

Top Milwaukee Personal Trainer Shares 13 Diet Tips to Prevent Holiday Weight Gain

By Naomi Nazario

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Use this local Milwaukee fat loss expert's 13 diet tips to best prevent that dreaded holiday weight gain.

Local Milwaukee fat loss expert BJ Gaddour, CSCS, is the founder of Get Sexy Boot Camps, Milwaukee's premier fitness boot camps for men and women. He has helped countless people prevent the holiday weight gain that so many busy Americans succumb to at this busy and stressful time of year.

Gaddour claims: "There are a bunch of handy damage control diet strategies that you should employ to best prevent yourself from overdoing it at the dinner table this holiday season."

Use the following 13 diet tips below to allow yourself to stay social and to be able to indulge in moderation without splitting your pants before the New Year:

1.) Perform high-intensity activity before and/or after a big meal or holiday feast

Your body is most receptive to higher calorie and/or carbohydrate meals within 30 minutes before and within three hours following high-intensity activity. Ideally you would want to workout out before AND after a big meal, but if you can only do one, that will suffice.

2.) Do not fast in preparation for big meal or holiday feast

Fasting in preparation for a free meal will not only lead to overeating, but worse: overeating foods that are extremely high in sugar, fat, or both! Do yourself and your body a favor by eating every two to four hours as you normally should to prevent yourself from becoming a ravenous, fat-storing beast this holiday season.

3.) Do not gorge yourself

Eat until the point of satisfaction, not discomfort. Remember this: binge eating is not the habit of lean individuals!

4.) Eat a high-fiber, protein-rich meal an hour before a holiday event

A meal high in fiber and protein before a big holiday meal will help prevent overeating by making you feel more full which in turn means less calories consumed during the ensuing feast.

5.) Eat lean proteins and fruits and vegetables first

Make sure to load up on healthier food choices first and try to eat as much lean meat, fish, and fruits and veggies as possible at the start of each holiday event. This will leave less room for the unhealthier, higher calorie treats.

6.) Drink, drink, drink water

Water competes for space in your stomach and truly helps decrease appetite. For every plate you eat, try to drink at least 1-2 glasses of water. After that second plate, when you have 1 full liter of water in your stomach, I bet you might just throw in the towel!

7.) Do not eat again until hungry following a large meal

If your body is not used to eating such a big meal, then it will take a much longer time to digest all that food and the worst thing you can do is put more food into an already full stomach, unless your goal is to do the stop, drop, and roll drill. Only when you are hungry again should you resume your normal eating plan following a big holiday meal.

8.) Immediately resume your normal eating schedule at the next meal

What's done is done. Now it is time to get back to your regular eating plan. Remember weekly caloric intake is far more important than daily caloric intake.

9.) Never eat junk food for breakfast or before bed

Eating a highly refined carbohydrate meal first thing in the morning will make your blood sugar levels go crazy for the rest of the day resulting in greater junk food cravings and uncontrollable hunger. On the other hand, eating a big meal before bed will result in a bunch of unused energy that will be stored as body fat and you very well may have trouble sleeping with all of that extra food volume in your stomach!

10.) Control your portions

Try to eat only half of all the servings of unhealthy food that you choose. Half of the portions equal half the calories!

11.) Avoid empty liquid calories and alcohol

One can easily consume over 1,000 calories per day from liquid calories alone. This means that in one week, you will gain 2 lbs of body fat from just fluids! Opt for regular solid food calories versus empty liquid calories (e.g. juices and soft drinks), for at least the food will fill you up and provide some nutrition where as liquid calories, particularly alcohol, have no such effect. Rather, sugary and/or alcoholic drinks tend to make you hungrier in general and often hungrier for junk food in particular.

12.) Use lower calorie/carbohydrate substitutes whenever possible

Instead of using sugar, opt for zero calorie alternatives like splenda or stevia. They can deliver a similar taste without all of the extra sugar and calories. Even try replacing yeast with protein powder when you bake. The extra protein and reduced carbohydrates will result in a slimmer you while still providing some great tasting treats! Your goal should be to find the minimal amount of calories that can provide the same great taste that makes the holiday treats enjoyable rather than simply overdoing it because you can!

13.) Avoid eating meals high in both fat and carbs

The absolute worst thing that you can do is to eat a meal that is high in both fat and carbs. The high amount of carbs will lead to a rapid increase in blood sugar levels and thus large increases in the potent fat-storing hormone Insulin. The high amount of fat will lead to a large increase in free fatty acids in your bloodstream. Since Insulin is already present in large amounts, in addition to there being a large amount of free fatty acids now available in your blood, the stage is set for all those free fatty acids to be gobbled up and stored by your fat cells.

These small changes can literally save you hundreds, even thousands of calories, and more importantly will prevent your holiday feasts from creating the optimal fat-storing environment that will set you back from achieving your health and fitness goals.

BJ Gaddour, CSCS, is an internationally renowned fitness boot camp instructor and real world fat loss expert. To book Gaddour for a complimentary fitness presentation “The Ultimate Holiday Survival Seminar” for the month of December at your local Milwaukee company, club, or organization please contact him by email at getsexybootcamps@gmail.com or by phone at 414-218-9131. For a free 1-week trial to his Milwaukee boot camp to experience the best personal training in Milwaukee please visit www.GetSexyBootCamps.com.

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