



# *Christmas Survival Guide*

*By Matt Luxton*

Rightly or wrongly... but the unfortunate reality is that Christmas seems to be a battle to survive the onslaught of food, alcohol and snoring relatives, a time when office romances arise through beer tinted spectacles and making a fool of yourself at the Christmas party is not only normal but expected ;)

With all the craziness of the "silly season" is it any wonder that by the time the New Year rolls around most people are 5, 10, 15lb overweight?

But it doesn't have to be like this. Not for you anyway, as I decided to write this Festive Survival guide to say thank you for being a part of my extended fitness family.

Anyway, with a little planning, and of course a tinchy bit of self-control, you can beat the battle of the holiday bulge and still enjoy quality time with family and friends.

Ok, so without further ado, here's how to Survive Christmas and to Rock the New Year.

The first thing to consider before you decant that rosé or processco (If you or crack open a can (or 2) of lager is why would you want to give up on what you have achieved so far?

I'm not saying you have to be teetotal, because I for one am a bit of a SOD (Special Occasion Drinker) and might dabble with my grandma in a glass of port (for medicinal purposes of course) but do consider the volume. Alcohol is the fastest way to becoming a festive fatty and it is compounded by the resultant "bad food" choices we make after a few too many shots of the good stuff.

Why let one month of madness spoil a whole years worth of effort? I know, I can hear you screaming at this page saying "but it's only one month, Matt!" The reality is, one day over that period, wont.....but its down to control.....and its ok to admit that you might be 'that person' (like me) who cant just have a couple.....



## *Change Your Mind, Change Your Life!*

Anyway, before this turns into a noel novel I'll refocus and get back to delivering you some quick tips to keep you healthy over the festive period and prevent you getting sick and taking a month to get going again.

### *Fail to plan you plan to fail.*

Special occasions offer foods we don't normally indulge in. The best way to keep from going overboard is to plan ahead. Never go to a party hungry, eat a healthy snack beforehand. When you do hit the buffet fill your plate up with healthy stuff like veggies, fruit and grilled items with only a few items for indulgence. Stay away from the beige stuff!

When you do pick what you want to indulge in, ENJOY IT, eat it slowly, and savor every bite. If alcohol is involved at any Christmas function you go to try to avoid the high calorie drinks. Liquid sugar is catastrophic for fat loss, hormones and blood health.

Also try to drink as much water as possible to help your body flush out the toxins from the alcohol. Top tip: keep taking your [zinc](#), [magnesium](#), [milk thistle](#), [vitamin D](#) and [fish oils](#) during the Christmas holidays and make sure you are fully hydrated before you go out drinking and always drink at least a pint of water when you get home before you go to bed. This will ensure you don't wake up with the mother of hangovers and a rasp for a tongue 😊😊


### *Be Smart At Work!*

If you have to work over the festive period.....that's an opportunity to take the right things with you. No one force feeds you there....I hope....so pack your own goodies and keep them from natural, whole sources and if you can get some oily fish in there.....they contain lots of anti inflammatory benefits to help keep your blood healthy and support your liver.

For me I like to cook in batches, and eat left overs at the best of times. I am sure you can do this over this period.....left over Christmas Turkey etc etc, and do what ever it takes to make sure that you continue to make progress, even if its not the best that you would normally go for.

I would also be in the mindset that you wont be reaching for the high sugar, high fat, nutrient deficient "treats" that are often on offer in the staff room or canteen over this time of year.

When the staff get together start to roll around, be sure that you eat something healthy during the day if there is a chance that you're going to be tempted with cheap party food. It's better to get some good quality nutrients into your body to ensure cellular health instead of thinking "what the hell I'll be eating junk later, there's no point in being healthy now".



This is backwards thinking. Your body can tolerate the occasional insult but regular bombardment from C.R.A.P. reduces your energy levels, messes up your skin (the last part of the detox pathway) and can lead to chronic health problems.

So when it comes to festive party food stick to the healthy stuff as much as possible and if you have any known issues with food ingredients such as wheat, gluten or dairy don't do it to yourself. I know I am not good with bread or white potatoes, so when at social events, I will just subtly avoid these.

