



MERRY & MOTIVATED

December Challenge

THRIVE, DON'T JUST
SURVIVE THE HOLIDAYS!



DISCLAIMER



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As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Elite Physique Personal Training, LLC, you are agreeing to accept full responsibility for your actions.

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WELCOME TO YOUR MERRY & MOTIVATED CHALLENGE

*I'm very excited to have you as
a part of this challenge...*



Hello, I'm Colleen Riddle, the proud owner of Elite Physique Personal Training, and I'm thrilled to welcome you to our "Merry & Motivated Challenge."

As a fitness professional with over 17 years of experience, I understand the unique challenges the holiday season can bring to maintaining a healthy lifestyle. Why is this program special?

The holiday season is a time for joy, celebration, and togetherness, but it doesn't mean your health and fitness goals need to take a backseat. My program is designed to help you not only survive, but thrive during this festive season. I've carefully crafted a holistic approach that goes beyond just workouts, focusing on mindset, community support, and personalized coaching to make this a transformative experience.

Welcome to Your Merry & Motivated Holiday Challenge

Here's a quick snapshot of some of the benefits:

- ✓ **Quick Workouts:** *I know time is valuable this time of year, so I've designed short, effective and enjoyable workouts.*
- ✓ **Mindset Mastery:** *Develop a positive and resilient mindset to navigate the holiday season with ease.*
- ✓ **Community Connection:** *Join a supportive Facebook group for camaraderie, shared victories, and valuable tips.*
- ✓ **Personal Accountability:** *Zoom coaching sessions with Colleen for live Q&A, motivation, and individualized guidance.*
- ✓ **Nutrition Wisdom:** *Practical tips to make mindful choices at holiday gatherings, ensuring you enjoy the festivities without compromising your goals.*
- ✓ **Party Survival Strategies:** *Navigate social events without guilt, armed with smart choices and moderation.*

I'm very excited and grateful to be a part of your journey to a healthy holiday season. I'm here to help and answer any questions, no matter how big or small.

I want you to have the BEST possible experience and get the BEST possible results, so please reach out if you have any questions or concerns.

Thanks again for trusting in me and joining us for the next four weeks.

Sincerely,

Colleen Riddle

ACE Certified Personal Trainer



LET'S GET STARTED

First... Setting Achievable Goals

Realistic Health Goals:

In the whirlwind of holiday festivities, setting achievable health goals is your compass. Your "ideal" plan might need adjustments during this busy season. This challenge is about setting yourself up for success. Discover practical tips for crafting realistic, month-specific health goals in this Success Guide (and in our [Facebook Group](#)).

Positive Mindset:

Amid holiday hustle, maintaining a positive mindset is crucial. Find strategies to overcome challenges, manage stress, and stay focused. Remember, during this challenge, adaptability is key. Your goals are achievable, even with the juggling act of parties and family activities.

Motivation Quotes and Mantras:

Fuel your journey with motivational quotes and success stories. Be inspired by those who've thrived during the holidays. As you navigate this season, create a mantra for your workouts. Embrace the idea that "Something is better than nothing!" Your progress is about consistency, not perfection.

"Do something everyday that is loving towards your body and gives you the opportunity to enjoy the sensations of your body."

— Golda Poretsky

In this challenge, success is defined by progress, not perfection. Let's make your goals a reality, even in the midst of holiday chaos.

Navigating Nutritional Success



Mindful Eating for Holiday Wellness

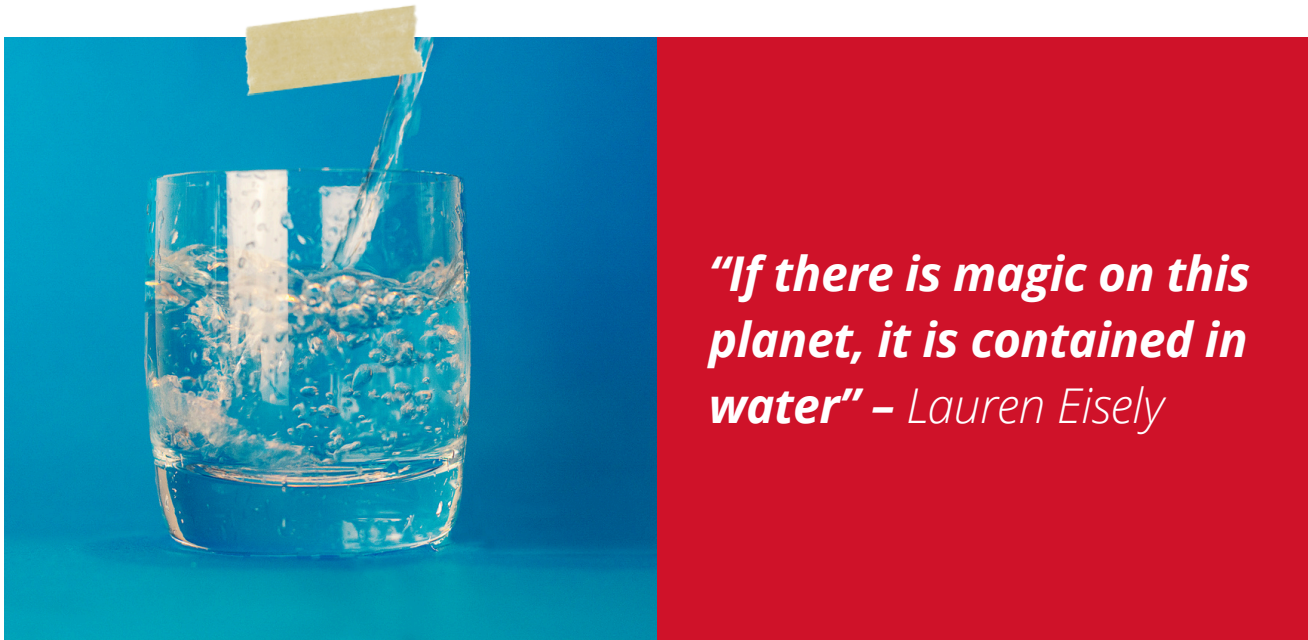
Guidelines for Mindful Eating:

