

The FIT GIRL'S HOLIDAY SURVIVAL

GUIDE

A FIT GIRLS FREEBIE

Without written consent from the owner of FGW Media, Ltd., no portion of this copyrighted eBook may be reproduced or copied.

The publisher and author do not assume, thereby disclaiming, any liability to any individual for any loss or damage caused by inaccuracy.

This book does not contain medical advice. Consult your physician for matters relating to your health. The exercises contained in this eBook, like all exercises, do pose some inherent risk, and the author urges readers to take into consideration their individual levels of experience and training before attempting any activities described in this eBook.

Copyright © 2015 FGW Media Ltd. All rights reserved.
Book Design and Production by FGW Media, Ltd.
Written by FGW Media, Ltd. First Edition.
www.fitgirls.com

NO FEAR HOLIDAY CHEER

“Ahhhhh! Holiday season is here! I always fall so hard off the Fit Girl wagon. Like, so hard. The holiday coffee shop drinks! The Halloween candy! The mindless travel snacking! The family meals! The parties! *Help meeeeeeee!* *Save me from myself! I'm afraid!*”

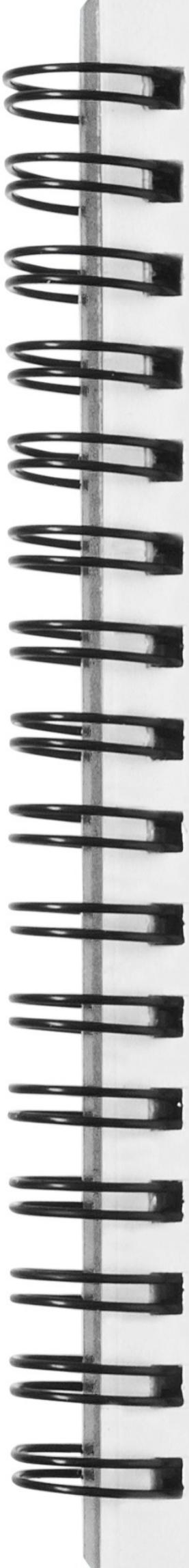
Take a deep breath. That was a lot of exclamation marks and italics. Do not fear. We got you.

October through December do *not* have to be pack-on-the-pounds months. They can be awesome successful Fit Girl months filled with holiday cheer—and treats too!

The secret to getting through the holidays Fit Girl-style can be summed up in one super empowering word—moderation. When you ditch the “I’m gonna eat 1000% healthy or 1000% junk food” mentality, you’ll be amazed at how in control of your Fit Girl life you stay while still having a fabulous celebratory time.

We’re gonna look at holiday temptations together so that when January 1st rolls around you’ll be like, “Look at me with my fit-mazing head start on 2016!”





If you want extra Fit Girl motivation to get through your holiday season, join one of our 28 day holiday season Group Challenges! The first one goes from October 26th-November 22nd and the second one goes from November 30th-December 27th.

The Group Challenges are when we follow our *28 Day Jumpstart* eBook together as a group on Instagram. Check out pages 19-20 for more details. We post daily accountability check-ins (you can see ones from past Challenges on our @fitgirlsguide Insta page) and you'll meet loads of incredible fellow Fit Girls to cheer you on! We also are giving out 15 \$100 gift cards as prizes for awesome progress photos for each Group Challenge.

If you're not comfortable posting from your regular Insta account, you can make a separate fitness account. That's why you see so many girls with "Fit Girl" names commenting on our Insta page. Those are the accounts girls have made to share their fitness journeys with each other. Join us for one or both of the Group Challenges to end your 2015 fit-mazingly. Official details will be posted on our page two weeks before each Challenge begins!