Don't eat it and then wish you hadn't, it's too late then.....I have made that mistake ;)

### *Don't Drink Alcohol On An Empty Stomach*

One of the biggest mistakes people make is that they skip meals all day and hit the parties on an empty stomach thinking that because they haven't eaten they have all these 'spare calories' worth of alcohol to drink.

This is nutritional suicide and drinking alcohol on an empty stomach this going to set off a hormonal cascade that will cause you to crave sugary foods and leave you with a banging headache the next morning.

I'll explain, alcohol is a pure sugar and is rapidly absorbed through the stomach and into the blood stream. This is going to cause your blood sugar levels to skyrocket (not good if you're a diabetic).

When your blood sugar levels rise to a certain point the pancreas releases insulin to store the sugar from the alcohol, this is going to result in low blood sugar levels causing you to crave sugar and carbs, why do you think you get the munchies when you've been out on the town? Now considering most people over eat junk carbs in the first place, all this extra sugar is going to be stored in your reserve fuel tank.

Namely your fat stores.

The digestion and elimination of alcohol causes a massive amount of stress to your body and your liver. Add in the fact that alcohol acts as a diuretic, causing you to pee out more liquid than you take in, causing yet more stress.

Dehydration will leave you craving sugar as well as feeling tired and hungry.

Also, if you are dehydrated your kidneys won't be able to do their job of processing and eliminating toxins from your body; this will cause your liver to step in to help your kidneys out. This all sounds good but if your liver is taking on your kidneys responsibilities it won't be able to concentrate on many of its own tasks. One of which is the production of sex hormone binding globulin, or SHBG.

SHBG is responsible for mopping up the excess sex hormones floating around your body. And since alcohol suppresses testosterone which in turn allows oestrogen to build up the result is fat gain.

This is how men get Man boobs and women store fat on the thighs.



## *Exercise.*

I know, I know, you're too busy but please don't be tempted to skip your exercise sessions.

If you really can't make it to the gym then try one of these little workouts from the videos list before.

(Do a quick 5 minute warm up and spend 5 minutes at the end cooling down and stretching).

For each exercise in any of the videos complete 8-12 repetitions, then move to the next exercise. Once you have done this please complete As Many Rounds As Possible in 10-20 minutes. The length of time you go for is up to you and of course you can rest as much as you need to within the time period.

Simply head to any of the links below for some festive fat loss workouts:

<https://www.youtube.com/watch?v=7PdMMpEfKzY> - Eruption

<https://www.youtube.com/watch?v=gDHmakPeyBs> - Ignition

[https://www.youtube.com/watch?v=\\_cyIPGbVhyg](https://www.youtube.com/watch?v=_cyIPGbVhyg) - The Rocket

They're all based upon the Metabolic Acceleration Training (MET-Con) that as a client of ours you could do at [Blast Fitness Camps](#) or [FA Fitness Personal Training](#) and are similar to the workouts that I do with members of the Six Week Body Transformation Programme and have allowed people to lose up to 24lb in six weeks. MET-Con training is an effective way to boost metabolism for up to 36 hours after the training session. But you must work your ass off. I mean bum, I mean glutes :)

## *Get Some "Me Time"*

No I'm not crazy and you probably think you don't have time to relax but just think about this:

Stress increases the level of cortisol in your body and that has been found to increase the amount of fat your body stores, especially around your waist. Nobody needs that!

Try finding a quiet place where you can sit and relax and practice deep breathing exercises.

Simply breathe in deeply through your nose, allowing your stomach to expand and then exhale slowly through your mouth, contracting your abs at the end. Repeat this a few times and you'll be amazed at how much calmer you feel!

Just 5 minutes in a darkened room, with no noise, no artificial light, no electronic devices....no guinea pigs.....NOTHING ELSE but you.



## *Get Some Sleep!*

Despite what toddlers and Margret Thatcher believed, studies show that those people who get by on less than four hours of sleep per night were 73 percent more likely to be obese than people who sleep seven to nine hours per night. The study also showed that those who caught only six hours of sleep were 23 percent more likely to be obese.

Try to avoid drinks containing caffeine at least 4 hours before bed as the caffeine acts as a stimulant and interferes with deep sleep. Plan on winding down about 30 minutes before bedtime and plan on going to bed early enough to get a solid eight hours.