The holiday season often brings a delightful array of food to our tables. Embrace the joy of festive gatherings while staying mindful of your health goals. During holiday meals, try to eat slowly and savor each bite. Pay attention to your body's hunger and fullness cues, allowing you to enjoy the flavors without overindulging. Consider using smaller plates to help with portion control, and take breaks between servings to assess your hunger level.

Portion Control Tips:

Mastering portion control is key to enjoying holiday meals without derailing your progress. When faced with a tempting spread, start with smaller portions and savor each bite. Listen to your body's signals of fullness and satisfaction. Consider sharing dishes with others to experience a variety of flavors without excess. And remember, it's okay to indulge in your favorite treats in moderation—focus on quality over quantity.

How Much Water Should I Drink?



Staying hydrated is one of the BEST ways you can possibly take care of your body. Water is essential for every single cell in our body to function at its highest level. Amidst the hustle and bustle, hydration often takes a back seat.

Water helps increase your energy levels, promote weight loss, flush out toxins, improve the quality of your skin, improve digestion, can help relieve joint pain, and can even help relieve headaches!

Your body is about 60% water...and just a small 2% decrease can significantly impair performance and the way you feel.

Your goal for this challenge is to drink at LEAST half of your body weight in ounces each day.

If you struggle because you don't like the taste of "just water," I encourage you to add some [Young Living Vitality Essential Oils](#) to help you.

Example: If you weigh 150 pounds, you should be drinking a minimum of 75 ounces of water each day.

The Not-So-Sweet Truth About Sugar

I want to address SUGAR!

Added sugars (*that don't occur naturally in the foods you are eating*) can be absolutely detrimental to your health.

Inflammation is the root of all disease in the body...

I'm talking about diseases like cancer, diabetes, Alzheimer's, digestive disorders, arthritis, and the list goes on and on.

Consuming a high amount of refined sugars is a LEADING cause of inflammation in your body.

Did you know that soda and other sugary drinks are the #1 source of calories in the American diet!? It's easy to go overboard during the holidays. By empowering yourself with education, you will make better decisions!

Here are a few not-so-sweet facts about sugar:

- ✓ *Sugar promotes inflammation in the body – the root cause of disease.*
- ✓ *Large amounts of sugar will suppress your immune system. (Imagine how your immune systems suffers if you're eating processed sugars every meal.)*
- ✓ *Sugar suppresses the release of HGH (Human Growth Hormone) in the body.*
- ✓ *Sugars will raise your insulin levels- which over time can lead to a whole host of diseases.*
- ✓ *Sugars have a massive negative effect on energy levels throughout the day.*
- ✓ *Impacts your hormones and your ability to deal with stress.*

The Not-So-Sweet Truth About Sugar, Cont'd



Artificial sugars like Splenda and Aspartame are no better for you, either. They have been proven to have countless negative effects in your body and especially in your brain.

Sugar in itself is NOT bad. In fact, we need a certain amount of it to even survive and be able to think straight.

The problem really stems from the quick rise in our blood sugar levels when we consume large amounts sugar on a regular basis.

When you eat healthy carbs- like a sweet potato or an apple, you're also eating the fiber that comes along with it. Digestion is slowed down, so even though you're eating sugar, your blood sugar levels do not raise as fast. Your body can easily handle it.

Thriving at Holiday Parties

Your Holiday Party Survival Guide

Practical Tips for Navigating Social Events:

1. **Pre-Party Preparation:** Eat a balanced meal before the event to curb excessive hunger and reduce the likelihood of overindulging.
2. **Strategic Plate Filling:** Opt for smaller plates to control portions. Prioritize filling half your plate with veggies, a quarter with lean protein, and the remaining quarter with indulgent treats.
3. **Mindful Indulgence:** Savor each bite consciously, enjoying the flavors without feeling rushed. Engage in conversations, and take breaks between servings to gauge your hunger. Don't stand by the buffet table!

