

Leap Into the  
Holidays  
With Confidence



The E.N.D. Zone SECRET to  
keeping the holiday weight

**OFF!**



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Leap into the Holidays with Confidence

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## Welcome to the E.N.D. Zone!

Thank you for joining me. The exercises in this book will help guide you on your journey to adopting the E.N.D. Zone philosophy into your day-to-day life. Your path to releasing the war on food and loving your body is yours and yours alone. Go slow; take your time. There is no rush. Everyone's time line is different. Go at your pace. You have all the time and space you need to transform. Be present-filled and live in the moment.

Enjoy your Journey!

*Ashly*

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## Part 1 Food: how we do food is how we do life

We are our own best “nutritionist”. In fact, we are experts. There is no lack in food education and what to eat. PLUS you know intuitively what foods are best for your body. So check in and discover your eating protocol.

SAD – Standard American Diet has led the 2/3 of the population to be overweight or obese.

We operate in the SAD zone because of:

**Stress** – Stress vs. Relaxed – see [Rev up your Metabolism](#) chart below for details Stress

Response: a REAL or IMAGINED threat, and the body's response to that threat.

Sympathetic Nervous System	Parasympathetic Nervous System
Decreased blood flow to gut (4x) – low metabolism and less absorption	Optimal state of digestion
20,000 decrease enzymatic output in gut – decreased ability to assimilate nutrients	Burn FAT for energy
Decreased growth and thyroid hormone – less calorie burn, less muscle, more fat	Increased calorie burning power
Die off of healthy gut bacteria – this is your immune system	Immune System Functions Optimally
Excretion of all mineral and water soluble vitamins – calcium, magnesium, C & B vits etc...	Optimal State of assimilation of all nutrients
DECREASED OXYGEN uptake – single most metabolic nutrient	Increased Oxygen uptake = <b>metabolic power</b>
Increased Inflammation and oxidative stress	Healing Happens
Decreased Thermic efficiency – ability to calorie burn	Maintenance and Repair
<b>Healthy meal eaten in stressed state – decreases nutritional value of meal</b>	<b>Healthy meal eaten in relaxed state – receive full digestion, assimilation and nourishment</b>
Worry, fear, anxiety anger	8 sacred metabolizers

**Time –**

- fast life = slow metabolism
- quick & easy
- can get more done mentality

**Weary –**

- tired from fighting the weight that the SAD diet has brought on
- tired from the lack of nutritional value
- tired from the fast pace you are living

*Get on the **HAPPY** Plan!*

**H**and-pick healthy foods

**A**void detours

**P**lan your meals

**P**repare a grocery list/each week's meals

**Y**ield to traffic headed to the cookie aisle ☺

A **Food Journal** is used to determine if your current eating plan is working for you. Fill out the ABB Food Journal for 1 week. Bring it with you to class next week. Through this process you will create an eating protocol designed to nourish you. All you have to do is stick with it!

Fill out the requested information on the food sheets. At the end of each week, Check In and Reflect by working your way through the checklist. Take time to learn how you do food. Because the way you do food is the way you do life.

- Column 1 – list the specific time you eat – this is very important. Eating timeline corresponding with circadian rhythm creates metabolic power. You will burn more calories.
- Column 2 – list the food you ate and approximate serving size...please do not measure your food.

**Serving sizes:**

Fats – the size of your thumb  
Protein and grain – the size of your fist  
Veggie and fruit – the size of your hand

- Column 3 – When eating are you relaxed or are you rushed...stressed? Your brain needs time to process the food you just ate. Slow down and enjoy it. Slowing down and being in a relaxed state will actually help stimulate your digestive and calorie burning metabolism!
- Column 4 – list the activity at the time of eating. Are you sitting, standing, working, driving, etc. **You can actually increase your metabolism by 40%** by taking notice of your food using ALL the senses. If you are doing something else while eating...your brain doesn't recognize that you are eating and doesn't increase burning power. This is the cephalic phase of digestion.
- There is space for you to journal or make notes in the bottom section of each page. Make note of: food digestibility, energy level after eating, clarity of thoughts, etc.
- Activity – list the activity or exercise you did that day. Ashly's Mind/Body Fit Class, yoga, stretching, jumping on trampoline with kids, playing soccer with kids, nature hike with the family....etc....

At the end of the week, take 20 min to look back at your week. Utilize the checklist to see how closely you followed the rules for increasing your metabolic power. You will find that when following these simple rules you will have more energy, and be leaner and stronger.

