

Holiday Survival Guide



*See how you can lose weight fast
just by enjoying the holidays.*

Matt Green

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10 Big Holiday Problems

During the holidays there are some major problems that contribute to holiday weight gain. If you want to maintain your weight so you don't have the dreaded problem of gaining weight, or if you want to lose weight, this chapter will give you some great pointers while showing you the consequences of doing any one of these 10 things.

I personally used to make these mistakes but now that I know what I was doing wrong, I can share the knowledge with my clients, family, and you!

Below I list the top 10 reasons I have seen others and myself gaining weight during the holidays. These tips will give you a piece of mind for what to do and how much food you should consume so you can enjoy the holidays!

With these tips fresh in your mind you'll be able to see weight loss results during this holiday season. Typically my family members fall victim to a lot of these problems but since I lead and set an example with my healthier alternatives and methods, they're now starting to follow the guidelines that I follow, which makes everyone feel great!

This means that you can have a positive influence on your family too, just by following along.

The first problem that I see the most is eating...

Too Much Sugar.

One of the biggest problems for gaining weight during the holidays, as you'll notice with others around you is that too much sugar is being consumed. Your friends and family will talk about how great the snacks are and keep eating and eating.

The problem with eating too much sugar is that it's not only unhealthy but it affects a hormone in your body called Leptin, which I will cover in more details later on.

The reason why sugar is so detrimental to weight loss is because it raises your blood sugar levels very quickly, which in turn forces your body into fat burning mode extremely quickly. This means your body starts wondering where to put all of the sugar since your insulin levels are so high.

When your insulin levels are high, your body starts to transport the sugar to your glycogen stores, which by the time you've eating all the holiday snacks and deserts, your glycogen stores are full.

This means that there is nowhere else to store the sugar in your body so off to the fat cells the sugar goes! This is the reason so much weight gain occurs during the holidays. An average

American consumes 150 pounds of sugar each year. It's not shocking but the most sugar is consumed from the time of Halloween to the New Year.

At all costs you should try to limit your sugar intake as much as possible. Although it's the holidays and you're going to want to enjoy yourself, be selective on the sugary snacks you eat.

In another chapter I will arm you with some of my favorite delicious dessert recipes that I make during the holidays that my friends and family love and can't believe are healthy for you.

Leptin / Your Craving Controller

Like I was mentioning earlier, Leptin is a hormone in your body that tells you whether you're full or not. This can be a big problem if you eat too much sugar. The reason this happens is because the sugary snacks you are consuming look foreign to your body.

Your body doesn't know what to do with this foreign food since it is not something that has any nutritional value.

Sugar was not meant to be consumed in the state that it's in with the snacks that are distributed during the holidays. An example of a nutritious snack that everyone loves is fruit. Fruit is sweet and tasty. This is why a lot of people love it. The reason this is better for your body to consume is because fruit has lots of fiber.

When you consume fiber along with the sugar (fruit juice) your body's blood sugar experiences a moderate spike compared to a massive spike when it comes to a cookie. The sugar in cookies is processed and is foreign to your body.

In most cases, if not all of them, the sugar is processed and stripped of its nutrients that it used to have. If you're not cooking with an organic sugar, which has lots of added vitamins and minerals, then you're going to pack on extra pounds and store more fat.

Overall sugar should never be consumed by itself. Naturally, you should only have sugar from fruit. Sugar by itself has massive health risks if consumed too much. These risks include heart disease and diabetes to name just a couple.

Refined processed sugar is now also genetically modified (GMO). Sugars such as high fructose corn syrup have GMO corn in them. A GMO is corn that has had its DNA strand modified so that farmers can essentially produce more crops for less money.

This is another story for another time because I could go on and on about this topic.

Another component to holiday weight gain is your craving controller. This is a pleasure center in your brain that releases a chemical called dopamine. Whenever you eat something with sugar, your brain's pleasure center becomes stimulated and happy.

This is the reason why your family, friends, and why you've personally experienced yourself coming back for seconds or thirds of a great tasting snack you had. I'm sure you can see the problem with coming back for thirds (weight gain).