[Pinterest@FitGirlsGuide](#)

[Twitter @FitGirlsGuide](#)

[Snapchat @FitGirlsGuide](#)

[Facebook @FitGirlsGuide](#)



PRACTICE SAFE COFFEE SHOP

The holiday coffee shop whispers your name as the fall leaves dance in the wind, “Fit Girl, come drink our drinks.” Pumpkin this, mint mocha that. Gingerbread, egg nog, toffee nut, praline. Caramel swirl butterscotch whirl.

You can instantly make coffee shop beverages wayyyyy less full of sugar (and calories) by ordering them with half syrup—or just one pump of syrup. Coffee shops put *so freaking many pumps of syrup in their drinks*. You'll be amazed at how sweet they still taste with half syrup. And if you've been eating Fit Girl style for awhile, you'll be amazed at how sweet just one pump tastes.

Frugal Girl Tip: Don't order the drink by its fancy name. Order a latte (or café au lait or misto) and then ask for 1-2 pumps of whatever holiday flavoring you want. You'll save both money and calories this way!

We don't recommend making holiday coffee shop drinks a daily thing, but as an occasional treat ordering them Fit Girl-style will save you lots of excess holiday calories while still having the festive fun!





BEAT THE CANDY BOWL

Practically everyone everywhere thinks it's adorable to put out bowls of Halloween candy the *entire* month of October. To many Fit Girls, this is anything but adorable. It's like being stared down by temptation every waking minute of every day. "*Why must everyone put out Halloween candy!?!? Whyyyyy!?*"

If you've given up refined sugar and Halloween candy has zero temptation to you, that's epic. We absolutely applaud this. But we also believe that there are many ways to go about being a Fit Girl. Some girls find themselves happier incorporating small amounts of "junk" foods into their eating habits as a way of not bingeing on "forbidden" foods. We want to honor what everyone needs to do for their own personal journey.

If you want to incorporate Halloween candy into your Fit Girl World, just take the path of moderation. Treat yourself to one "fun size" piece when a craving strikes (but no more than once a day). Almost every fun size Halloween candy is only between 70-100 calories. Yes, it's sugar. No, it's not "healthy" but this path of moderation helps many Fit Girls not feel majorly miserable or totally out-of-control during October.





TRAVEL LIKE A FIT GIRL

Travel can be the ultimate “omg I'll just stuff my face with junk food because that's all there is and/or I'm freaking bored out of my mind.”

Our number one rule of Fit Girl travel is to be way over-prepared. Be way over-prepared with entertaining activities — *knitting! tv shows! games! books! coloring! all the things!* And be way over-prepared with healthy food.

Don't trust yourself to not get hungry on long flights. Splurge on a healthy overpriced airport meal and bring it on board. This way you won't desperately buy the junk food box at hour four when you *just can't take it any more.*

If it's a short flight, come armed with your own Fit Girl Snack Kit. Here's our easy-to-pack favorite!

1 60 calorie square of dark chocolate
15 almonds
1 piece of fruit
1 piece of string cheese
= around 300 calories

If you don't eat it you don't eat it,
but at least you had it handy.



