

# Fit By Intent

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## Holiday Countdown

It is hard to believe but in two weeks we will officially be in the holiday season.

Studies indicate that individuals who are already overweight are more susceptible to holiday weight gain and that holiday weight gain is attributed to 51% of annual weight gain. 14% of the group examined gained over 5 pounds in a six week period!  
*Ref. Energy Metabolism Lab, USDA Human Nutrition Research Center on Aging, Tufts University, 58(12):378-9.*



## What You Can Do

Keep working your program or even ramp it up!



Start (or hopefully continue) strength/resistance training 3 times a week. Don't forget your cardio three times a week also!

Watch your diet. Beginning in October food is everywhere. It is hard enough during the year to stay on track, but the holidays are tied to warm emotions, memories of meals, and family. Co-workers and neighbors are baking like crazy. In addition to all holiday fare, factor in the time change, it is dark when we leave in the morning and return home, the weather is turning cold and

wet, is it any wonder we start to resemble bears in hibernation?

Continue working out. Get quality rest. Eat healthy and clean. Plan on the times when you partake in holiday fare – enjoy it, but keep it reasonable!



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