Bloating

All of this sugar consumption leads to another problem many of us have, bloating. How can you tell if you're bloated? Well if you wake up in the morning and your jeans fit and then by the end of the day you have to unbutton them so they are not so tight, then that is bloating.

If your jeans don't fit in the morning and you have to keep a button loose and then at the end of the day you still have the button on your pants unbuttoned that just means you have belly fat.

Some solutions to reducing your bloating are staying away from fruit juices that are essentially sugar water and pack on pounds, sports drinks, sugary processed snacks, and greasy foods to name a few.

Overall this is a problem that can be fixed by choosing better food alternatives and consuming less sugar. Later in another chapter I'll share a great tip that can help you consume less unhealthy processed snacks.

It's the holidays so you can eat these foods but I want to show you how to consume less of these foods so you don't have to come back for a third, fourth, or fifth serving.

This trick that I will share can drastically reduce the amount of belly fat you store.

Not Planning Ahead

Failing to plan ahead can cause you to suffer because if you don't have plans for what you'll be eating throughout the day, you'll likely snack on foods that are of the unhealthy nature.

Planning doesn't have to be a tedious task. If you have a piece of paper, post it note, iPhone, or anything that you can write a few quick notes on then you're good to go!

To effectively plan you should be writing down things you're planning on doing and eating. This can keep you on schedule. The problem most people have is they don't have a plan so they wing it and don't always make the best decisions that contribute to being healthy and losing weight.

If you plan just a few things each day, you you'll see a HUGE difference in the way you plan and fell during your holiday.

Eating Large Portions

Large portions are a big part of the holidays. There is so much food to go around and many of us tend to eat multiple servings.

To combat against this evil weight-gaining problem, before you eat your second or third serving, wait at least an hour so your body can consume and digest the food you just ate.

If you eat too much food and your body can't process it all then you'll store the extra food you eat as unwanted fat.

An average person can process 400 calories at a time. Spread your servings out for an hour later so you don't store your food as fat.

I know with my family everyone is always talking so it's not unusual if we sit at the dinner table for a whole hour. So if you get a meal in at the beginning like everyone else does and then have another serving 50 minutes later you'll be good to go.

You'll most likely have lots of left overs, so a snack later on is great to have too.

Not Enough Nutrition

During the holidays there is always plenty of food around to fuel your body with the right things.

Not everything has to be organic and super super healthy, but if you're eating foods your body can recognize then that is better than a processed sugar cookie that would look foreign to your body and pack on extra pounds.

When you're eating your main course meals during the day, eat as much of the nutritious foods as possible. Foods such as fruits, vegetables, chicken, meat, etc. Food that your body can recognize.

TIP: Be sure to eat your food in even proportions. Don't just eat all the fruit for example. Make sure you get a variety of nutritious food.

Never Say Yes To Everything

There are a lot of temptations during the holidays but you don't have to fall for all of them.

If you know you have eaten too much of something and a family member asks you if you want another, don't be afraid to say no (politely of course :)).

You have to know your boundaries and know what's best for you so you don't gain those stubborn extra holiday pounds.

Food is everywhere so it's ok to say no to one of the offerings that you received. There will be plenty of other offers that you get for a variety of other foods.

So be careful and mindful of what you're eating so you don't fall victim of over eating. Know what's best for you.

I know it can be hard sometime because maybe one of your relatives made the dish of food being offered. If it's something you haven't eaten yet then it's okay to try a small piece of a dessert just to be polite.

When all of my family is over there are over 10 dishes of food from different relatives! I don't eat all of the desserts and food but if someone asks me to try something I will try it.

On a side note it may release some resistance trying a relative's plate instead of saying no. This can prevent a relative sparking a conversation such as "oh are you on some kind of diet?"

Too Much Alcohol

Drinking too much is yet another popular problem for weight gain during the holidays. As we have some time off and don't have to get up for work in the morning there is an excuse to have a few extra drinks.

You'll want to avoid drinking too much. Unfortunately this can pack a tremendous amount of weight on your body. Depending on the drink, there is likely tons of sugar, sweeteners, wheat, and GMO's in your drink.

