



INTRODUCTION

Please Note: This Survival Guide can be applied to all holidays & Events (not just the xmas seasons).

Holiday Season and special events are a time when your willpower is going to be tested at the office with coworkers and at home with family and friends. I don't know about you, but for me the holidays are no longer a single day event. They now tend to spread out at least to a 3-Day affair.

- 1. The Night Before Party**
- 2. The Actual Holiday**
- 3. The Day After (with all the left over's just BEGGING to be eaten)**

To make matters worse, when it's winter, that means most of us are layering up. Sweaters, jackets& parkas make it a lot easier to lose sight and hide that creeping waistline.

Here at 180 Degree Fitness, we strive to maintain a healthy lifestyle all year round. Now that DOESN'T mean that we don't enjoy the holidays, it just means like everything else, you need to approach the holidays with a clear plan. Not to worry, we did all the preparation and planning for you! ***Below you will find a simple to follow 1-2 punch to help you enjoy yourself at the holidays and still hold onto that hard earned muscle and trim waist line you've worked so hard to achieve.***

PLANNING IS PARAMOUNT

Before all the food and festivities even begin you must take a long hard look at **your past track record** and make an honest assessment of what you're up against and where you're likely to fold under pressure. It's important to have a plan leading up to the office party, the big family get together, or the reunion party with friends.

Take a second and think about what events you have lined up and what you're looking forward to and what you can easily sidestep. If you **MUST** go to the office party but are too busy talking business to **REALLY** enjoy yourself, then don't bother blowing it here. No point in setting yourself back over some overcooked pasta, cold cuts, chips & dip...you've had it before & it's not that good.

Skip it and relish in the fact that you have an incredibly fit body under your clothes meanwhile BOB from accounting looks like he is smuggling a package of sausages under his shirt. **Stick to fruits and veggies and follow the PLAN we have laid out for you** and you won't miss a beat in your goal towards keeping that slim figure or ripped body and not gaining a single ounce of fat over the holidays.



BOOZE BEWARE

Ok, I'm sure you know the importance of skipping the alcohol as it provides too many negatives to make its way into any 180Degree Fitness lifestyle. But let's be honest here, it can be next to impossible to avoid drinking in some social situations. So we've devised a few strategies to use when your coworkers, family and friends INSIST you drink. And if your friends are anything like the guys I grew up with I don't mean "Hey Adrian, would you care to have a drink with us? It's more like unrelenting chants of "PUSSY!" until you do a shot, chug a beer or man up to the funnel (keep in mind, I grew up in Cape Breton).



Guys, alcohol kills testosterone (the hormone that makes you a MAN, in case you didn't know) & it has too many calories to be considered a drink for a 180Degree Fit lifestyle!

Order a soda water and sip it throughout the night. **Or do a vodka and soda water with a twist of lemon or lime. No one must know it doesn't have vodka in it.**

If you actually want to drink, keep it Ultra-Light. Light beers are a decent choice to the tune of 90-130 calories.

My best advice is not to drink wine or beer! **Go for the HARD alcohol instead** if you must have something. You can nurse a hard drink all night, but with beer or wine there is a higher chance you'll want another. A personal favorite choice of mine and other fitness pros I know is vodka and soda water (~60 calories). And with Vodka waters making the switch to just water by the end of the night is seamless & will save face.

Keep the drinks to one or two and keep the 6-PACK under your shirt & not in your shopping cart!

EATING & TRAINING Regimens (You CAN have Your CAKE & ABS too!)

Once you've figured out what your social calendar will look like this holiday season and where you may want to diverge from your commitment to healthy eating, you are ready plan your feast. It's important to limit your splurge to one meal if possible. If you fall privy to the buffet line or the lasagna tray, then make sure you **load up on a large glass of water (approx. 20 mins before your meal) as well as a large salad or fruit plate prior to venturing onto the main course.** One more thing, be realistic about your expectations. If you have fallen victim to temptation in the past, then you will most likely do so again. Be sure to follow the pre-planning meal plan below just to be safe. Remember, even if the plan is not to overindulge it doesn't hurt getting in a few extra veggies at first.

Day before the Event:

Follow the 180Degree Fitness meal plan as written; however, **after 5pm stick to LEAN proteins & GREEN vegetables.**

Be sure to SKIP the starches at dinner & make your LAST snack something light with a lot of PROTEIN. A slow-release casein protein is a good alternative here. The casein slows down the rate of gastric emptying, which prolongs the duration and delays the speed at which amino acids are absorbed into the blood stream. The casein is the ideal protein source to take when going to bed, or when you know you will be going prolonged periods without the opportunity to refuel.



Day of the Event:

Stick to nothing but GREEN leafy vegetables and PROTEIN.