**Step 1:** Create an eating protocol – food journal and dietary requirements

**Step 2:** Short list of exceptions to this rule – What are your exceptions to this rule?

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**Step 3:** – Stick to it!

## ~Check In and Reflect~ Food Journal Sample

Day\_\_\_\_\_ / Date: \_\_\_\_\_

Time	Food and Amount	Stress or Relax	Satisfaction

NOTES:

Activity:

*Be the living, breathing example of your goal!*



## **Dietary Requirements**

Create your plan utilizing the data you collected from your food journal

### **Digestive Needs**

### **Energy Requirements**

### **Mood**

**Food Sensitivities and Allergies**

**Satisfaction level**

**Pleasure Quotient – how many times per week**

**Nutritional Needs – dietary nutrient requirements**

## Simple Changes:

1. Protein and Essential Fat with every meal
2. Eat in Circadian Rhythm with the Sun
3. Choose fresh over processed

**Meal Planning Guide** – create healthy meals in minutes

## How to organize meal planning? You've got options☺

### Option 1:

1 main meal – 1-2 snacks – 2-3 mini meals.

Main Meal – 1 protein, 2 veggies (and 1 grain if **early** in the day)

Mini Meal – protein (1/2 to 1 portion) and 1 veggie

Snack – 1 serving of fruit or veggie

### Option 2:

5-6 mini meals throughout the day

### Option 3:

Breakfast – gear up for the day! Your plate should be more than dinner but less than your lunch plate.

Lunch – your largest meal of the day!

Dinner – your smallest meal of the day, take it easy here so you have time to digest before bed!

### Breakfast



### Lunch



### Dinner



## RECIPES

**When you have the basics, you can get creative and make many combinations.**

**Here are a few of my favorites:**

### **Bean Salad**

Ingredients: several types of beans (2 or 3), chopped grape tomatoes, chopped zucchini, chopped green olives, and If you like green, yellow and red peppers, shaved Parmesan. You can add anything you want. Eat it cold or room temp. 1 cup serving. This one is easy to make up at the beginning of the week and eat on it several times. Or add it to your green salad.

### **Chicken Spaghetti**

Ingredients: spaghetti squash, Organic Chunky tomato and herb sauce, chicken and portabella mushrooms.

Bake spaghetti squash ahead of time. 350 degrees for 45 min. Cut in half, let cool a little and scrape the seeds out. The squash is ready when the strings pull away from the sides easily. If not ready then put in a baking dish open side up (brush the inside with olive oil or butter (tiny bit)). When done scrape out the noodles. Can store up to a week in fridge

Cook Chicken in water, sauté' mushrooms in olive or coconut oil, When almost tender, add chicken for flavor. Also if you want any seasonings, now is the time to add them. Stir in the Tomato sauce, heat till hot.

Pour Tomato Sauce and Chicken mixture on Spaghetti squash for the most delightful spaghetti you have ever had! Enjoy!

### **Ashly's Skillet Dinner Mix! This is my favorite!**

Choose from your favorites and toss them together - Sauté' mushrooms, frozen butternut squash, frozen sweet potatoes, baby carrots, French green beans, brussel sprouts, Chicken, shrimp or fish in coconut or olive oil and fresh rosemary. I put the veggies in according to how tender I want them. Chicken Fish or shrimp is cooked separately, and then added at the end. Top with Parmesan. YUMMY!

### **Lettuce Rolls – I use Collard Greens...they are hearty and make a great wrap**

Leaf Lettuce (dark green as you can get), Meat (fresh - no nitrates or preservatives), slice of cheese, sliced tomatoes

**OR** make a lettuce taco with fish and cabbage.

**OR** refried beans (make you own - pinto beans - rinsed - 1/4 - 1/2 tsp of coconut oil, water to consistency and salt. Cook to boiling and beans become soft and mash till creamy) Add a little sour cream (1/4-1/2 tsp) grated cheese, picante' sauce - roll up and you have a healthy taco.

**OR** chicken salad made with fresh chicken, (shredded), sliced celery, onions, collard green stalk, cranberries (crushed), hommus or honey mustard. YUMMY!