If you decide to have a drink don't overdo it. Have 1 – 2 drinks to enjoy yourself. Drinking can also suppress hormones in your body causing you to eat more and store more fat.

It is ok to drink a glass of red wine with your meal or while chatting with family and friends.

Not Hydrating Enough

Its important to stay hydrated during the holidays. I've seen to many times people not drinking enough water. This can lead to head aches, eating more, and feeling tired to name just a few of the problems implicated without proper hydration.

The biggest problem for not drinking enough water is eating more. When we don't hydrate enough our bodies mistake being thirsty for being hungry. This means we are eating more food when all you needed was a glass of water.

Next time you're feeling hungry try drinking a glass of water to see if you feel less hungry. It's very important to drink enough water during the day.

To figure out how much water on average you should be drinking, divide your body weight by 2 and that's how many ounces of water you should be drinking. This may seem like a lot of water but try to drink as much as you can. You can carry bottle water with you just to feel fresh.

Drinking water throughout the day always makes me feel refreshed and more energized.

You can also tell by the color of your pee. If it's yellow then you may want to increase your H2O intake. Water is my go to beverage during the holidays and I would recommend it for you too!

Don't Eat Too Late At Night

When we are visiting family we're always up late talking, hanging out, and relaxing, so it's not uncommon that we eat a few snacks during that time.

That is okay as long as you don't overdo it with too many servings and you don't eat too late.

If you eat too late or right before bed, then the food you eat is likely going to be stored as fat. So make sure you give yourself 2 hours of time before bed that you're not eating so your body can relax, and cool off from all the food you ate earlier in the day.

If you eat too soon before bed you'll store more fat and cause additional weight gain on your body, which can be a problem when you're trying to maintain or lose weight during this holiday season.

The 5 Actionable Steps Plan

These steps have been made extremely simple to follow so anyone can use them to get results. I have covered these topics because they contribute to the best ways to reduce your weight during the holidays.

My family is famous for always snacking on everything so this will give you great tips that you can implement into your routine easily.

Don't take yourself too seriously during the holidays because they are meant to be fun. Just create a few goals and processes that fit your current routine that you can follow to make sure you see results.

Focus On Socializing

Don't be the one to stand around in the kitchen or food table because that standing position has a steep price, and that weight gain. The kitchen is where my family keeps our food, so the kitchen is not the place to be when all the food is in there.

I do however go into the kitchen when I am hungry to grab something to eat but I don't stand in there to chat and mingle with all the food around. I like to sit in the family room and see what's on TV or play Xbox Kinect with my little nephews.

If you don't know what Xbox Kinect is, it's a game that requires your movement to control the players in the game. There are games that include sports such as volleyball, bowling, football, soccer, etc.

By the way, I hold the record for the most wins with each game :). Xbox Kinect is a great way to get some movement and exercise into your holiday routine.

If you're not playing a video game then you're most likely chatting with family. Conversation is weight gain free so you never have to worry about talking too much with your family, unless of course there is a particular family member you're avoiding. Haha, I'm just kidding but seriously, conversation is king.

The holidays are a great time! Keeping a goal for socializing is great to have. It gives you another thing to cheer about besides the holidays.

Come to your family party to socialize and not just eat. Use up your energy by making conversation and helping out with the cooking in the kitchen.

Set An Example

Do you want your family to have your diet and exercise habits? If the answer is "YES" then this is a perfect step to add to your action plan.

By eating and cooking healthier foods you'll start influencing your family to do the same. Once you start a habit your family members can sometimes pick up the habit too.

If you're visiting family from out of town, it may be hard to give someone a habit of being healthy if you're only going to be there for a few days. If you see your family very often then your habits can rub off onto them quickly.

Once you share your knowledge with your family, they will then understand why you eat healthier. You can say, because it gives you more energy, eliminates toxins, makes you happier, and allows you to live longer.

Obese and diabetic kids almost always have obese and diabetic parents. So you can see the affect that creating good habits can have around your friends and family.

Do More Physical Activity

Physical activity is great because it can help deplete your glycogen stores, which opens up more room for you to store more energy.