Strategies for Healthier Food and Drink Choices:

1. **Lean Protein Options:** Choose protein-rich options like grilled chicken, turkey, or seafood to help keep you satisfied.
2. **Colorful Veggie Focus:** Load your plate with a variety of colorful vegetables. They're not only nutritious but also help fill you up.
3. **Hydration Habits:** Alternate between alcoholic beverages and water to stay hydrated. Opt for sparkling water with a splash of citrus for a festive non-alcoholic option.



Guidance on Managing Alcohol Consumption:

1. **Personal Limit Setting:** Determine a reasonable limit for alcohol consumption and stick to it. Setting a personal guideline helps maintain control.
2. **Lower-Calorie Choices:** If you choose to drink, opt for lighter options such as wine spritzers or cocktails made with low-calorie mixers.
3. **Hydration Strategy:** Have a glass of water between alcoholic beverages to stay hydrated and pace yourself.

Choose: Champagne or Prosecco Not That: Sugary Cocktails

Sugary cocktails often contain high-calorie mixers. Opt for a glass of champagne or prosecco for a festive, lower-calorie alternative.

Choose: Vodka Soda with a Twist of Lime Not That: Margarita

Margaritas can be loaded with sugar. Opt for a simple vodka soda with a splash of your favorite citrus for a refreshing and lower-calorie choice.

Choose: Light Beer Not That: Craft or Heavy Beers

Craft and heavy beers can pack extra calories. Choose a light beer to enjoy the social aspect with fewer calories.

Choose: Mulled Wine Not That: Eggnog

Traditional eggnog is high in calories and fat. Choose a warm cup of mulled wine for a cozy and flavorful alternative.

Choose: Mojito Not That: Piña Colada

Piña coladas are often laden with sugary ingredients. Opt for a refreshing mojito with muddled mint and lime for a lighter tropical vibe.

Remember, moderation is key. Set a personal limit, stay hydrated, and savor the flavors mindfully. Cheers to enjoying the festivities while staying true to your health goals!

Healthy Holiday Recipes

It's a fact: healthy eating does **not** mean depriving yourself.

Especially during the holidays.

The key is to make *UPGRADES* to your food choices when it matters most ...

So you can enjoy all your "worth it" holiday traditions without feeling bloated, blah, and starting from scratch after the New Year.

We created two **Delicious Healthy Holiday Recipes** ebooks to help you do that. (24 Recipes total)!

Inside you'll find recipes for easy (and tasty):

- Appetizers
- Dips
- A delicious slow-cooker brisket
- Side dishes
- Snacks, treats, and more!

We know you'll find some "keepers" in there for your holiday celebrations! I'd love to hear some of your favorites!

Two Holiday Recipe Guides!



[Delicious Holiday Recipes](#)



[Yummy One-Dish Holiday Recipes](#)

TIPS FOR CLEAN EATING

While Dining Out



BEFORE THE RESTAURANT

- Look at the menu before you leave home and choose the items you want (check online)
- Look or ask if a 'gluten free' menu is available.
- Drink 8oz (240ml) of water before you leave home
- Eat something light before you go (apple + almonds).
This will help you ward off the chip/bread bowl.

AT THE RESTAURANT

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Order your burger with no bun or on a salad
- Change it up – if meat over pasta, ask for the same but over salad instead.
- Make sure not to order anything fried
- Ask for no added salt
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

Tips for Clean Eating While Dining Out

ITEMS NOT ON THE MENU

- You can ask for steamed vegetables as a side (add real butter or olive oil)
- You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- Ask for a lettuce wrap instead of bread or a bun

FOOD SWAPS

Spaghetti	→	Spaghetti squash
Chips	→	Baked sweet potato chips or beet chips or kale chips
Fries	→	Baked sweet potato or carrot fries
Rice	→	Cauliflower rice
Mashed potatoes	→	Mashed rutabaga
Pizza Crust	→	Crust made with cauliflower rice
Baking with flour	→	Almond flour or coconut flour
Salt	→	lemon juice (salad dressing, fish, chicken, etc.)
Milk/Dairy	→	Almond milk or coconut milk
Potatoes at breakfast	→	Sliced tomatoes
Sandwich bread	→	Lettuce wrap
Mayonnaise	→	Honey mustard or paleo mayo
Sugar	→	Coconut sugar, honey, or stevia
Sour cream	→	Greek yogurt, coconut oil, or applesauce
Toast	→	Ezekiel bread
Croutons	→	Sliced almonds (in salad)
Bowl of ice cream	→	Small bowl of frozen cherries or grapes

HAVE FUN & ENJOY YOUR HOLIDAY SEASON!



Congratulations on embarking on this festive one-month journey during the holiday season!

As you dive into the celebrations, remember, this isn't about perfection—it's about progress. Have fun, savor the victories, and make choices that align with your well-being. Stay active, keep moving, and, most importantly, take care of yourself.

During this season of joy, it's perfectly okay not to be perfect. Give yourself the gift of grace.

I'm here as your dedicated support, cheering you on every step of the way. You've got this – let's make this holiday month one filled with joy, progress, and self-love

Committed to Your Success,

Colleen Riddle

Pictured with Romeo, Huggy Bear, Hutch & Hubby-John

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"Take it one day at a time and enjoy the journey."

– Anonymous