hour strength and conditioning workout in an incredible community called StarFit Studio. So, continue to get in here if you can as this workout will get you the best results. We get it you are traveling, and it is the holidays, you have earned some breaks. So, there are a ton of small exercise things you can incorporate in your day that will make a huge difference when you cannot make it into the gym. **Walks are great, and they are even better if you are doing them while catching up with family. Try doing ten squats every time you walk through a doorway. Every time a commercial comes on knock out 10 push-ups or sit-ups.** Small stuff like this will add up throughout the day, makes you feel better, and will not cut into the fun. Furthermore, the science behind it shows you just how beneficial it can be (more to come below).

The Deep Dive:

These small workouts pack a big punch. To start, if you do enough, you will burn an extra couple hundred calories. Who doesn't want that! More importantly, these workouts have actually been shown to control the negative effects of eating poorly and when timed right they actually limit that thing we talked about earlier called glycemic variability (say what!?!?!). Yup, you heard right. In short, if you know you are going to be eating unhealthily, fitness expert Ben Greenfield recommends there are two things you can do to mitigate the damage on your system. The first is right before you eat do 30 seconds of an exercise. Air squats are great because you can do them anywhere and will not be a sweaty mess when sitting down for dinner. Next, follow your meal up with a casual stroll. As little as 15 minutes will do. Both of these things have been shown to help limit blood sugar spikes.

TIP #4

Use Smaller Plates



The Quick So What:

Sounds simple, and it is. If you use smaller plates when serving yourself, studies have shown you will eat less. Over eating is often times more mental than physical, so trick yourself into believing you have more food than you do. You do not have to be eating off of a tea saucer, but smaller is better. **A quick tip; put healthy salads on your actual dinner plate rather than a separate salad plate.** This immediately shrinks the room available on your plate and helps you to fill up on healthy greens.

The Deep Dive:

Would you believe it if we told you that according to the American Diet Association (ADA), the average dinner plate has grown over 36% since 1960. That is crazy! Along with the increase in plates has come a drastic increase in portions. The ADA calls this "Portion Distortion," and they say it is a major contributor to the obesity epidemic in the United States (Wansink B, 2007).

TIP #5

Start With a Healthy Soup or Salad, or Chew Longer



The Quick So What:

Most people consume food faster than their body can register they are no longer hungry. It takes time for your gut to signal your brain that you are full. **In fact, it takes about 20 minutes for your gut to fully signal your brain you are full** (Spritzler, 2018). The result is people eat well past the point of being physically satiated. **One of the best quick fixes for this is to slow down your eating. So, when possible, start your meals with a healthy bowl of soup or a salad (Emphasis on the word HEALTHY!).** Soup or salad serve two purposes; first, they help to fill you up with nutrient rich foods, and second, they increase the amount of time you spend eating. The time it takes for your entrée to come out after your soup or salad will help give your body time to let you know it is full.

Another great trick is to chew longer. This is amazing for a lot of reasons. Chewing longer breaks up your food into smaller pieces and aids your gut in digestion. It also gives your brain more time to get the "full" message from your gut.

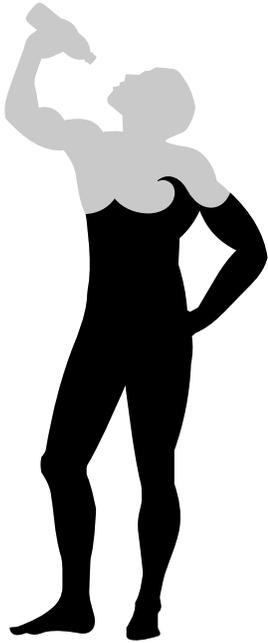
Lastly, some other great hacks are: never mindlessly eat (i.e eat in front of the TV), try putting utensils down in-between every bite, and mentally count in-between every bite.

The Deep Dive:

Hormones play a major role in hunger. When your gut perceives you as being full, your gut suppresses a hormone called ghrelin, along with some other anti-hunger hormones. The problem lies in the fact that it can take as much as 20 minutes for your brain to receive the signals from your gut. This means if you are a chewing machine, you are not giving your body the time it needs to tell you it is time to stop eating. Fast eaters are 115% more likely to obese than slow eaters. That's pretty telling. (Spritzler, 2018)

TIP #6

Get Hydrated!