### **Black Bean/Avocado Salad**

Can of Black Beans  
Can of Kidney Beans  
2 avocados  
15 greens olives (queen) sliced  
15 Kalamata Olives sliced  
½ of a Jicama – chopped

Combine in a bowl, toss with Himalayan sea salt and enjoy! (4) 1 cup servings

### **Squash Salad**

4 zucchini squash – spiral slicer  
½ Jicama – julienne sliced  
1 butternut squash – spiral sliced or julienne sliced  
2 Roma tomatoes  
Parmesan cheese  
Himalayan sea salt to taste

After slicing, combine in a bowl and toss veggies with parmesan cheese and Himalayan salt.

Bake Chicken, Fish or Turkey. Serve with Quinoa (seasoned with sautéed onions, portabella mushrooms, and sea salt), and grilled asparagus or other favorite veggie.

### **Taco Night**

Put Sprouted corn tortilla with shaved Parmesan in oven to warm. Top with Black Bean Salsa: chop up tomatoes, avocado, black olives, onions, peppers and add black beans or pinto beans. Top warmed tortilla with black bean salsa mix.

## **Salad with Everything**

Chop up all your favorite veggies; I love to add shaved butternut squash (uncooked) it adds a nice flavor to my salad. Add spring mix greens and arugula. Top with Parmesan and olive oil with Himalayan sea salt. For protein add chicken tenders or beans.

## **Garbanzo Delight!**

Caramelized garbanzo beans in olive oil on med/low heat. Add cooked spaghetti squash, kale and Italian parsley and sea salt. Takes 10 min and is delightful! You can also add other veggies if you like.

## **For snacks:**

Fresh veggies and hummus or your favorite healthy veggie dip  
Fresh fruit  
SMALL amount of nuts.

Again, once you get the basics you can experiment and make delicious quick meals. Fresh food cooks faster than boxed. You will be amazed.

Enjoy your journey to healthy eating! Please, do not stress about it. Take it one step, one meal at a time.

## **Sample Meal Plan**

### **Option 1**

Breakfast: Protein/fruit smoothie – 1 cup of frozen berries, protein powder (OsoLean Whey Protein - or Hemp Protein (plant source), hemp milk (or your choice of milk), 1 tsp molasses.

Snack – fresh fruit – orange, apple, peach etc....for faster weight loss, no bananas.

Lunch – Black Bean salad (recipe above) with salad greens

Snack – sprouted seeds (stay within serving size) and fresh vegetables.

Dinner – Chicken Florentine (chicken cutlet stuffed with 1 T of shredded fontina cheese and sage leaf, baked in puréed tomatoes and crushed roasted red peppers)



## Option 2

Breakfast: plain Greek yogurt (4 oz), oats or granola (1/4 c), fresh berries (1/2 c), fresh coconut (3 T)

Snack – Almonds (15) 1 apple

Lunch – Lettuce Wrap sandwich w/ fresh lean chicken, arugula, orange or red pepper. Spread Hummus on lettuce or collard....recipe listed above.

Snack – fresh veggies and hummus (2T)

Dinner – 1 cup of skillet dinner mix (recipe above) with lean protein.

***For FAST weight loss, ELIMINATE SUGAR and PROCESSED FOODS  
It takes roughly 21 days to make a new habit.***

**First Steps to creating a healthy diet, first you must clean out the kitchen  
and learn how to shop.**

**Kitchen Cleanse** – Use this to clean out the pantry, refrigerator and freezer, and then go shopping.

### *Refrigerator*

This will become the heart of the kitchen for you once you are done cleansing your kitchen. This is where your fresh food choices will be stored and most meals will derive from.

**Release this:** Beverages with high fructose corn syrup or sugar. These are not healthful and best to be held off until a special occasion or treat comes along.

**Embrace This:** WATER! Most people are dehydrated and this keeps the body from cleansing itself, digesting smoothly...in other words the body is stronger and more efficient with its processing of fat and releasing toxins when it is hydrated. Make water your mainstay.

**Release this:** Processed Cheese and other dairy that is derived from a poor source.

**Embrace this:** alternative cheese sources or hard cheese, such as, parmesan, goat, sheep etc... Also look for organic dairy products. If milk is your thing and your body loves it, switch to organic and raw when possible. Greek Yogurt is a good source of protein and a great addition to breakfast.

**Release this:** fatty lunch and breakfast meats. These typically contain toxins that our body is unable to process. Plus they contain high amounts of saturated fats. The fat you want to keep in your diet are the essential fatty acids. (See the Real Foods Meal Planning Guide for specifics)

**Stock your kitchen with good fats like coconut, farm fresh eggs, full fat Greek yogurt, nut milks and olives (go to the olive bar at your neighborhood health store and go wild!)**

**Embrace this:** Lean Meats like grass fed organic beef, lamb, ostrich, chicken, turkey, and pork; ones that are wholesome, organic and provide a good source of protein for the lean tissue of the body.