Climbing the stairs at work, walking around the block, or doing a short exercise routine can be great for preventing weight gain. I'll show you some great exercises later in another chapter that will help you out tremendously.

All of the little things you can do add up to big results once you start. You can even stretch and do some lite movements while your watching TV. Doing just a few of these things can increase your metabolism so you can burn more fat.

Do these small tweaks sound easy enough for you? I hope so! They have tremendously helped me and countless other clients.

Use Salsa As Your Main Condiment

Salsa is a secret weapon of mine...

Let's say you're having a grass fed burger and you want to add ketchup. You can swap out the ketchup for salsa and consume 50% less sugar. Salsa is a healthy condiment that you can eat that will give you great weight loss results.

It is extremely healthy for you and contains lots of peppers and other healthy ingredients.

Salsa can also be substituted for mayo and add more flavor without all of the unhealthy chemicals and refined canola oil that is in mayo. You can also server it with chicken and fish too.

Easy Holiday Tips & Tricks

The easy holiday tips and tricks that I will be sharing with you in this chapter are very powerful and will help you lose additional weight during the holidays. The cool thing about everything that I have been sharing with you is that nothing is restrictive with the foods you eat.

You just have to eat things in the proper amounts and you will get results. Remember back to your last holiday a year ago. Did you eat lots and lots of food that you wish you didn't eat? If so this formula and all the tips that have been shared will eliminate that regret and leave you satisfied and more confident.

My clients have used the tips and tricks that I'm going to share with you below successfully to lose weight during the holiday season. Even if you just implement a couple of these strategies you'll have results to be proud of!

Favorite Dessert Trick

This is a trick that I originally saw Dr. Oz share in one of his episodes that I thought was great and had to try out. Normally when we are eating a dessert such as a brownie, you eat 3 or 4 squares right? I know I would if I didn't use this trick.

The object of the trick is to not consume the 3 or 4 squares of brownies. It's to eat just 1 square. After you've eaten 1 square you should have a glass or bottle of water on hand.

After you eat 1 brownie square and you start drinking water your stomach will start getting full with the water and brownie that you ate, which leaves less room for more brownies and your desire for more brownies starts to dwindle.

My family always has all kinds of desserts on the table so what I do is pick a couple I like and east them followed by a glass of water to take the edge off the craving. This works really well for me.

So next time you're near a snack that you can't resist try this trick and see how it works for you.

Get Proper Sleep

Sleep is critically important if you want to prevent weight gain during the holidays. A study was conducted that showed people who got 5 – 6 hours of sleep ate more and made poor eating decisions because they were tired.

The people who got around 7 – 8 hours of sleep made great eating choices and tended to weigh less than the crowd that got less sleep. So as you can see sleep is an incredibly important factor to holiday weight loss.

To get a good night's rest here are some things you can do. You can relax with friends and family, watch a comedy, take a walk in the snow, relax before bed, and finally stay on a sleep schedule so your body is used to sleeping at certain times.

A question I get asked a lot about is naps. "Can I take a nap during the day without effecting my sleep schedule at night?"

The answer is yes and no. Yes, you can take a nap during the day if it lasts for 20 - 30 minutes. No, if you're going to nap for over 30 minutes. Quick naps are great to take to refresh yourself but if you nap for too long you can effect your nighttime sleep schedule.

Go For Protein, NOT Sugar

Protein should be a part of every meal you eat during the day. Protein is what fills you up. If you opt for foods that contain lots of sugar and no protein then you're not going to fill yourself up and your body will not be able to burn fat efficiently.

To make sure you start the fat burning machine in your body you'll need to eat lots of protein at each meal. Protein is found in protein powders, chicken, meats, and eggs.

Be sure to always add a protein on your plate whenever you can. When my family is eating Christmas dinner we have all the food on the counter in a buffet style. Then I like to pick out the foods with the protein and then assess what the carbs are. This way I can make sure I am eating an even ratio of proteins and carbs with my meal.

Monitor Your Progress

Monitoring your progress doesn't have to be intense. You don't have to measure or weight yourself 2 times a day or anything crazy. All you need to do is step on the scale and take a mental note to see if you're making progress or not.