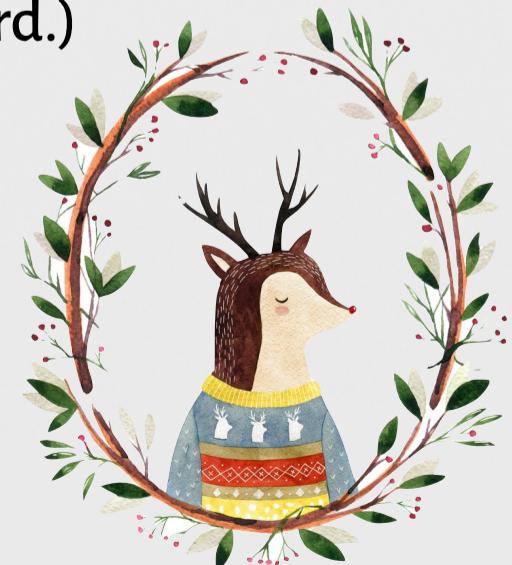


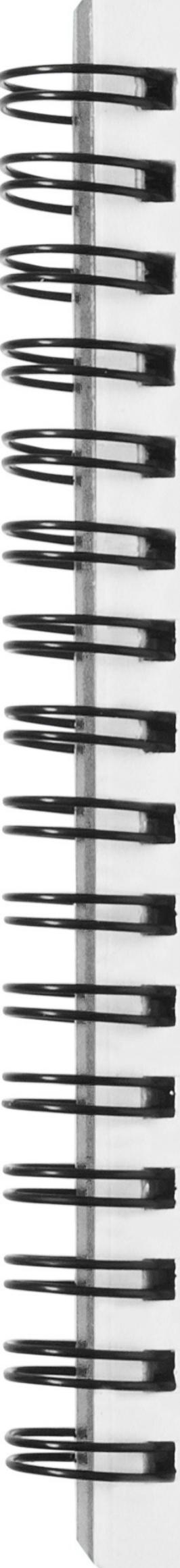
FAMILY DINNER FTW

There are typically a few holiday family dinners speckled throughout the season. Here're our six tips for having your Fit Girl and eating too!

1. DON'T BE A HERO. By which we mean, don't be all, "Imma fast all day and save myself for that one big meal." Why is this a bad idea? 1) You'll likely be a hangry b-word to everyone around you all day. 2) You're more likely to mega-overeat when you let yourself get famished. Eat light before the family dinner, but eat. Definitely eat. And get your exercise in if you can.

2. IT'S A SPECIAL MEAL, NOT YOUR LAST MEAL EVER. We have a tendency to treat holiday dinners like they're the last meal ever. Seconds! Thirds! Fourths! You don't have to eat until you're 9 months fake-pregnant just because it's a holiday. This isn't your last meal ever. It's a special meal. Put reasonable portions of the things that are special to you on your plate. (Tip: If food is spilling off your plate, you're prob hitting it too hard.) And then ... savor it. Chew your food. Put your fork down between bites. Take sips of water. Chat with the fam. Enjoy the *experience* of the meal — and stop eating when you're full.





3. SAVE YOURSELF FOR SOMETHING SPECIAL. Notice how we just said to put things that are special to you on your plate? Don't waste cals with things you're "meh" on. If you don't care about green bean casserole, don't waste yourself on green bean casserole. Save yourself for the splurge-worth delights you dream about all year!

4. GUM IS YOUR FRIEND. If you're tempted to keep eating after you're full, pop a piece of gum (or a mint). This is easy to do stealthily at the table to keep from having entertainment seconds that your body is asking you not to eat.

5. WATCH THE ADULT BEVERAGES. This one's for you, Fit Girls of legal drinking age. Not only does hitting the adult beverages too hard pack on extra calories, it messes with your common sense. Your mind starts bullying your stomach, "You want alllll the food, you know you do, Stomach! Oh yeah, here it comes. Here comes all the food! Muahahaha!" You know how it goes. Keep the adult beverages in check.

6. FOOD ISN'T EVERYTHING. Above all, remember that a holiday dinner is about way more than a meal. It's about chillaxing with the family that you love and (for most people) rarely see. Organize a game, get a group together for a walk. There's so much more to do beyond just food food and more food!

**"BU BU BUT WHAT
ABOUT PARTIES?"**



GET YOUR FIT GIRL PARTY ON

Everything we just said about family dinners applies to parties too, but here are three more ideas for staying Fit Girl safe while you get your party on!

- 1. BE CAREFUL WHERE YOU PARK IT.** Parking it within arm's reach of food typically results in mindless eating and, like, "Whoa I swear there was a cheese plate next to me, where did it go? Oh, it went in my tummy."
- 2. BYOT.** Bring your own treat! If it's a party where everyone brings something, bring something Fit Girl friendly. We put our super-easy Snowcap Doughtettes recipe on the next page. They're always a hit!
- 3. JUST SAY NO— TO YOLO PEER PRESSURE.** The holidays bring out major "live a little it's the holidays!" pressure from friends and family. The holidays are loooooong. Three months of YOLO eating is *a lot* to work off in 2016—and what we promised we wouldn't let happen to you again this year. Get comfortable with yourself and your goals. You never have to eat or drink anything you don't want to. Get comfortable saying "no" to things you'll thank yourself for in January 2016!