Be sure you ***take in about 25% MORE WATER than usual.***

If you have Prestige Labs or Sweat Science Protein, then you can skip a few solid meals and replace them with shakes. See the list of shake recipes that have been provided for you.

Be sure to send people home with food if you are hosting the event.

Day 1

Before Event:

Wake Up – 5pm: Follow the 180Degree Fitness Holiday Plan: Choose from options 1, 2, or 3 (found at the end of this guide)

Day 2

Day of the Event:

All Meals (except for your Holiday meal) should consist of fruit and/or vegetables (choose options 4 or 5: 180Degree Fitness Holiday Plan) and lean protein or shakes made with Sweat Science or Prestige Labs all of your meals.

Day 3

Day After the Event:

Back on 180Degree Fitness Meal Plan (options 6 or 7). Be sure to replace starches with fruits and vegetables.

Training Regimen

I know we all wish for a secret workout or routine that if we could just suffer through, it would give us a huge snap back effect and undo whatever damage we did from our bad food choices. **The sad reality is that you can't out train a bad diet. No matter what you do you will NEVER burn more calories than can consume if you continuously eat a high fat and high carb diet** (this includes running a marathon while dragging a sled loaded with 100lbs of weight behind you).



Don't worry though, there IS a strategy that can help you make the most out of overeating and minimize the damage and I'm about to give it to you right here and NOW!

When it comes to this style of training, I want you to work hard, but don't go too crazy here. Remember you can't undo what you've already done. NO amount of exercise is going to erase a full-on assault of the dessert tray.

Your GOAL here is to create a glycogen deficiency in your muscles and to get your metabolism burning as high as you can and for as long as you can. OK so now time for the work:

It is going to take you about 4-5 days of CLEAN eating to undo your overindulgence, but this will help.

Day 1

Before the Event

I know you may be on different plans either doing your own training, 180Degree Personal Training or attending 180°Fitness BootCamp. Whatever the case maybe I want you to do your regular workout for the day. Once you're done with your regular training, I want you to perform a conditioning workout from our private YOUTUBE Channel we have set up. I have laid out 4 possible choice on one video: titled [Holiday Survival Workouts 1-4](http://youtu.be/k76EDZpB_rI?list=UUi5nzVKRYxkY8hscGsoJIow).

- 1. Holiday Workout 1 – The 12:25 Set**
- 2. Holiday Workout 2 – The Resolution Set**
- 3. Holiday Workout 3 – Tabata Turkey Blast Set**
- 4. Holiday Workout 4 – 10:10:10 Set**

Link to video: http://youtu.be/k76EDZpB_rI?list=UUi5nzVKRYxkY8hscGsoJIow

...as you will see neither of them are particularly easy. The KEY to all of this is INTENSITY – I want you to GO HARD! You really want to create a Metabolic Deficit. If you are too spent after your regular training to give it 110% then space it out and do the second workout later in the day...JUST GET IT DONE! Now if one day falls on your off day then PERFORM one of the conditioning workouts TWICE! Yeah that's RIGHT! You can do two different workouts or the same one twice. Don't worry, you can split them up and do one in the morning and one at night. Just be sure to get them both in within a 24hr period.

Remember, YOU can have your CAKE and Abs too!

Day 2

Day of the Party

The workout for this day is going to be KILLER! I want you to perform two Conditioning Workouts

One of them has to be:

1. Perform the following sequence while riding an upright bike, spinning bike, or recumbent bike.

Warm up spin x 5mins

8 Cycles of 30sec Sprint Pedaling with 1 min casual spin between each cycle

Cool Down x 5mins

2. Run either outside or on a Treadmill. 22min Interval

Warm up jog x 5mins

12 Cycles of 25sec all out sprint with a 35 sec jog

Cool Down jog x 5 mins

3. Will need a jump rope for this set.

a) Jump Rope – 2 foot hops x 50 b) Jump Rope – Side to Side Hops (2 feet) x 50

c) Jump Rope – Single Leg Jumps x50/each leg d) Jump Rope - Side to Side Hops (1 foot) x 50/each leg

e) Jump Rope - Side to Side Hops (2 feet) x 50 f) Jump Rope - 2 foot hops x 50

For the other workout you can choose one from the YouTube Channel. Again, you can do these back to back or at different times of the day leading up to the party/event.

Day 3

The Day After

For this workout you'll need to perform the set with me called **"Total Body Over-Drive"**. This can also be found on the special YouTube Channel. This is a super strenuous workout and we're going to take advantage of all those carbs just hanging around in the body. Expect to get a tremendous pump and to have great energy! Destroy this set!

Link to video: <http://youtu.be/DbGobvsVUEw?list=UUi5nzVKRYxkY8hscGsoJIow>

Day 4:

Resume your original training where you left of on Day 1 from above.

Suddenly Aunt Margart's PIE doesn't seem like such a good idea ;)...