You can place a post it notes next to your scale to write down your weight each morning. It's important not to get frustrated if weight is not falling off immediately each day. Weight loss takes some time so keep sticking too it and tweak different things to see what works for you best.

Weight loss is a long-term processes so don't get frustrated. Keep analyzing your results and use the tips and tricks that suite you best for losing weight. Everyone is different.

Each of my clients has a different process that works best for them individually.

Never Go 4-5 Hours Without Eating

Eating multiple meals throughout the day is essential because you need to keep your blood sugar levels balanced. Not eating enough meals can cause your blood sugar levels to plummet during the day, which tells your body to start holding onto your fat so you can survive.

The way that most people eat (foods containing too much sugar and barely any protein) causes their blood sugar levels to spike when eating a sugary meal that contains bread and other additional toppings that are not so healthy.

When your blood sugar levels spike insulin comes in to lower your blood sugar levels. Once your blood sugar levels recover they usually plummet since you won't be eating for multiple hours.

So the main take away is to eat frequent meals during the day. I personally eat 5 – 6 small meals during the day. These meals contain lots of protein so I can recover from any exercising I have been doing or just to fill up so I'm not hungry or reaching for a snack that can cause havoc on my health.

An example day for me would be a cheese, onion, and pepper omelet for breakfast, a chicken quesadilla for lunch, an apple or an orange for a snack, turkey chili for dinner, and left over chili for another snack later on.

Eat Filling Snacks Before Family Gatherings

Snacks are a big part of me being able to keep my weight healthy. If you can get on a good snacking habit then your results will skyrocket. A problem I see often with clients or friends who are trying to lose weight is that they snack on tons of unhealthy foods.

Snacks that you will want to avoid are ice cream, donuts, crackers, pasta, chips, cookies from the grocery store, and most of the foods in the middle isles at the grocery store.

During the holidays there are some exceptions to eating some of these foods but they should otherwise be avoided. If you must eat these foods and you don't want to give them up you can reward yourself with a cheat day once a week.

TIP: A cheat day is a special day picked out during the week that allows you to eat whatever you want. This has great health and diet benefits because once you're eating healthy all weeklong your body's metabolism is very low. Once you have a few snacks that are semi-unhealthy they can boost your body's metabolism into fat burning mode.

Then once you're back to eating healthy for the week, your metabolism is high and your torching fat while eating healthy foods during your next healthy week.

Be sure to have a small snack before the festivities start to stay away from the chips!

Buddy Up With Family and Friends

This is one of my favorite tactics because it has a lot of power and works for most of my clients repeatedly. This strategy involves your friends and family who are willing or wanting to lose weight just like you. You only need 1 person to partner with but you can have multiple partners.

I have done this before with my mother and it worked extremely well, I was surprised. The reason this worked so well is because when one of us was going to eat something that we probably shouldn't have eaten we told each other.

I would give my mother a nudge by saying, "Hey I don't think you should be eating that. It's going to hurt your weight loss goals" and she immediately put it down and choose a healthier food. Notice how I said it politely. If you yell or come off as being smart about it than your partner may not be too happy about you telling them they shouldn't eat something.

Keep the buddy system strong with polite reminders to keep each other accountable. You can even incentivize the buddy system by rewarding prizes for sticking to your goals and not cheating on your partner. (This makes a big difference and makes the game more fun!)

5 Delicious Dessert Recipes

I wanted to share some holiday recipes with you since it is the holidays and I don't want you to have to resort to the unhealthy recipes that will be used during this holiday season.

You can impress your family with these great tasting recipes when you show up to the party. I personally picked these recipes because they've been the best tasting ones I have tried and think you will enjoy them as well.

It's best to use all organic ingredients for the healthiest recipe possible but if you get non-organic ingredients they will work just as well but will be less healthy.

The ingredients are gluten free and only contain sources of natural sugar such as honey.

The recipes that I'm sharing with you have an average of 5 ingredients to make things easy for you. You'll notice that these recipes are incredibly easy to make so being a chef is not required. I'm certainly not a chef and I've just about mastered these recipes. They're easy!

Try these recipes out and enjoy!