If you've got small children that a routine where they are calm in the evening works well in getting them to sleep. Now I can't speak on this first hand, but working with lots of parents, they tell me that the routine is crucial and I only have to look at how relaxed Mike Goodman (who works with me) is, as living proof of this routine working.

So, with all that said I thought I'd give you a little day by day plan to help you survive the onslaught of the festive season so that you head into the New Year firing on all cylinders :)

## *Don't Beat Yourself Up!*

No, no, no, I don't mean consistently be stuffing your face because it's "Christmas".

What I mean is that it's ok to let your hair down from time to time, in fact it feels really good..... remember that SOD blog I wrote.

But remember that the consistent over indulging that we are all guilty of (yes, even me), will result in some winter weight gain.

As mentioned at the start of this document, some people can put on 15lb or more throughout the Christmas and New Year period but it doesn't have to be baggage that you carry around for the rest of the year.

Therefore be consistent with your diet, be consistent with your exercise, be consistent with your water intake and sleep and once the New Year rolls around you'll be ready to burn that fat off faster than you thought possible.





## 23rd December

Ok 23rd December is when most people are winding down and filling their face with stodge while they pile on the 'podge'.

But not you.

You now know better.

So instead of eating C.R.A.P for breakfast, today would be a good day to start getting in as many fat burning veggies as possible to help ramp up your metabolism ready for what's to come.

Aim to have 2 portions of watercress, broccoli, cabbage, kale, sprouts or spinach as these veggies help your body to detoxify alcohol as well as all the other C.R.A.P. that you're going to subject it to.

Don't be scared to eat greens for breakfast. In fact a great way to get your greens in for breakfast is in a green smoothie.

Trust me, they are not as bad as they sound.

Check out a couple of my favourite ones in the recipe section at the end of this book.

Top Tips: Continue to take your [zinc](#), [magnesium](#), [milk thistle](#), [vitamin D](#) and [fish oils](#) throughout the festive season. Your body needs them just as much now as at any other time. If you haven't got any you can order them from the links above.

Do a quick 4 minute fat burning workout. Set a timer for 20 seconds work with 10 seconds rest and then do as many Squats as possible in each of the 20 seconds. Target is 10-18 in each of those 20 seconds. Yes, yes I know you love squats but it's just four minutes :)

How to Squat Tutorial: <https://www.youtube.com/watch?v=3kO3KuP4G98>

Use this online Timer if you don't have it:

<http://www.online-stopwatch.com/interval-timer/>

or this app:

<https://itunes.apple.com/gb/app/gymboss-interval-timer/id500887448?mt=8>



## *Christmas Eve*



If you're anything like me, then Christmas Eve is the busiest day of the year for you. With all the running around trying to find those last minute presents you could be excused for heading to the pub for a slap up lunch.... But that's just going to leave you feeling bloated and lethargic come the afternoon.



Every pub has some decent food on their menu. Some nice grilled fish or chicken with a huge salad. Failing that, go for a nice steak with a big salad and forget the greasy sauce.



Come the evening you might be tempted to just flop on the sofa and kick back with a glass or two of wine and then phone in a takeaway. I love curry but they can cost a fortune when you're buying for the entire family. However you can rustle up a tasty korma in less than 20 minutes for less than a tenner. Check out the recipe section for a quick and easy curry.



Top Christmas Eve Tips:



Keep hydrated. If you let your water intake dip you'll find that your energy levels suffer and that if you do partake in a crafty pint at lunch time you'll feel a little bit tipsy. So keep your water intake up, your body will thank you for it ;)



Do a quick 9 minute workout. Why not try the Eruption Video I shared with you? Go on, you know you want to :)



## *Christmas Day*



If you've been a good boy or girl then you'll bound down the stairs to see that gutsy old Santa has eaten all the mince pies and fingers crossed Rudolf hasn't left a mess on the carpet.



Seriously, Christmas Day is the one day that I'm going to say let your hair down, enjoy yourself but I'm going to offer one word of caution: know when to stop!!



Seriously, when you feel full stop eating, don't keep cramming it in until you need to start undoing the button on your jeans. Yeah I know you do it ;)



You can always go back for more later but by continuing to cram food into your stomach you're going to set yourself up for a whole world of digestive comfort and a two hour nap on the sofa to sleep off Christmas lunch, which probably wont happen if you've got young kids like I do.




