

Run with Jill Bootcamp **2011 Holiday Maintain Challenge Calendar**

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Weight control is tremendously difficult over the holiday season. If it weren't, the average American wouldn't gain seven to ten pounds through this time; but they do. Curbing alcohol consumption, stopping eating when full, dealing with hunger, exercise, using smaller plates and avoiding emotional eating will go a long way in the battle against the bulge.

How about making a promise to yourself to maintain your weight this holiday season? It may seem hard, but, really its not. It's a matter of setting aside a little bit of time everyday for yourself and your health. Its worth it, isn't it?

That being said, I have designed a simple little challenge to help you stay on track this season. It's fairly simple to follow and requires less than an hour a day. Again, your health is worth it, so please take the time.

I will be posting many more of my tips and motivation on my facebook fan page. Be sure to "like" my page so you can get your daily motivation.

["Run with Jill Bootcamp" Facebook](#)

If you have any questions or comments, please feel free to contact me by email : runwithjill@gmail.com

Holiday “30 Day Maintain” Challenge

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				24 Thanksgiving Day: Pig OUT!	25 Detox: -Drink 80oz of water -Replace coffee with green tea -Reduce dairy intake -40min. of cardio	26 Friends & Family Invite a friend or two and take a long walk, run, or hike.
27 Green It UP! Green smoothie. Mix 2 servings of fruit with 1 cup spinach, ½ cup ice, and blend.	28 Low Sugar (Eat less than 40g of sugars and eliminate all other white foods such as bread, pasta, sweeteners, etc)	29 Booty Toning! 3 sets of 50 walking lunges.	30 Eat your Protein! Eat 1g of protein for every pound of body weight.			

“What you eat (or don’t eat) will have a definitive effect on what diseases you do or do not get. Make it a “do not” and add years to your life by eating clean whole foods for disease prevention”

~ December 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Calorie Burn Quickie! -Plank : 1 min -Wall sit: 1 min -Pushups: 1 min -Squats: 1 min -Jump rope:1 m	2 Whole Foods Eat whole, natural & unprocessed foods all day until your party tonight!	3 Friends & Family Invite a friend or two and take a long walk, run, or hike.
4 Green It UP! Green smoothie. Check the "run with Jill Bootcamp" facebook page for recipes	5 Low Sugar Keep sugar intake at or below 30g.	6 Booty Toning! 3 sets of 50 walking lunges	7 Eat your Protein! Include 20g of protein at breakfast.	8 Calorie Burn Quickie! 20 jump jacks 20 pushups 20 squat jumps 20 crunches 20 tricep dips	9 Whole Foods Eat whole, natural & unprocessed foods all day until your party tonight!	10 Friends & Family Invite a friend or two and take a long walk, run, or hike.
11 Green It UP! Green smoothie. Check the "run with Jill Bootcamp" facebook page for recipes!	12 Low Sugar (Eat less than 40g of sugars and eliminate all other white foods such as bread, pasta, sweeteners, etc)	13 Booty Toning! 3 sets of 20 squat jumps & 20 Step ups	14 Eat your Protein! Be sure all your snacks today include at least 10g of Protein.	15 Calorie Burn Quickie! Plank 1 minute followed by a 1 minute wall sit hold. Repeat 3x total.	16 Whole Foods Eat whole, natural & unprocessed foods all day until your party tonight!	17 Friends & Family Invite a friend or two and take a long walk, run, or hike.
18 Green It UP! Green smoothie. Mix 2 servings of fruit with 1 cup spinach, ½ cup ice, and blend.	19 Low Sugar (Eat less than 40g of sugars and eliminate all other white foods such as bread, pasta, sweeteners, etc)	20 Booty Toning! Find a staircase and walk or run up and down for 15 minutes ...no stopping!	21 Eat your Protein! Eat 1g of protein for every pound of body weight	22 Calorie Burn Quickie! -Plank : 1 min -Wall sit: 1 min -Pushups: 1 min -Squats: 1 min -Jump rope:1 m	23 Whole Foods Eat whole, natural & unprocessed foods all day until your party tonight!	24 Friends & Family Invite a friend or two and take a long walk, run, or hike.
25 Merry Christmas! Enjoy all the foods you love today	26 Low Sugar Detox: Eat less than 20g of sugar today and be sure to drink 80oz water!	27 Booty Toning! 3 sets of 50 walking lunges	28 Eat your Protein! Include 20g of protein at breakfast	29 Calorie Burn Quickie! -Plank : 1 min -Wall sit: 1 min -Pushups: 1 min -Squats: 1 min -Jump rope:1 m	30 Whole Foods Eat whole, natural & unprocessed foods all day until your party tonight!	31 Friends & Family Invite a friend or two and take a long walk, run, or hike.

Tips to help you stay on track this holiday season:

- 1. Stick to a regular routine with sleep and exercise.** Many times feeling tired or stressed is mistaken for hunger. Be sure to get plenty of sleep. Regarding exercise.....don't fall prey to the excuse that you'll get back on track after New Years Day or when the weather warms up again. You may need to modify your program for the busy holidays. Do what you can and be sure to stick to a regular routine.
- 2. Watch your alcohol intake.** Alcoholic beverages contain "empty calories," offering little to no nutritional value and contributing to excess weight gain. Try having a seltzer with a lime twist or a glass of water between alcoholic drinks to help cut calories and remain well hydrated. Save your alcohol drinks for the parties and stick to water, milk, and seltzer beverages during the weeknights.
- 3. Eat a small, healthy meal before party time.** Don't go to a party hungry. Have a piece of fruit and a handful of nuts before heading out.
- 4. Don't stand by the food at the party.** You will be less likely to partake in unconscious snacking all night if you instead move, mingle and socialize with friends.
- 5. Always reach for the vegetables (without the dip), fruit or rye crackers first.** Fill up on the healthy stuff first and make you less likely to eat the high fat and unhealthy foods.
- 6. Set goals and keep a food diary.** Plan your weekly food intake and include which the few meals to allow the holiday treats in your diet -- in moderation, of course. Don't totally avoid sweets and holiday food; just plan for it and eat more fruit and vegetables during the week to allow for this. With this plan you can also avoid the guilty feeling afterward.
- 7. Eat lean protein.** Quality protein includes lean meats, seafood, chicken, turkey, eggs, yogurt and low-fat cheeses. Protein will help you feel full and control your appetite.
- 8. Always remain positive.** If you do have a "bad" day, don't worry or stress about it. Just get back on track the next day. Maybe this can be the year your New Year's resolution doesn't include dropping those extra holiday pounds.