

31

days of staying on task

This is the time of year when everything under the sun gets put off "until after the new year" including starting a get fit/lose weight plan. But you can do major damage to your weight and bodyfat levels in the next 31 days or you can make a major difference for the better. It requires a little focus, a little planning and fighting the temptation to follow the crowd into over-eating Lazy Land. You can do it! Go into 2012 looking and feeling better than you do today instead of worse.

Fat Free December!

<p>1</p> <p>Start keeping a good diary. It's eye opening to see what you actually eat. This is the first step toward making a concrete plan for success.</p>	<p>2</p> <p>Start drinking more water. You don't have to go right to 64oz a day. Just drink more than you do now. If you drink 2 glasses drink 4. If you drink 6 drink 8. Progress is our goal.</p> 	<p>3</p> <p>Start moving! Come check out Dance, Sweat, Burn at 9:30 at the BBC studio. It's a lot of fun and burns tons of calories. Your first class is free! 877-288-1231</p>	<p>4</p> <p>Plan your menus for the week ahead. What will you eat?</p>
<p>5</p> <p>20 minutes of cardio 3 times per week. It can be as simple as a walk or take a dance cardio class. But get moving!</p>	<p>6</p> <p>Eat vegetables with every meal</p> 	<p>7</p> <p>Start eating a healthy breakfast. This sets the tone for the rest of your day. If you're not a "breakfast person" then try a smoothie or a hardboiled egg and fruit. Just start with something. You'll find that you become hungry for breakfast when you do this.</p>	<p>8</p> <p>Start taking a multi-vitamin daily. I like Prograde VGF-25 for Women: www.bbcnutrition.com</p>
<p>9</p> <p>Avoid fast food for the rest of the month starting today.</p>	<p>10</p> <p>Come Dance, Sweat, Burn with us at 9:30 today and then plan your menus for the week ahead.</p>	<p>11</p> <p>Go grocery shopping for your food this week but stay on the perimeter of the store to avoid the processed foods.</p>	<p>12</p> <p>alcohol only on your cheat day this week!</p> 
<p>13</p> <p>Take a brisk walk during your lunch break today. If it's too cold out, do 100 jumping jacks</p>	<p>14</p> <p>Always be conscious of your eating. Avoid mindless nibbling</p>	<p>15</p> <p>Read the Get Fit Newsletter that's in your email box today</p>	<p>16</p> <p>If you haven't already, call to schedule your no-hassle, no-pressure trial membership with Butty Boot Camp 877-288-1231</p>
<p>17</p> <p>Dance, Sweat, Burn with us at 9:30 today then do something fun and active with your family today.</p>	<p>18</p> <p>Time to plan and prep your food for the week if you haven't already</p>	<p>19</p> <p>Increase your water intake again. The goal is to drink half your bodyweight (oz) in water</p>	<p>20</p> <p>where you can cut back a little on your calories (200-300 per day) so that you can indulge on Christmas day without guilt</p>
<p>21</p> <p>Get in an extra workout today. You need to store some calories in the bank for this weekend</p> 	<p>22</p> <p>You're trying to save a couple hundred calories a day this week but don't skip meals</p>	<p>23</p> <p>Another Double day! Add in an extra workout today so that you can store some calories in the bank. Even just 30 minutes</p>	<p>24</p> <p>Come to Butty Boot Camp today and get your workout on before you start prepping for your events. Workout is at 8:30am</p>
<p>25</p> <p>Enjoy your family and friends. You've burned some extra calories and banked a few by cutting back. But don't go crazy. Calories add up faster than you think!</p>	<p>26</p> <p>Get right back on it. Don't let a day and a half of indulgence turn into the rest of the year. You can do major damage in a week!</p>	<p>27</p> <p>What are your goals and intentions for the New Year? Write em down</p> 	<p>28</p> <p>Start putting the pieces together for you plan. Have you ordered your pre-cooked, delivered food: www.SkinnyFuel.com. Have you scheduled your first workout out with Butty Boot Camp? Start today so you can go right out the gate on 2012!</p>
<p>29</p> <p>Yes, you are going to "hit it hard" come 2012 but no slacking now. Get your workout in today</p>	<p>30</p> <p>Get in an extra workout today.</p>	<p>31</p> <p>The party is not until tonight. No need to kick back all day. Come Dance, Sweat, Burn with us at 9:30 and sweat up a storm so you can look GOOOOON tonight!</p> 	<p>31</p> <p>I LOOK GOOD NAKED</p>