

Celebrate

Like a Healthy Rockstar

1. 3 Days for one celebration: Yes the 4th of July is one day and it will be one celebration with friends and family BUT what you do the day before, the day of and the day after the 4th will keep you on target towards your goals. When your goal is to lose body fat, being in a calorie deficit of 500 calories on July 3rd and July 5th will essentially give you a 1,000 calorie buffer on the 4th. Now eating sensibly on the 4th in a 200-300 calorie deficit for the day will give you an extra 1,200-1,300 calorie bumper for your July 4th celebration.

Action Plan: Have your nutrition planned and prepared for July 3rd and 5th so that you are under your calorie budget by 500 calories. Plan breakfast and lunch (or just a mid morning brunch) so that you are satisfied but still have 800-1200 calories left for the day in your budget. Now you have created an 1,800 to 2,200 calorie deficit over these three days that you can use at your July 4th celebration.

2. Have a Plan! One of the biggest mistakes people make is they don't have a plan when it comes time to celebrate. This is where sticking to fat loss principles comes into play. Limit caloric beverages, get your protein and veggies in before anything else, eat slowly and once you are 80% full, put your plate away and get away from the food so it's out of sight, out of mind. If you stick to this plan and you have prepared like we talked about in tip #1, you will not only feel good coming out of the celebration, you will stay on track for your goals.

Action Plan: Write your plan out. The foods you want to eat, what your principles are to stick to, timing of eating and drinking, etc...Tell someone your plan so they can be your accountability buddy. Then talk to them about it at the party, check in with them and stick to your plan. How good will you feel about your execution!?!

3. Stop Making Excuses: This is about your mindset! Change the story you are telling yourself! Just because it's a holiday doesn't mean you throw all your healthy habits out the window. It also means, it's ONE celebration, not a 2-3 day eating festival. Once that celebration is done, get back to working on your healthy habits and keep working

towards your goals. Don't let one celebration turn into 3, 4 or more days of going off the rails and slipping back into unhealthy habits.

Action Plan: Get out a piece of paper or better yet, your journal and take 15 minutes to really figure out the following questions. What are your goals 6 months and 1 year down the road? Why do you want to achieve them? Who are you going to work hard for to achieve these goals? Yourself, your spouse, your kids? Now, focus on your why and who you picture as future you. What does that version of you look like and what would they do? Lastly, stop putting off improving your health, and start proving to yourself that you can do it. You'll start building integrity with yourself and success will build on success.