Oatmeal Peanut Butter Cookies



Ingredients:

1. 2 ripe bananas
2. 1/3 cup peanut butter
3. 2 tbsp coconut oil
4. 1 tsp vanilla extract
5. 1 large egg
6. 2 1/2 cups quick-cooking or rolled oats
7. 1/4 cup spelt flour
8. Dash ground cinnamon

Directions:

Preheat oven to 350°F. Make banana puree by mashing the bananas with a fork until smooth. Whisk in the peanut butter, coconut oil, vanilla, and egg.

Add the remaining ingredients and stir until well combined.

Drop dough onto a cookie sheet that has been lined with parchment paper. Bake 12-14 minutes or until pale golden brown. Cool for 5 minutes

Coconut Flour Cut Out Cookies



Ingredients:

1. 3 Tbs. coconut flour
2. 2 Tbs. melted organic butter
3. 1 Tbs. raw organic honey
4. 1 Tbs. coconut oil
5. 1 egg
6. Pinch of sea salt

Directions:

Preheat the oven to 365 degrees and line a baking sheet with parchment paper.

Mix all ingredients into a bowl. The dough will be soft and slightly sticky. Divide into 8 small balls and flatten slightly on the baking sheet.

Bake until the edges are light golden, about 9 minutes. These over bake quickly, so keep an eye on them. Let the cookies cool completely before removing from the baking sheet or they will crumble. Enjoy!

Chocolate Peanut Butter Fudge



Ingredients:

1. ½ cup coconut oil
2. ½ cup good quality cocoa powder
3. ½ cup organic peanut butter
4. ¼ cup raw organic honey
5. 12 tsp pure vanilla extract

Directions:

Prepare a muffin pan with 10 muffin liners.

Put all ingredients in the bowl of your food processor. Pulse a few times until everything is smooth and nicely combined. (It will be liquid-y) Don't over mix.

Pour the liquid fudge into the prepared muffin liners dividing evenly between the ten of them. There will be about a half inch of fudge in each muffin liner.

Place that muffin pan in the refrigerator for 30 min. or until the fudge has hardened. (Sometimes I use the freezer and it only takes about 10 min.)

Remove the muffin liners from the pan and enjoy your delicious, healthy fudge! Store in the refrigerator.

Peanut Butter Chocolate Chip Bites



Ingredients:

1. 2 teaspoons vanilla extract
2. ½ cup organic peanut butter
3. ¼ cup organic honey
4. 1 teaspoon baking powder
5. A pinch of sea salt if your peanut butter doesn't have salt in it
6. ½ cup organic dark chocolate cacao chips

Directions:

Preheat your oven to 350°F / 175°C. Combine all the ingredients, except for the chocolate chips, in a food processor and process until very smooth.

Put in the chocolate chips and stir it if you can, or pulse it once or twice. The mixture will be very thick and sticky.

With wet hands, form into 1½" balls. Place onto a piece of parchment paper. If you want them to look more like normal cookies, press down slightly on the balls. They don't do much rising.

Bake for 10 – 12 minutes. The dough balls will still be very soft when you take them out of the oven. They will not set like normal cookies.

Strawberry Ice Cream



Ingredients:

1. 1 banana, sliced and frozen
2. 1 handful of strawberries, frozen
3. 3 tablespoons coconut milk
4. 1 teaspoon vanilla extract

Directions:

Place the frozen bananas and strawberries into a food processor. Start blending the ingredients and then add in the vanilla and coconut milk.

Add just enough coconut milk so everything blends together but not too much, you want it to be really thick!

Once it's nice and smooth but still very thick scoop it out and enjoy! It needs to be eaten right away, as it will not keep very well in the freezer. Makes 2-3 servings.

Quick 1 Minute Exercises

In this chapter I'll show you 5 quick exercises that you can do to deplete your glycogen stores so that you can prevent storing unwanted fat during before eating your holiday meals.

