

## Holiday Body Building Nutrition

During the holidays, you might find yourself trading your supplements for sugary plums. It's party time, good cheer is everywhere and you're bound to put on a pound or two. But being festive doesn't have to mean being flabby.

At this time of year, you need to stay on top of your diet and workout routine, or your whole body could be paying the price in January. Nip your routine in the bud and stick with it, to help keep your physique despite the mountains of goodies tempting you.

You are busier than ever.

Shopping and decorating and parties to attend#but don't sacrifice your exercise routines to make time for festive delights. Trim your time somewhere else, or adjust your schedule to accommodate your routine. Get up a half-hour earlier and work out in the morning. The energy you generate with your morning workout will stick with you all day long. Remember to eat a balanced breakfast to help avoid a late morning snack binge at the office cookie exchange.

The main thing to remember is that the holiday season is meant to be fun. Don't deny yourself treats here and there. A glass of eggnog or a couple of shortbread cookies won't add two pant sizes to your hips. Go ahead and cheat a little if you feel like it. If you eat well for the most part and continue to exercise on a regular basis, your body building nutrition level should stay on track.

Making smart food choices is the most important factor of your body building nutrition, and you need to know the foods that are best for you. Choose darker fruits and vegetables, as produce with dark colours is packed with great body building nutrients and vitamins. Dark fruits and vegetables are delicious, and they'll help keep your blood sugar levels normal and your weight in check. Some seasonal fruits are especially beneficial. Pomegranates taste fantastic and are exceedingly healthy.

Don't let the jolly season turn you into jelly. Live a little, but make smart choices and pay close attention to your holiday body building nutrition. You'll have a great holiday, and you'll start the New Year looking and feeling terrific.