

EBOOK

How To Compensate Christmas Calories

Ready or not, Christmas is quickly approaching, and with the holiday comes excess calories in the form of decadent desserts, loaded cocktails, and heavy meals.



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6 HOURS OF EXERCISE

A team of researchers have concluded that, on average, it will take a person 6 hours of exercise to burn off a traditional Christmas dinner, meaning that even the fittest people will have to work extra hard to keep excess calories at bay. If you're trying to stay fit through the holiday season, here are some ideas for how to compensate with exercise prior to Christmas:



BUMP UP THE INTENSITY OF YOUR WORKOUTS NOW

Your normal workout isn't going to do anything to combat the extra food you're going to take in on and around Christmas, so this the time to take your workouts to the next level of intensity. Boot Camp is one way to jump start your fitness, getting you leaner and more toned at the same time that you blast additional calories. As an added bonus, Boot Camp is totally flexible and even fun, so you're more likely to stick to your exercise goals.



45 MINUTES

A research study performed by experts at the University of Bath concluded that exercising for 45 minutes per day during the week leading up to Christmas is enough to stave off lingering effects of over-indulging on Christmas dinner. The study divided participants into two groups—one that exercised for 45 minutes a day for a week leading up to a big meal, and one that did not exercise.

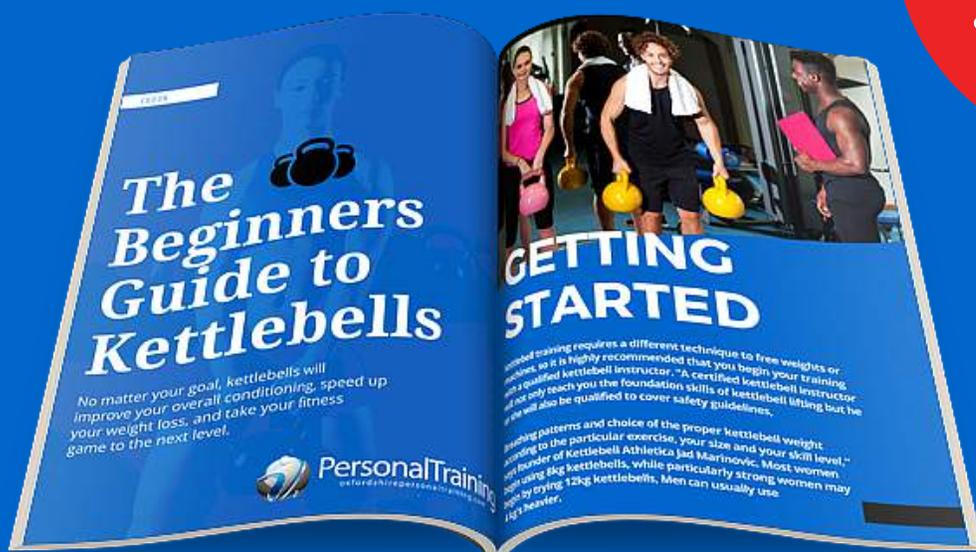
While the group of exercisers ended up consuming more food and calories than the non-exercisers (75 percent more than normal versus 50 percent more than normal), within a week the exercisers showed no side effects from their indulgence. In contrast, the group of non-exercisers showed an unhealthy decline in blood sugar. So while you might still gain a pound or two from indulging in Christmas dinner if you exercise regularly during the month of December, your overall health will not be negatively affected from a short burst of overeating.



EXERCISE ON CHRISTMAS DAY

Get your holiday off to a great start by getting in a solid workout on Christmas Eve and Christmas Day, along with any other days that you'll be indulging. This will rev your metabolism and make sure that you are burning extra calories throughout the day.

Find ways to sneak in a workout if you have a full schedule of family activities. Run up and down the stairs 10 times; take an evening walk with your family to look at Christmas lights; or run around the house playing with your kids. And be sure to stay hydrated and eat healthy snacks throughout the day to cut down on the amount of calories that you intake.



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TEAM UP WITH A PERSONAL TRAINER

Staying on track for a few weeks might be achievable, but meeting your fitness goals throughout the year is another story. This is a great time of year to push yourself by signing on with a personal trainer.

The personal trainers at Oxfordshire Personal Training are experts, ready to motivate and challenge you to find your inner strength. Along with providing support and guidance, personal training sessions introduce you to new exercises that will work to target your muscles and help you slim down and get fit.

Doing the same workout day after day, week after week isn't the way to lose weight. Sign up for a free personal consultation today to see how a personal trainer can help you get ready for Christmas and beyond.

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Merry
Xmas



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