

# 5 WAYS TO KEEP YOUR SHIT TOGETHER ON WEEKENDS AWAY

@macrosmusclesmindset

1

## MOVE DAILY

The body needs to move. Relax, but don't make a weekend away an excuse to sit there like a lump. Make it a goal to move daily, give yourself a daily step count to hit, stretch daily or do a short workout.



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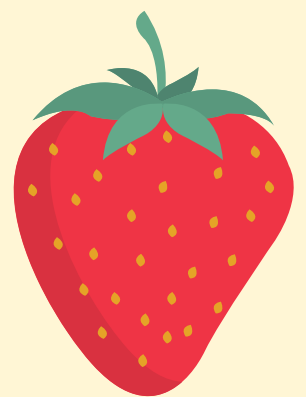
## LIGHTER DAYS

Consider dropping your intake of carbs and fats down during the day or morning, if you know that the afternoon or evening is going to be heavier and harder to control with things like meals out, extra carbs or alcohol.

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## SNACK RIGHT

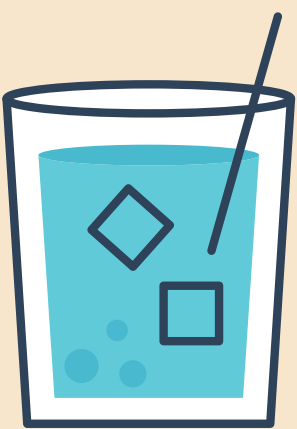
Cheese is great and all but if you are used to certain snacks, your body is going to feel pretty gross if both your main meals and snacks change. Try and get in a quick grocery shop when you arrive and purchase some healthy options to snack on like; nuts, low fat yoghurt, protein bars, light crackers, hummus, berries and dark chocolate.



4

## LOW CAL ALCOHOL

Avoid too many sugary drinks and alcoholic beverages. One cocktail can clock up over 400 calories. Stick with drinks low in calories/carbs like light beers, spirits/soda and additional syrups. You'll keep a little more hydrated this way, consume less calories and probably have less of a hangover the next day.



5

## REMEMBER THIS:

Balance is key. Enjoy down time and different foods. But remember, just because you are with friends and family, doesn't mean over indulging and over eating is justified. Before you go for the 3rd serving of dessert, just ask the question: is this helping me, my health, or fitness? And is the amount of food going to make me feel good?