**Release this:** Foods/Condiments that contain high fructose corn syrup (HFCS) and highly processed.

**Embrace this:** Fresh Vegetables and fruits, all varieties. Get creative. Step outside your comfort zone of the typical fruits and veggies. Try a new one each week or at the very least each month. The produce drawer in your fridge will be overflowing with colorful nutrient-rich veggies. Veggies are filled with fiber, vitamins and nutrients and are a vital part of a healthy well-rounded diet.

### *Freezer*

This is my favorite! The freezer is a must in order to prepare meats and meals ahead of time; this makes putting together meals with a hectic schedule easy.

**Release this:** Frozen pizzas and other similar foods. These are just simple calories and provide no nutrient value. This same food can be duplicated in a healthy way. Have a Make Your Own Pizza family night and use a cauliflower pizza crust recipe, you can also check out other alternatives online. Once you have a plan of action, it is easy to implement.

**Embrace this:** Turkey or veggie patties or any other meats you have prepared ahead of time for quick and easy dinners. Simply serve with quinoa or wild rice.

**Keep Ashly's quick dinner ideas handy for last minute preparations.**

**Release this:** Frozen breakfast foods. These typically do not provide any nutrient value and are empty calories.

**Embrace this:** Look for Ezekiel brand frozen breads and others at your health food store. There is now quite a selection of these more healthful foods. It is just as easy to toast a piece of bread as it is to toast a waffle. Spread it with nut butter and enjoy!

**Release this:** Frozen packaged desserts including ice cream.

**Embrace this:** Frozen fruit and homemade desserts – there are many wonderful healthful and easy recipes to make a delicious dessert for yourself and your family with the best ingredient of all LOVE and TIME. I make a chocolate chip cookie pie with white beans, old fashioned oat bars with dates and oat flour and both are divine!

Spend some time checking out all the baking alternatives such as flours, beans, binders, sweeteners etc... You do not have to give up your favorite treats; simply find a more healthful alternative. I enjoy frozen cherries w a few shavings of dark chocolate when my sweet tooth comes calling. Yum!

### *Pantry*

This may be difficult since this is where most snack and favored foods are kept. Take a deep breath, center your thoughts on the health of your body and that of your family and dive in.

**Release this:** Sugar filled cereal and snack cakes, all of these contain HFCS and white flour, both of which are not nutrient dense and continue to feed the sugar cravings.

**Embrace this:** Organic Oatmeal and Quinoa, these are perfect for breakfast. Eat hot or cold. Add in some fruit and hemp, almond or rice milk and you have a delightful breakfast!

**Release this:** Refined white flour foods, pasta and rice. Stay away from the traditional white flour foods; they tend to add to the waist line vs take away from it.

**Embrace this:** Whole grain bread, wild rice, whole grain pasta, variety of dried beans (or canned) – these are a more nutrient dense choice and provide blood sugar stability. Make the switch from white to whole grain, you will find that it is tastier and more filling! The variety of beans will provide a nice source of protein plus a variation to your dishes. Explore the different kinds and cook differently. My favorite is stir fried Garbanzo beans in olive oil...Yummy !

**Release this:** chips and crackers which are easy to over eat on and end up not bringing you the satisfaction you are looking for.

**Embrace this:** nuts and seeds are high in essential fatty acids and will bring on a feeling of satisfaction.

**Release this:** Packaged sweets like cupcakes and cookies

**Embrace this:** Dried fruit – get the ones that have no additional sugar added and are sulfite free. These make a wonderful treat when the taste buds want something sweet.

Now your Kitchen is as cleansed as your body is going to be. Feels good, doesn't it? This is your first step to empowering yourself to living healthy at your natural weight. Enjoy!

### **Successful Grocery Shopping** – shop HAPPY not SAD

The secret to a successful shopping trip is first, to have a list. DO NOT attempt a shopping expedition without one.

**Step 1:** Plan your meals for the week, set aside the recipes you want to prepare and make your list according to that plan.

