
Politically Incorrect Holiday Fat Loss Tips

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Often the tips lack any substance, because the writers don't want to imply you actually have to make a sacrifice to succeed. They make fat loss sound easy, as if all you had to do was park at the far end of the parking lot and you'd burn all the calories from 5 shortbread cookies.

Well it doesn't work that way...So here are my politically incorrect, unique Turbulence Training strategies to help you keep off the holiday pounds.

By the way, I "borrowed" a few ideas from contestants in my Turbulence Training Transformation Contest. The Transformation is rocking with social support and success stories right now, even while the rest of the world struggles with weight gain, these TT users are losing fat over the holidays.

Click here to get started
with Turbulence Training for Fat Loss:

Strategy #1 - Green Tea & Almonds

One of the most common tips
you'll hear is to "fill up" before you go to a party where there will
be lots of goodies.

Unfortunately, most people
I talk to have no luck with this tip. Most people still go to a party and eat
everything in sight.

But recently TT users have
told me that having a cup of Green Tea and one ounce of almonds has helped them
avoid holiday cravings better than anything ever before.

The fiber from the almonds minimizes
appetite while the small amount of caffeine from the Green Tea seems to
increase mental alertness and keep you "energized" at the party.

Hopefully that might work
for you...

Strategy #2 - Don't waste your time on any fancy cardio programs

Listen, the bottom line
over the holiday season is that your success depends almost entirely on your
nutrition.

You can't expect to hit the
cardio confessional and burn off last

night's 2000 calorie smorgasboard. That's a 4-hour workout. Instead, don't get
into that position in the first place.

Here are more nutrition tips:

- Focus on portion control
(and if you have no discipline, forget

even trying to eat just one)

- Nix all drinks mixed with calorie-containing beverages, or better yet, just stop getting drunk. Period.

- Write down everything you eat to identify your problem spots. Then do whatever you need to do to eliminate your weaknesses. If you don't record your nutrition, chances are you'll miss big

opportunities to change your diet and lose fat.

Strategy #3 - Take care of yourself first.

My friend Holly Rigsby is always reminding busy moms to take care of themselves first, and I think that suggestion applies at this time of year to everyone.

So take a deep breath. Ask yourself as you're running around to

please everyone else, "Have you set aside time for yourself"

Be selfish. Make sure you have had some exercise time, some good nutrition, and some rest before overextending yourself and doing too much for other people when you haven't taken care of yourself and your goals first.

Strategy #4 - Get on a roll

This one comes from a TT Transformation contestant who is too busy losing fat to get off track over the holidays.

Don't procrastinate till
January 1st. Get started now. Dozens of

men and women are doing their Turbulence Training Transformations right now -
through the heart of the holiday season.

They aren't waiting for
Jan. 1st to show up. They are taking

control now, and getting on a roll, and not letting anything (from
work parties to peer pressure) get in their way.

Strategy #5 - Exercise in
short bursts whenever you can

Don't be afraid to dance at
your Christmas party. Don't worry, there is bound to be at least one worse
dancer than you out on the floor. Have fun and get down!

On a more serious note,
here's how to avoid falling off the fitness

program during the busy holiday season.

Get your butt out of bed 15
minutes early so you can have 3 minutes to wake up and 12 minutes to do the
December 2007 Turbulence Training 12-Minute Workouts.

Get this workout as part of
your bonuses when you start using

Turbulence Training today

Stay healthy and fit over
the holidays,

Craig Ballantyne, CSCS, MS

Author, Turbulence Training

About the Author

Learn about the "Dark Side of Cardio" in the free report from Craig Ballantyne at Turbulence Training. Craig is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit Turbulence Training