

Vacation and rest periods

Tips for optimal recovery

- Do not abandon an eating routine altogether: continue with a structure but be more flexible with your choices.
- If you feel a sense of loss of control over your eating, do not skip meals or snacks to compensate. Sticking with a structure is important to prevent further losses of control.
- Do not compensate through exercise if you've eaten more than usual. Resuming your regular training routine after the holidays is enough.
- Wear clothes that feel good, not ones that make you feel uncomfortable when full.
- It's normal for your weight to fluctuate throughout the year, and to fluctuate up somewhat over the holidays.
- Do not restrict yourself during the day to eat a bigger dinner at night.

If you feel out of control on vacation, ask yourself if maybe you were too rigid with your eating during your training period.

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