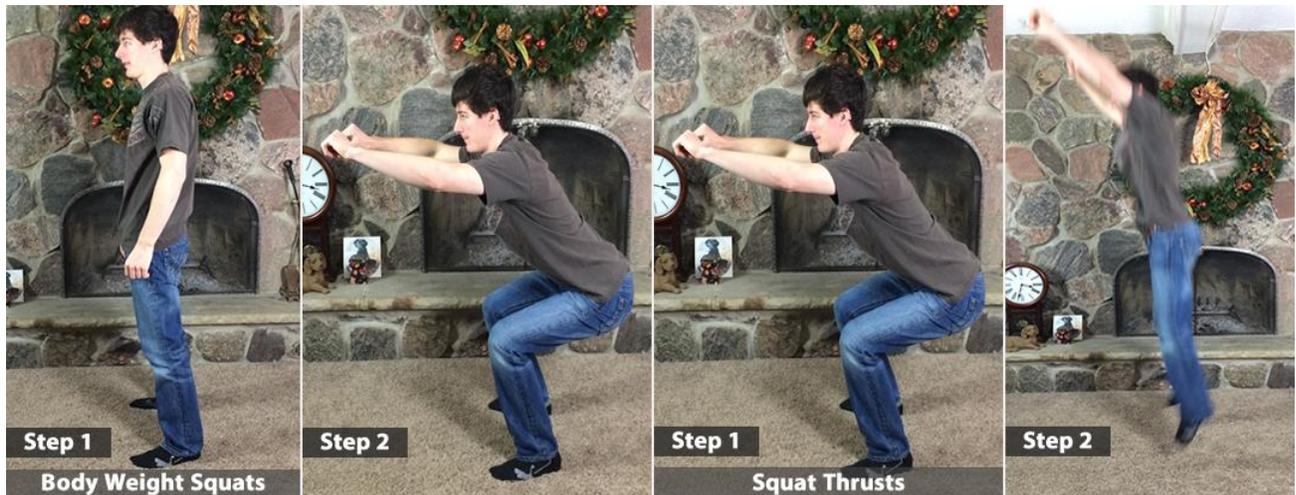
These exercises are very short but very powerful. You will see great results if you follow along in this chapter. I recommend my clients to use this strategy and it works really well.

These exercises will help you shuttle carbs from the meal you eat to your muscle cells for repair instead of sending carbs straight to your fat cells.

To effectively use this strategy, you don't want to be doing bicep curls or abs exercises. You want to use the biggest muscles in your body, such as your chest, legs, and back. You should do one of the burst exercises right before your meal and then an hour and a half after your meal.

At the minimum you should do at least 1 full minute but the longer you do these exercises the higher the reward for doing them. It may seem like not much of a workout but if you use this strategy right you will feel your muscles burning.

Burst 1



The first exercise in this burst is called body weight squats. First you will start out in a standing position with your feet shoulder width apart. Bend your knees and keep your back flat while moving into a squat. Continue slowly for 30 seconds.

The second exercise is called squat thrusts. This time you will start in a squat position with your feet shoulder width apart and your knees directly over your toes. Thrust into the air and jump, then come right back into the squat position. Repeat rapidly for 30 seconds.

The total exercise "burst" will last 60 seconds in total.

Burst 2



The first exercise of this routine is walking in place. As a personal preference you can choose to jog in place to get a better burst. Make sure you move your arms as you would normally when walking or jogging. Keep walking or jogging rapidly for 30 seconds straight with no rest.

Note: Never make a fist with your hand. Your fingers are like antennas. Keep your hands open.

The second exercise is called high knees. Immediately after you finish the walking in place burst, start doing high knees. Your knee should come up at a 90-degree angle. This is an exercise similar to jogging except your knees will be raised higher. When your leg is at its highest point it should be at a 90-degree angle.

TIP: When doing any of these exercises in this chapter, make sure that you do them non-stop for 1 full minute. There is no rest time at all during these bursts. Keep moving until you complete the full set one time. If you prefer you can do multiple sets of 1 full burst with both exercises described.