SNOWCAP DOUGHETTES



#FitGirlsGuide

S N O W C A P D O U G H E T T E S

1c	quick cooking oats
1/4c	honey
1/3c	chocolate chips
2/3c	almond, cashew, peanut, or sunflower seed butter

2t	vanilla extract
	pinch of salt
	white sprinkles

Stir the honey, nut butter, salt, and vanilla extract together. Add in the oats. Refrigerate for 30 minutes.

Use a tablespoon to measure out portions of dough and roll them in your hands into Doughettes. Slightly flatten one part of each Doughette with a butter knife so that they don't roll around after you dip them.

Melt the chocolate in a microwave bowl for 30 seconds. Stir. Heat in 10 second increments until melted. Pour sprinkles into a separate bowl.

Dip each Doughette into the chocolate mixture and then lightly into the sprinkle mixture. Put in the fridge to set the chocolate. After the chocolate is hardened you can cover the plate gently with foil. Store in the fridge until ready to share with loved ones!

*Recipe makes 18 Snowcap Doughettes. 110 calories each.
Tag us with yours on Insta at #SnowcapDoughettes.*

GO FORTH AND HOLIDAY

We hope these tips help you have your happiest Fit Girl holiday season ever. Above all, never give up on yourself. If something doesn't go as planned (and, let's be real, there's *always* something that doesn't go as planned), don't tell yourself your Fit Girl holidays are *ruined* and you'll "start again on January 1st."

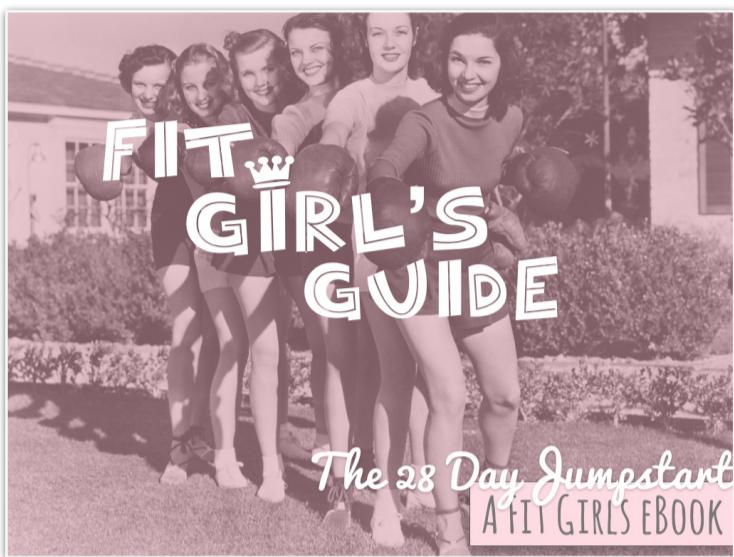
Every Fit Girl decision you make this holiday season counts. Every Fit Girl decision keeps you closer to starting off 2016 strong.

Treat the holiday season as an epic opportunity to practice moderation. Life doesn't need to be a whiplash mix of days that "go perfectly" and days that are all "omg my stomach is going to burst." There is a healthy, happy middle ground. We are excited for you to find yours!

We'll see you on Instagram cheering you on with all the rest of Fit Girl World!

Peace, Love, and Baby Unicorns in Santa Hats,
Fit Girls

JOIN THE FIT GIRL FAM!



HOLIDAY GROUP CHALLENGES!