**Step 2:** once you reach the store, grab your cart and shop the U (the perimeter)

- Start with the perishables, fresh fruits and veggies,
- Next hit the meat market, eggs and dairy (if you do dairy ),
- Next is the frozen section for other vegetables and fruits that you can use to make soups and smoothies.
- Once you have your cart full with the healthy and fresh live foods, then look to the remainder of your list and hit the aisle:
- seasonings, oils, nuts, seeds, organic canned or dried beans, olives, and any other foods sold in packages that have 3 or less ingredients w minimal to no preservatives.
- Do not take a detour and begin “shopping” around;
- Go straight to the item you need and avoid looking at other items that are not on your list. This not only helps you avoid picking up some old favorites, it is also friendly on the budget!
- Go straight to the checkout line as soon as you have picked up all on your list.

### **Action Steps for HAPPY successful shopping:**

- **H**andpick healthy foods.
- **A**void detours and temptations.
- **P**lan your meals.
- **P**repare a grocery list.
- **Y**ield to traffic headed to the cookies and go straight to the checkout line.

## **Part 2 Toxic Nutritional Beliefs – Good vs. Bad**

Discover what is true and untrue, good food vs. bad food and this mindset isn't working to get the weight off. The media has created binge eating, over eating, starvation dieting and much more.

### **Psychology behind how, why, what we eat:**

There is no such thing as good food and bad food. Food has no moral value. Food is for nutritional needs of the body, energy & fuel.

The typical stance when food is viewed good or bad is for a person to see it as a reflection of himself or herself. You are NOT bad for eating a certain food.

We are bombarded by the media to seek a physical perfection that doesn't exist. You are already perfect without changing a thing.

Our personal world creates our metabolic world – how you view yourself and how you operate determines how well and at what rate your body burns calories.

Joyful – burns lots of calories – full digestive power – burn fat

Angry/sad – burns little calories – low digestive power – store fat

### ***Your relationship with food is connected to the rest of your life***

#### *Toxic Beliefs*

- Toxic dietary beliefs are as harmful as the toxic ingredients in processed food
- These beliefs can keep you from being successful in your weight loss endeavor
- Toxic beliefs put the body in a stressed state (look at rev up metabolism sheet to see the damage to the body this creates)
- Make a list of your toxic beliefs

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*Now release those toxic beliefs*

1. Is this true?
2. How do I feel when I believe it's true?
3. How would I feel if this thought never existed?
4. Turn it around and state a new belief

**Write it out**

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**Tune into Gut Wisdom** – this is the golden nugget of eating.

### Exercise 1:

Stay awake at the Plate:  
Who is eating?  
SLOW  
Mindful  
Aware/Be Present  
Pleasure

### Exercise 2:

Learn to listen and hear the body. Before meal time... tap into the gut wisdom.

1. Breathe long slow deep BELLY breaths, at least 5-10 times; this will get the oxygen flowing to the gut
2. Ask yourself (the gut) "Is this food good for me to eat right now?"
3. "What amount of food is best at this moment?"
4. "Is this a good combination of food choices?"

### Exercise 3:

Eat to the point of energy! In other words...stop **BEFORE** you fill up.

1. Set the intention to eat to the point of energy
2. Observe energy level throughout the meal
3. Observe satisfaction level
4. Observe satiation level
5. End the meal when you can leave with more energy than when you started.  
Your stomach will not be full...it will feel empty.

**Through-out your meal, be aware of your energy level.**

- When you eat past the point of fulfillment, even just ONE bite...you are sluggish and sleepy and do not perform your best. When you stop eating **before** the point of fullness, you will be alert with the tummy slightly empty; however, this energy will come in handy as you continue on with your day. **Listen to your body, it is filled with wisdom.**

## Part 3 Ownership of Your Action Plan

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Diets are individual. No one diet works the same for everyone. Taking ownership brings empowerment to you and the way you nourish your body with food and exercise. Taking ownership brings a balance and consistency to your daily program, which brings you sustainable weight loss.

A way of eating that works is dependent on the following factors:

- Age
- Sex
- Level of exercise
- Sense of taste and pleasure
- Upbringing
- Culture
- Life phase
- Personal beliefs

This is why no single diet works the same for everyone.

Experiment and look for the feedback your body gives you.

- What will work for one person may not translate to you
- Body wisdom and experience create the perfect "diet" for you
- Let go of perfection – this leads to self-abuse

What is holding you back from living in a healthy and vibrant body that you love?

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These are judgments and they will keep you from living at your natural weight unless you release them. Judgment puts you in a food and body jail. If you feel trapped, then check to see if you are holding judgment. What is good for the goose is not always good for the gander!