Hidden SECRET – Control Freaks have the Best ABS!

If you control the menu at your holiday dinners you can save a ton of calories, as well as eliminate a few conditioning workouts, by making recipes with low calorie alternatives.

These recipes are exclusive and ONLY for the people that picked up this Holiday Survival Guide

[Christmas Cranberry Muffins](#)

[Curried-Butternut-Squash-and-Apple](#)

[Mother's Best Christmas Fruit Cake](#)

[180° Smart Stuffing](#)

[180° Decadent Dark Chocolate Pecan Bark](#)

There you have it!

A simple, fool-proof plan to enjoy the Holiday Season without the extra 5 lbs of unwanted fat the average person will pack on. Follow these tips and you can save your New Years Resolution for something more important, not to mention get an early jump start on sharpening up your abs for the summer...it's just around the corner!

Happy Holidays!

Adrian Delorey



180Degree: Holiday Meal Plan Options 1-7



- **I would recommend Almond Milk (unsweetened) =**
- **Greek yogurt is always 0% milk fat (you can sweeten with 1 Tablespoon of honey)**
- **Eggs are always Omega 3 eggs- organic preferred**
- **Protein Bar~ choose a RX bar**
- **Daily:**

Drink 3 liters of water with a squeeze of ½ a lemon

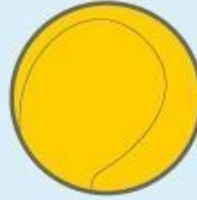
Option 1	Option 2	Option 3	Option 4	Option 5	Option 6	Option 7
Breakfast ½ cup of Greek yogurt Mixed Berries Banana	Breakfast 2 whole wheat toasts 2 Eggs 1 fruit	Breakfast Scrambled eggs 2 whole wheat toasts ½ cup of Greek yogurt 1 fruit	Breakfast Protein shake (milk and 1 scoop whey powder) 2 whole wheat toasts 1 Tablespoon of unsweetened peanut butter 1 banana	Breakfast Oatmeal 1 cup of blueberries 1 cup of cottage cheese 10 almonds	Breakfast Kashi Go Lean Crunch Cereal Milk Blueberries	Breakfast Steel Cut Oats 3 scrambled eggs with sautéed mushrooms, green peppers and onions
Snack 1 ½ cup cottage cheese Fruit	Snack 1 1 protein bar Fruit	Snack 1 ½ cup Greek yogurt banana	Snack 1 1 protein bar with Fruit	Snack 1 Greek yogurt w/ or Cottage Cheese honey and Walnuts Fruit	Snack 1 1 protein bar Fruit	Snack 1 ½ cup of cottage cheese + berries + 10 almonds
Lunch 1 can of chicken flakes or can of tuna or salmon Olive oil Mayo Mixed Salad	Lunch Grilled salmon on a whole wheat wrap w/ onions Olive oil mayo Cottage Cheese Mixed Salad Greens	Lunch Mixed green salad 1 can of tuna Olive oil mayo and balsamic vinegar	Lunch 1 can of chicken olive oil mayo+ lettuce on 2 whole wheat bread slices or whole wheat pita	Lunch 1 can of tuna Whole Wheat Wrap Baby Spinach Salad or Mixed Green Salad	Lunch Grilled chicken on a whole wheat pita and olive oil mayo with red onions and spinach Cottage Cheese	Lunch Can of turkey or tuna Olive oil mayo Whole Wheat Pita Mixed Green Salad Sliced red peppers
Snack 2 ½ cup of cottage cheese 1 apple	Snack 2 2% cottage cheese Banana	Snack 2 1 protein bar Baby Carrots	Snack 2 Unsweetened PB Apple	Snack 2 Or 1 protein bar Cut up celery	Snack 2 1 banana 1 Tablespoon of unsweetened PB	Snack 2 Greek yogurt w/ honey and almonds Baby carrots

Grilled salmon with lemon and pepper Sautéed bell peppers Brown rice	Dinner Grilled chicken Baked Sweet potatoes squash Steamed broccoli	Dinner Grilled chicken or steak Quinoa Sautéed baby carrots, broccoli and green beans	Dinner Turkey or chicken burger on a whole wheat bun w/ A-1 steak sauce baked sweet potato	Dinner Grilled Salmon with lemon and garlic Steamed Broccoli	Dinner Grilled salmon Baked sweet potato Steamed broccoli	Dinner Grilled chicken marinated in Greek dressing Steamed Asparagus
Snack 3 Cottage Cheese 1 apple	Snack 3 Greek Yogurt Handful of almonds	Snack 3 String Cheese or 1 Tablespoon of unsweetened peanut butter Banana	Snack 3 -small bowl of Kashi Go Lean or oatmeal Milk			

Portion Guidelines



3 oz (75 g) cooked chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or
margarine: one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:
a packet of dental floss