

The Fueling Station

December 2009



Tis the season!

BOB'S CORNER

The holidays are now upon us and with that there are many "holiday blunders" that accompany this time of the year.

Many people try to navigate the holidays by adopting the very unhealthy patterns of overeating and gorging. This is not a good healthy relationship with food and in fact can be quite harmful long-term.

Krista Austin is again contributing a great article to The Fueling Station this month. She discusses some great methods of navigating the holidays more successfully from a physical and emotional point of view.

Enjoy the article and don't forget that my newly published book, "Metabolic Efficiency: Teaching the Body to Burn More Fat" has been published just in time for the holidays!

I hope you thoroughly enjoy this issue of The Fueling Station! Happy Holiday season to you and your family from Fuel4mance!

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“The 30-Day Gorgefest”, from Thanksgiving to New Year’s Eve!

Krista Austin, PhD, CSCS

Every year I hear people joke about how they are embarking on what I call the “30 Day Gorgefest” which starts on Thanksgiving Day and continues thru till New Year’s Eve. The mindset: indulge now, because come January 1st the diet starts. It’s that good ole New Year’s resolution to start the year anew, because surely “change” towards their eating habits and that weight they’ve been meaning to lose will happen if they find the newest, latest and greatest diet that is on the book shelves at Barnes and Noble.

While some may believe that weight gain is inevitable over the holidays, I would venture to say that implementing some basic principles of good nutrition should help just about anyone come thru the holiday season with very little to no weight gain at all. At the same time, these same principles should help you to enjoy holiday foods and fun treats year round. The key to any good weight maintenance program is consistency. Consistency involves being a mindful eater—holiday or no holiday.

Here are some key nutrition principles to help you through the holiday season:

1. **Listen to your body.** Most of the people I know who have good weight management eat based on hunger, and stop eating once their full.
2. **Exercise for fun and health.** Exercise should not be a penance for over indulging in food. It should be something that brings happiness and makes us feel good about ourselves.
3. **Know the function of your food.** Consider the advantages and disadvantages of the food you eat. This is where knowing how to read a food label becomes important. What is that food going to do for you in the moment? For the rest of the day? How will you feel about yourself tomorrow?

Knowing and implementing good nutrition principles are two very different things. Here are some key tips to help implement nutrition throughout the holiday period and over the year:

- **Have a plan of action.** If you don’t have a plan of action on how you will eat on a day to day basis, dealing with leftovers from Thanksgiving and Christmas dinner, eating at parties where food is abundant and dealing with people who push you to eat like they do becomes a difficult chore. Instead, have a plan for the leftovers (ie—freeze some, give some to others and use some for lunch the next day) that fits your usual routine, enjoy a little bit of all the fun foods at parties and at the end of the day, it is fine to say “no thank you” very politely to those “pushy eaters” who want you to eat everything they do.

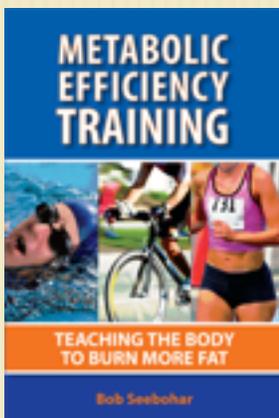
“The 30-Day Gorgefest”, from Thanksgiving to New Year’s Eve!

(continued)

- **Enjoy your cravings.** Eat a little bit of something you love everyday; even if it is just a square of chocolate after dinner. This helps to avoid a pattern of bingeing whenever you are around “fun foods” that you enjoy.
- **Make a healthy version of a not-so-healthy recipe.** There are two different approaches to making “fun”/celebration foods healthy. You can either substitute a not so healthy item for one that does give you health benefits (ie=sweet potatoes for the traditional mashed potatoes) or you can re-do a recipe to make it healthier by replacing high fat and sugar ingredients with ones that are low in fat content and provide a health benefit. Some examples of this include replacing butter with canola oil or non-hydrogenated coconut oil, substituting bananas or pumpkin for eggs and instead of using whole milk, use nonfat, soy or rice milk.
- **Create accountability for yourself.** This is where remembering what matters the most to YOU comes into play. If you want to hold yourself accountable you have to create a means to do so. The most simple way to do this is by weighing yourself once weekly in the morning right after waking up, or having that accountability partner that is going to keep you in check (in a fun way) about your exercise and nutrition plan.
- **Remember to CELEBRATE!** Life gives us things to celebrate about and one meal or party is not going to put us over the edge. Celebrations are part of enjoying life so make sure you celebrate at least once for Thanksgiving and Christmas!

Contact Krista Austin at performance_coach29@yahoo.com or www.performanceandnutritioncoaching.com

METABOLIC EFFICIENCY TRAINING: TEACHING THE BODY TO BURN FAT



“Metabolic Efficiency Training: Teaching the Body to Burn Fat” book describes in detail how to improve the body’s ability to burn more fat and preserve limited carbohydrate stores through proper training and nutrition planning. It combines the concept of nutrition periodization to provide the athlete, coach and health professional a blueprint of how to become metabolically efficient as training load changes throughout the year and how to maintain the ability to use fat as a primary energy source.

This makes a great holiday gift for anyone wanting to change their eating habits and body composition.

Visit www.fuel4mance.com to order your copy.