Anyway, try and start your Christmas Day with a light breakfast. Say an omlette, scrambled eggs or another green smoothie. Take the dog for a walk. Or the cat or maybe do some more burpees (do the burpees before breakfast, not after ;)



Traditionally Christmas dinner is pretty healthy its the pudding that is the spawn of Satan. It just tastes so good. Most of my clients remember my Christmas pudding





challenges where I've tried to eat a family size Christmas pudding to myself. Trust me, it's not big and it's not clever and I don't know why I do it to myself :)

## *Boxing Day*

Boxing Day!! Why the hell do they call it boxing day? Is it because your head and digestive system feel like they've gone 10 rounds with Mike Tyson?

Anyway, today would be a good day to be kind to your body. Get some "detox tea" down you, there's a great recipe for a lemon and ginger tea in the recipe section at the end of this book.

Fresh is better than the tea bags.

Also another green smoothie might be in order or if you can't face that then why not fast until lunch time? Just be sure to drink plenty of water and take your supplements.

## *28th - 31st December*


Ok if Christmas is for us kids (yes, I'm a big kid at heart), then the New Years celebrations are for the grown ups amongst us. Thing is, if you continue to eat like a Gruffalo you won't be looking your tip top best in your party frock or jeans and a great fitting shirt.

So use the next few days to eat pretty well, rotate the workouts that I've shared with you and keep drinking plenty of water. Your body will thank you for it.

## *How to succeed at New Year Resolutions*

So now that you have survived Christmas lets go about setting some New Years resolutions, but with a difference. This time you're actually going to stick to them and to make it easier I'm going to share these six top tips.

1. Have a goal and write it down! Simple know but the very act of committing your goal to paper makes it more concrete and gives you something to aim for. By keeping it locked away in your head it makes it a wishy washy dream with less chance of it ever becoming reality.
2. Now take that piece of paper with your goal written on it and make copies of it. Place the copies in places you see on a regular basis. That way you are constantly reminded of your goal.
3. Now tell everyone about your goals, that way you have put pressure on yourself to stick to them because if you are anything like me you wont want to lose face and seem like a quitter to your friends and family.
4. Keep a nutrition diary. Write down everything that you eat. That way you can closely monitor everything that goes in your mouth. Stick to the 90/10 rule, you do remember the 90/10 rule? Basically you should be eating healthy 90% of the time which gives you 10% left for the occasional treat. So if you are eating 3 times per day



like I advise that is 21 meals per week of which means you can eat 2-3 treats per week and still make reasonable progress towards your goals. Once you have a decent idea of what you are eating on a regular basis you won't need to keep the diary as you'll be much more conscious of your eating habits.

#### 5. Add A Green Juice To Your Day

Green juices and smoothies are an amazing way to add life giving and detoxifying plant chlorophyll to your bloodstream. Two of my favorite green smoothies are included in the recipe section.

I also like to stir whatever green powders I have laying around the house into my juices and smoothies to add in even more nutrients! I use spirulina, chlorella, [sunwarrior](#) protein or the [Lean Greens Powder](#).

6. Enrol on my "Six Week Body Transformation" Programme. I have set up a MENS and a WOMENS Transformation Programme which are designed to help you get long lasting fat loss results and is perfect for helping you to shift any unwanted winter weight gain and kick start your New Years Resolutions.

As an added incentive I'm giving the person with the best transformation from the programme a £100 first prize.

You can read all about the Six Week Body Transformation Programme (starting Jan 16<sup>th</sup>) by clicking the relevant links below:

LADIES APPLY HERE

<http://www.mattluxtonhealthandfitness.com/6weekbodytransformation>

MEN APPLY HERE

<http://www.mattluxtonhealthandfitness.com/mansformationprogramme>



## *Combat Christmas Recipe Guide*

### *Lemon & Ginger Cleanser*

Ingredients:

- Juice of half a lemon
- 1 Unwaxed Lemon
- 1 pint fresh filtered water

Directions:

- Add water, lemon juice and ginger to a cup
- Drink first thing in the morning to kick-start your digestive system.

### *Simple Detox Smoothie*

This simple detox smoothie may be green once you've made it but all you can taste is banana. Drink it up, it's good for ya!