The Quick So What:

Hydration is incredibly important in all aspects of health and fitness. Water plays a role in almost every activity in the human body. **Did you know that people often confuse dehydration for hunger?** It is almost impossible to tell the difference between being hungry and being dehydrated. This means some people are grabbing a bag of chips when their body is craving a glass of water. The solution is to first and foremost stay hydrated throughout the day. This may require you to carry a jug of water with you at all times, or meticulously track your intake, but it is worth it. This day in age there are apps, like MyFitnessPal, that allow you to track water intake. There are even water bottles that will tell you when to drink! The Institute of Medicine, Food and Nutrition Board, recommends that **women have about 2.7 liters a day of water** (Institute of Medicine, Food and Nutrition Board, 2004). This is roughly 11, 8-ounce glasses of water a day. **A great hack for all of this is to chug a glass of water any time before you eat. This will not only help you to not confuse hunger with hydration, but it will also help you feel fuller before eating and aid in hydration.**

The Deep Dive:

According to WebMD, being just 1% dehydrated can cause a significant drop in metabolism (Shaw, 2018). All it takes is 1% to interfere with the rate at which you burn calories. One study showed that people who drank water before meals ate on average 75 calories less per meal. That may not seem like a lot, but it adds up fast! Just 75 calories a meal added up over a year is 27,000 calories. That equates to about 8 pounds of weight-loss, just by having a glass of water before a meal (you are welcome)!

TIP #7

Track Everything



The Quick So What:

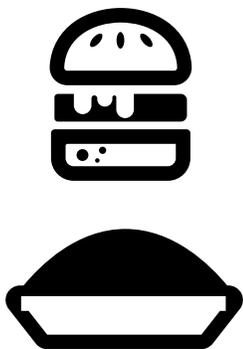
Study after study has shown that people who track their food intake are generally much healthier eaters. Just tracking alone will get you results because it allows you to actually see how much you are consuming in a given day. Tracking with goals in mind is even better. If you have your total calories in mind, along with macro nutrients (Carbs, Fat, Protein), you will get amazing results. **We recommend our in-house Nutrition Counseling service to help you with identifying caloric and macro nutrient goals. Another great resource for tracking and identifying caloric and macro nutrient goals is an app called MyFitnessPal.** It is free at the base level and allows you to track all of the foods you eat. It even has a barcode scanner, so you can scan the barcode of a box of food and it will automatically load the calories and macros (Fat, Protein, Carbs). Lastly, a great solution is just a good-ole-fashion pen and paper (how archaic!!!). It is so easy to forget how much we eat in a day, and studies have shown most people are not very accurate if they just try to recall from memory. Something as simple as a pen and paper will hold you accountable.

The Deep Dive:

There is a ton of data supporting food journaling. A Kaiser Permanente study involving more than 1,600 people found that those who kept a daily food journal lost twice as much weight over six months when compared to those who did not keep record. Recently, the Journal of the Academy of Nutrition and Dietetics, ran a weight-loss study with a group of women. While everyone in the study lost some weight, those who kept food journals shed six extra pounds (Sass, 2018)!

TIP #8

Have Fun and Don't Sweat the Small Stuff



The Quick So What:

Being healthy does not have to be miserable! It is okay to eat unhealthy things here-and-there, but moderation is key. When we say moderation is key, we mean moderation is key everywhere! If you start to get too extreme with any diet or workout, in either direction, you will likely not see good long-term results. **The goal with everything should be long-term lifestyle changes and not quick (likely to not work) fixes.** Eating healthy is almost all mental, so it is incredibly important to have an honest and friendly relationship with nutrition. If you are the queen of making mac-n-cheese, then dang it eat some mac-n-cheese. You have been busting your butt all year at StarFit and it is okay! In fact, we encourage it. If you have not been to the gym enough this year, no problem. 2019 is a new year and we will always be here for you.

The Deep Dive:

There are a lot of fads and crash diets out there. If it sounds too good to be true it likely is. Staying fit takes hard work! The key is having a good plan and being consistent. Crash diets and quick-fixes have been shown to lead to binge eating, and often actually lead to long-term weight gain. You should never be on a diet that requires less than 1200 calories a day, unless you are being directly advised by a doctor. Too little calories cause hormonal issues, issues with metabolism, binge eating, and a whole slew of other health issues. Things like Keto and Fasting can be beneficial but only if you are fully educated on what you are doing. Too many people read a single article and dive into super advanced methods. If you choose to do an advanced diet, then please make sure you have educated yourself properly. Many of these advanced diets can actually be bad for you if you are not doing them properly. A great place to start with this is with our in-house Nutrition Counseling. Knowledge and education make nutrition easier and more effective.

Disclaimer: Please consult your physician before making drastic changes to your diet or lifestyle.

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