

SPINNING®



→ Training Tips

AVOID THE “HOLIDAY 10”

With the holiday season rolling in, many of us panic about weight management. In most places, the days are short, the temperature is cool and the appetite is huge. So what can we do to avoid those unwanted pounds that always haunt us into the New Year?

It is all about planning. How many people actually track their eating habits in comparison to activity output? Not many. For those of us who need a little bit of guidance, here’s some food for thought.

Make copies of this chart and use it as a tool for surviving the temptation of the holiday season!

DCN (DAILY CALORIC NEED)—It is very important to learn your DCN based on your activity output during the course of one week. Believe it or not, you may need more calories than what you’re consuming now.

WHAT WE EAT—Be specific with your journaling so you can monitor your actual food intake, avoiding any deficiencies and/or overabundance of particular food groups. Instead of noting that you had a muffin for breakfast, note the type of muffin along with the condiments and beverage that accompanied it.

WHEN WE EAT—Record the times you eat and ask yourself, how hungry was I? Some people who want to lose weight don’t succeed due to compensating for being over-hungry or simply eating the wrong things. Eat small, frequent meals and exercise! Feed your engine, your brain!

WHERE WE EAT—Were you at your desk, in front of the television, walking to your next destination, at a restaurant, at a party? It is very important to focus on eating and only eating. Why? We sometimes

focus on our immediate environment or activity and neglect to track our portion sizes. Think about the last time you consumed a whole pint of ice cream by the time the DVD finished playing.

WHO WE ARE WITH—Believe it or not, this is a huge influence on portions and the choice of food. If you are with a fitness enthusiast, you are more likely to make healthy food choices. Or, if you are watching Monday Night Football with your drinking buddies, that might have a different influence on your food selection versus a nice quaint dinner with your significant other.

HOW WE EAT—Hopefully we are able to eat at a reasonable pace so that we can give our brains a chance to register satiety. By understanding the length of time it took to eat, you can avoid overeating in one sitting. This is very important during the holidays because we tend to do more “grazing” at parties and in the office when sweets and fatty snacks are more readily available.

HOW WE FEEL—After you ate, did you feel tired, satisfied, still hungry, extremely

full? A good way to know what foods work for you and which do not is to listen to your own body. For example, if you are still hungry after lunch, maybe you ate too quickly or you simply didn’t eat enough. Consult a local nutritionist for a more detailed and tailored schedule to meet your own personal needs.

Again, it is very important to keep track using a food journal, not only for the holiday season, but until you feel confident with what works for you. During the holidays, take extra notes as far as how much control you had during those parties you attended, how many office cookies you think you snuck in without anyone noticing, and how many times you went to the gym. Remember, everyone loves the lights, festivities and holiday cookies during this time of year, so you are definitely not alone. However, it is up to you to know your limits and track your caloric input versus your caloric expenditure.

With that in mind, enjoy your holiday season and keep riding!

HOURS OF PHYSICAL ACTIVITY:		CARDIO:		STRENGTH:		STRETCH:			
WHAT		WHEN		WHERE		TOTAL CALORIES		HOW I FEEL	
YOU ATE									
YOU ATE									
YOU ATE									
YOU ATE									
YOU ATE									

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