

## Ask the Experts - How to Lose the Holiday Pounds



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**Q [Family]:** Between juggling the kids' school schedules, activities, taking care of the house and the holidays I've gained some unwanted weight. What are some effective workout and diet tips for a mom that's on-the-go and starved for time? I just want to feel confident again.

**A:** Great question! You've summed up the challenge for about 80 percent of moms out there. Let's talk strategies that work, because savvy moms like yourself already know the key to losing weight is simply to move more and eat less, right? If only it were truly that simple.

#### Get Personal

If you're looking to shape up on your own, decide right now what you're willing to invest: how much time, money, preparation and sweat is reasonable to you. Then situate the plan of attack around your goals and expectations. So many of us are caught up in the daily grind that laying out goals feels impossible. If we can't focus on exactly what we want, and why, we'll continue flying by the seat of our pants, which is what got us into this mess in the first place.

#### Iron Maiden

Gyms are a perfect solution to two of your problems: exercise and the kids. Commit to going and dropping off your kids in the gym's daycare without guilt. Even 30 minutes per day can help with weight loss – not to mention stress reduction – endorphin release and a mini re-charge from the rigors of wearing your 50 forms of mom hat.

## On Demand

Unable to get to the gym? Let the classes come to you. It's never been easier to get the workouts and trainers you love in the comfort of your own home. Between the huge fitness catalogue available on Netflix, On Demand or YouTube – there are literally hundreds of options. Write out and plan which videos you want to do ahead of time and calendar them into your week. Focus on variety. For example, decide that Monday and Wednesday are cardio, Tuesday is Pilates and Saturday is sculpting.

## ...Stabilize...

Your blood sugar, that is. Eating on the run and finishing your kids' meal scraps adds up to big trouble. Refraining from "human garbage disposal syndrome" saves hundreds of calories per day and keeps your blood sugar stable, allowing you to burn fat and preserve muscle. The key is to prep and pack five to six small meals per day, and eat them every three to four hours. Most women do well on about 22 to 25 grams of protein, 20 to 22 carbs and 7 grams of fat at each of these mini meals. The calories add up to roughly 1,500 per day.

## Link Up

Accountability is key. Tell family and friends what you're going to do. Ask girlfriends with similar goals to join you, involve the kids in your workouts and food prep, or go online and find a community such as meltdownchallenge.com, sparkpeople.com or any other free group where you can announce your goals in a like-minded setting.



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