- Kale
- Spinach
- Half an avocado, chopped
- Half a banana, chopped
- 4 strawberries
- Small handful of almonds

Add the ingredients to a blender. Add coconut water. Blitz. DONE

### *Thai Style Chicken Curry*

I love curry and this one is super simple to make.

Cut some new potatoes in half, add to pan or water and bring to a boil.

Caramelize 3 red onions, add a few chopped garlic cloves when onions are almost done. Add 3 cut up chicken breasts.

Before chicken is fully cooked add 1.5 cans of coconut milk. Season with of curry powder, turmeric and some salt. Let it simmer for 5 minutes.

Add potatoes and let simmer for another few minutes.

Thai Style Chicken Curry: DONE

It really is super simple and it tasted delicious.



## *Turkey and Sage Breakfast Patties*

Prep time: **10 minutes**

Cook time: **15 minutes**

Total time: **25 minutes**

Yield: **8 servings**

### INGREDIENTS

- 1 lb. ground turkey
- 1 Tbsp. fresh sage, finely minced (or 1 tsp. dried sage, crumbled)
- 1 Tbsp. green onions, finely minced
- ½ tsp. dried thyme
- ½ tsp. dried garlic flakes
- ½ tsp. salt
- ¼ tsp. pepper
- Pinch of red pepper flakes
- 2 Tbsp. olive or coconut oil

### DIRECTIONS

1. Place all ingredients in a large bowl and mix until just combined (over-working the mixture will make the patties tough).
2. Divide mixture into eight equal portions. Form into 1/2 inch thick patties, set aside.

Heat 1 tablespoon of oil in a large skillet over medium heat. Cook patties, four at a time, about 3 to 4 minutes per side or until they are nicely browned and cooked through. Repeat with remaining patties. Serve.

## *Green Lime Zinger*

This smoothie is delicious. Massively zingy and incredibly good for your liver.

### Ingredients:

- 1 golden delicious apple, cored and chopped
- 1 avocado, peeled and de-stoned
- 1/2 unwaxed lemon
- 1/2 unwaxed lime
- 2cm fresh ginger
- 300ml homemade coconut milk
- Handful chopped hazelnuts

### Directions:

- Juice the lemon, lime and ginger
- Transfer to a blender
- Add the remaining ingredients
- Blitz
- Serve topped with chopped almonds
- You may need a spoon to enjoy this one ☺



## *Scrambled Eggs & Smoked Salmon*

### **Ingredients:**

- 4 large eggs.
- Freshly ground pepper to taste.
- Small pinch himalayan salt to taste.
- 1 tsp olive oil.
- 2 spring onions, green tops only, thinly sliced.
- 30g smoked salmon, thinly sliced

### **Directions:**

1. Add the oil to a non-stick frying pan and then turn on the heat to a low setting.
2. Blend the eggs, black pepper and salt in a mixing bowl.
3. Once the oil is warm add the spring onions and cook until softened.
4. Pour the eggs into the pan and cook slowly until they begin to set, then stir in the salmon.
5. Cook for a further 3-5 minutes, until the eggs are fully cooked
6. Serve and enjoy.


### **About Matt**

Matt Luxton, one of the UK's leading minds in health and fitness, regularly sought after by his communities both in his home region in the South West of the United Kingdom and online for his systems that really work when it comes to health, fitness and fat loss.

Matt is the founder of Functionally Aware Fitness Personal Training Studios, creator of the Hot to Trot Nutritional Plan and author of The Equestrian Athlete Plan and Hot to Trot Cookbook.

Matt has written articles for his readers through paper and magazine articles.

Matt is known for his holistic approach to health that places his clientele's long-term wellbeing as paramount with fitness and fat loss a natural occurrence through his training systems.



Matt founded FA Fitness Personal Training back in 2008 and since then has gone on to create the Blast Fat Loss Formula. This has manifested itself in the Blast Fitness Camps, Blast Fat Loss Online Mentorships which empower clients to make health based decisions for the rest of their lives.

To learn more about what I help my clients with and the Blast Training Systems I created to help people all over the world, please head to <http://www.mattluxtonhealthandfitness.com> and feel free to read more.

Matt

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