

>> SPRING BREAK MELTDOWN



You may not worry about spring break, just apply the same concept to swim suit season.

When you think of Spring Break, what do you think of? Most of us are fed up with the cold by the time March hits and the last thing we are thinking of is a vacation spot with more cold weather. Once Spring Break rolls around, all I can think of is sunshine, swimsuits, sandy beaches, and most importantly WARMTH!

Unfortunately, many of us also associate Spring Break with that sinking feeling in our stomachs because once again we didn't complete the goals we had in mind for our expanded winter bodies at the start of January. **Do you have a meltdown just thinking about swim suit shopping?** I don't care if you are male, female, fit, or not so much; almost all of us are on a quest for less fat and would love to carry less with us to the beach. If you are heading to the beach this spring and would like to do it lighter, then I am here to tell you that it's not too late for small changes you can make now to look incredible in your swim suit.

Studies show different weight gain numbers through the holidays and winter months. For the purpose of this article let's say that my example person, Sam, is trying to lose 12 pounds before Spring Break hits. Let's also assume she has 6 weeks to lose it.

Sam currently consumes 2000 calories a day. Below is what she would need to do in order to reach her goal weight loss of 2 lbs per week.

1 pound of fat has 3500 calories. Since Sam wants to lose 2 pounds of fat per week for 6 weeks for a total of 12 pounds then she needs to lower her diet each week by 7000 calories. This would equate to 1000 calories per day that she will need to take out of her

day in order to reach 2 pounds at the end of each week.

So how can Sam get rid of an extra 1000 calories per day? She will definitely want to do it through a combination of both diet and exercise. She will burn 500 calories per day through exercise which will be a combination of both cardio and weight training, and she will also want to take 500 calories out of her current 2000 calorie diet.

If you have more or less weight to lose, or have more or less time to do it in, then you will have to adjust your numbers. **I suggest buying a heart rate monitor that has a chest strap and calculates calories before you begin.** A heart rate monitor will monitor your intensity throughout your workout and will verify that you've burned enough calories. Plus, you may find that you are working harder and more efficiently in order to reach your 500 calories in a shorter amount of time. Who knows, you may even decide to go for extra credit!

I also suggest tracking your food intake for a day, and getting an average of the calories you are taking in, so you'll know how much to cut your intake. Nutrition will be the biggest challenge that will be there, tempting you all day, everyday so stay strong and never underestimate the power of a food log. Studies have shown much greater results in individuals that keep track of what they eat when trying to lose weight. Make sure you don't try to cheat the system. **Don't save up all your calories for an evening binge or eat calorie dense food.** Try to eat nutrient dense food that will keep you energized and full. There are some definite things to avoid listed below.

5 Foods to avoid:

1. Foods high in fat
2. Sugar – try to avoid foods that contain over 8g of sugar per serving
3. Liquid calories – specially soda and alcohol
4. Foods low in fiber
5. Foods high in salt – avoid frozen meals and eating out as much as possible

Another thing to remember is the maintenance phase. Studies show that the average weight gain on a cruise is 2 pounds per day. I would imagine it would be less on a typical vacation but still a possibility. So, what can you do in order to lose those 10 pounds and keep them off during and after your vacation?

•**Balance** – have some fun cheats but not all day. If you love wine at dinner then eat a good breakfast.

•**Stay active** – try not to be a beach bum and lay out all day. Your skin will thank you. Maybe schedule in some water sports and walking/jogging in the sand.

•**Lift weights** – a pound of muscle burns a ton more calories than a pound of fat so if you can gain a couple pounds of muscle then you will increase your metabolism!

Just remember that 6 weeks can feel like a long time when you are having a bad day or when a temptation arises. Think about how great you'll feel on that vacation if you don't give in and stay focused!



low cal:



ONLY 120 CALORIES!

Getting together with the girls usually means one of two things: going shopping or getting together for drinks. Both can be costly, but here's

a low cal recipe that can help you beat those pricey bar drinks. And help keep your fitness plan before summer and get you more excited about buying that new swimsuit. With only 120 calories this drink is fun to make and the recipe is fun to share.

INGREDIENTS:

2 ounces Minute Maid Light Orange Tangerine Juice
4 ounces champagne

DIRECTIONS:

Juice of 1/2 medium-size orange, or 1 to 2 ounces
Add several ice cubes to a tall glass. Squeeze the juice of the orange into the glass. Pour in orange tangerine juice, followed by champagne. Stir. Garnish with fresh orange rinds, curled.