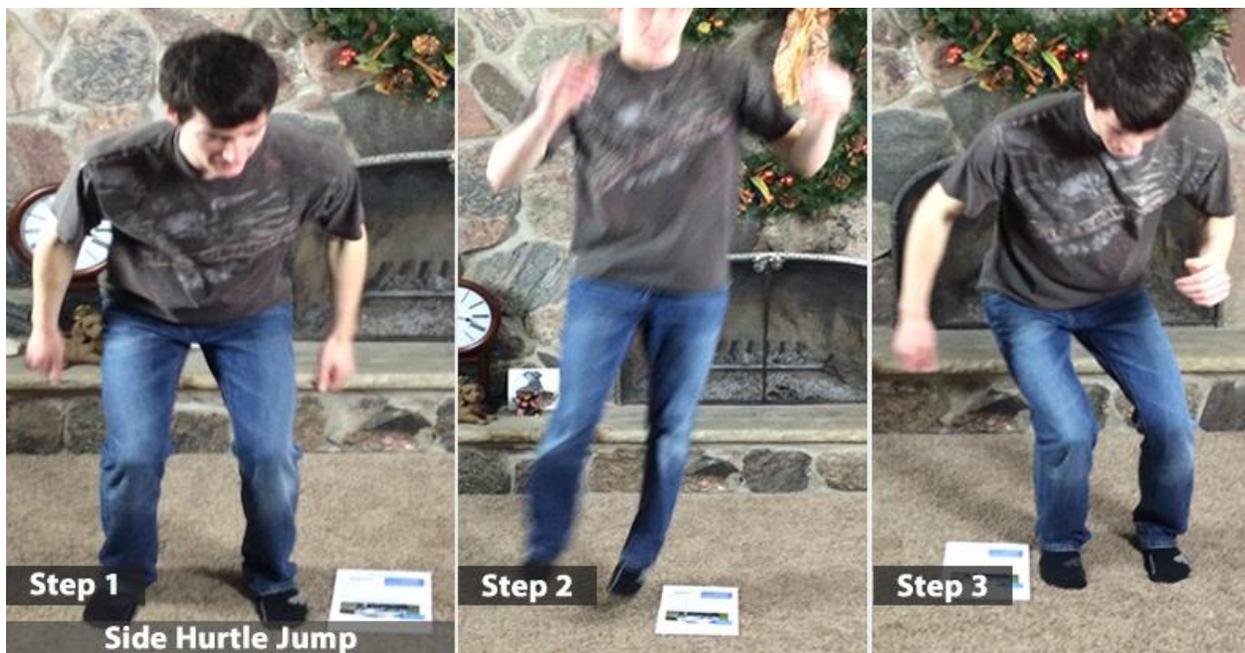
Burst 3



The first exercise of for this burst is a side lunge. You will lunge in a sideways position sitting down in a 90-degree angle. First, side lunge to your left side, then stand back up, side lunge to your right. This is not a fast exercise. Al you need to do is side lunges simultaneously.

After the first part of this burst is done, second we will start doing lunge thrusts. You will start in a forward lunge position. Then you will jump in the air while putting your opposite leg forward. Make sure you swing your arms when jumping. This is a full jump in the air to rotate your front leg.

Burst 4



First up is the speed skater. This is a great fast pace exercise that will get you moving side to side. Start with your right foot forward and your left foot back. Reach with your left arm down to your toe. Make sure your back is flat and then step over to the other side leading with your left foot while sliding your right foot back. Continue rapidly for 30 seconds.

Second is the side hurtle jump. This is another great exercise that should be continued immediately after the first exercise. Place a magazine down on the floor. (be careful with the item you put on the floor. Avoid putting glass items or breakables on the ground in case you

accidentally jump on the item.) Start jumping side to side over the magazine for 30 seconds with no rest. Make sure you get all the way over the magazine or item you are using. Try to keep your back flat and free of curves. Engage your arms while doing this exercise. Don't be stiff.

Burst 5



The first exercise on burst 5 is a body weight squat. If you've done burst 1 this is the same first exercise. Start out in a standing position with your feet shoulder width apart. Bend your knees and keep your back flat while moving into a squat. Continue slowly for 30 seconds.

Second is a pushup. Start with your hands shoulder width apart, back straight, and toes pointed to the ground. Keep your back straight and bring your shoulders back. Lower your chest to the ground without resting. Pull yourself back up into pushup position.