**Judgment Technique** – use this formula to rid the judgment from your mind and set yourself free from food and body jail.

**First, you must take out the trash then put in the good stuff!**

- Step 1: awareness of judgment – catch it in the moment
- Step 2: name judgment – what am I saying that is breaking me down?
- Step 3: counter question – testing truth behind false belief – examples: when is the appropriate time for me to have lost weight?", Have I ever been less effective as a person b/c of this weight?"....
- Step 4: affirm new belief

## Part 4 Holiday Tips and Tricks

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These tips and tricks will help you enter into the 2015 FREE from 2014 celebration baggage! Are you ready?!?

1. **BREATHE**

2. **BE PRESENT AND AWARE**

3. **FEELING GOAL FOR NEW YEAR**

**Mindful Breathing** – Oxygen is THE single most metabolic enhancing nutrient at your disposal...and it's FREE! This holiday season, don't let stress shorten your breath. Practice daily deep breathing to keep your body burning.

Begin this exercise with your eyes closed.

Let's start with the breath. With the mind centered on the process of breathing, take in a full breath. Feel how the breath comes into the body. Release the breath and notice how the breath leaves the body. Continue this process until you feel the muscles throughout your body relax. Stay mindful and present focused. If your mind begins to escape, gently bring it back. If thoughts begin to invade, gently shoo them away. Imagine your thoughts are on a merry-go-round, when one jumps off, just gently put it back on the merry-go-round.

(Caution: Do not let thoughts of irritation or frustration with self enter in to this mindful technique...practice grace for yourself and your ability to learn this technique)

Once you feel ready, allow the mind to open just a fraction to hear nature's song around you, feel the environment, smell the aroma of the environment, in your imagination, what do these sounds and smells taste like. Now open your eyes and absorb what is around you. Do your senses convey your surroundings? What is happening in the moment? Take in the little nuances of everyday life in nature, life outside of yourself. Notice the details.

Spend several minutes absorbing the quiet; allow your breath to be your anchor in the moment.

When the mind gets pulled away, always come back to the breath. Practice this technique daily to bring your body to a relaxed state where your metabolic power resides.

More **Holiday Tips** are found below. Check them out to stay on track this holiday season.

**Move your body daily:**

- Workout everyday (5-6x/week) for at least 30 min – comb cardio with weight training.
- Walking or yoga for a more meditative workout.
- DO NOT give up your workout hour to make room for other things.

**Plan your Food:**

- Adhere to good eating every day until a special day....party, event or Christmas Eve and Day.
- Eat foods in their whole state 80% of the time.
- Stay away from packaged foods containing artificial preservatives they cause: mineral imbalances that result in the belly bloat and excess water weight, they are addicting by altering the neurotransmitters in the brain, and they cause toxic waste to be stored in the digestive tract.
- Limit grains to 1-2 servings/day and eat them early in the day.
- Stay away from caffeine as much as possible...it can raise cortisol levels in the body which promotes belly fat.
- Eat only when you are physically hungry – it is so easy to eat just because food is being offered. It is ok to just say no....and not eat...ESPECIALLY if you are NOT hungry.
- Pay close attention to what the body needs this time of year. It is usually REST **not** food the body needs.

**E.N.D.      Zone Mindset:**

- Set aside quiet time, or what I call soulful time, to bring a peace and calm to your spirit. This is the powerhouse for stress reduction. DO NOT give this time away!
- Journal your thoughts and the stressors that come at you. Write down your reaction and come up with an alternate response that will lead you to healing.
- Find your **Inspiration** and keep it close...do not stray from your intention for a candy cane.
- BREATHE...breathing is the most important aspect of life. Our bodies need oxygen to maintain balance, reduce stress, digest, assimilate, and eliminate food. Every process in the body flows positively with the presence of oxygen.



Breathe deeply filling the diaphragm and the lungs. Exhale 1-2 counts longer than you inhale to release the stale air.

- Get plenty of SLEEP – sleep will help reduce stress levels and give you the ability to maintain a positive mindset during the hectic times.

**Party Time:**

- Right before the party, eat cut up vegetables to curb hunger.
- Eat from the veggie tray first and then hit the other party foods.
- Limit yourself to 1 small plate
- Eat only 1 dessert – pick the one that is your favorite...the most desired.

Follow these guidelines throughout the holiday season and you will feel energized, fit and healthy!