OCTOBER 26, 2015*

NOVEMBER 30, 2015*

Learn to rock the Fit Girl lifestyle for transformative results inside and out! The **28 DAY JUMPSTART** is a beginner-friendly crash course in everything Fit Girl. This is, truly, a lifestyle and not a diet. You will be amazed at how much you can accomplish in less than a month if you give it your all with thousands of other Fit Girls cheering you on!

The 28 DAY JUMPSTART eBook includes ...

- * Full meal plan
- * Full exercise plan
- * No gym required
- * No equipment required
- * Weekly grocery lists
- * Meal prep schedules
- * Vegan, vegetarian & gluten-free options!

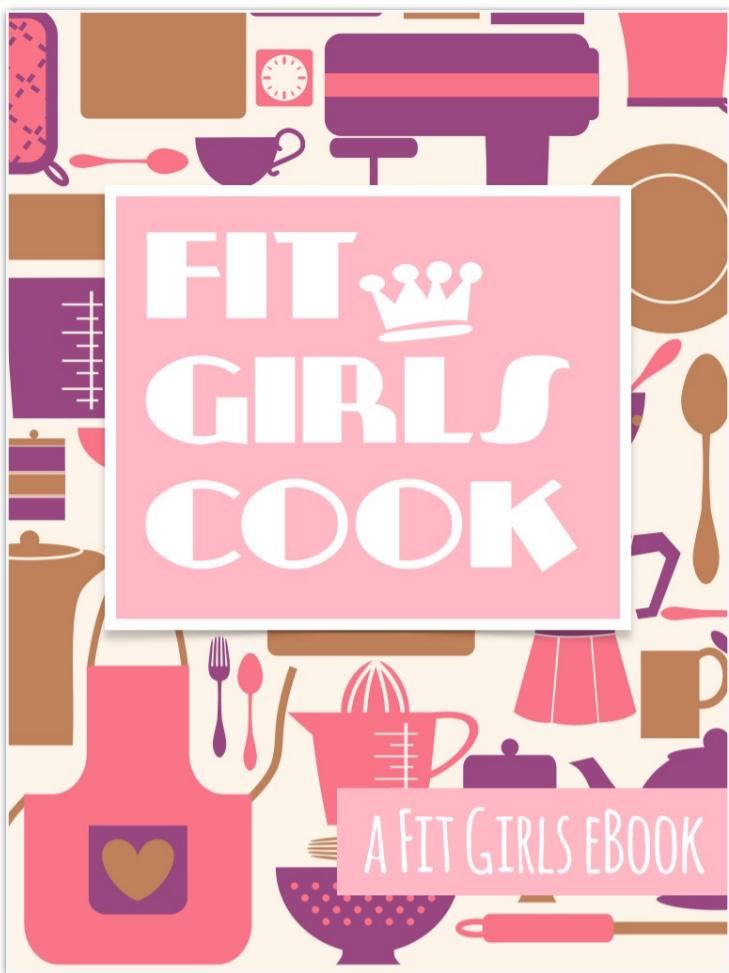


You've finished the Jumpstart...now what? It's time to take on the **FITKINI BODY CHALLENGE** aka "the next 28 days." All new recipes and all new workouts. Kick things up to the next level with this intermediate Fit Girl Challenge!

The FITKINI BODY eBook includes ...

- * Over 20 new recipes
- * Vegan, vegetarian & gluten-free options
- * Full exercise plan
- * No gym required
- * No equipment required
- * Sculpt your legs, lift your bum, tone your arms and tummy!

* THE GROUP CHALLENGES ARE WHEN THOUSANDS OF GIRLS FOLLOW THE #28DAYJUMPSTART AND #FITKINIBODYCHALLENGE EBOOKS TOGETHER AS A GROUP ON INSTAGRAM! DETAILS WILL BE POSTED TO OUR INSTAGRAM PAGE TWO WEEKS BEFORE EACH CHALLENGE!



Add **FIT GIRLS COOK** to your Fit Girl library for the most meal planning options! Over 40 new recipes that aren't in the other books! You can mix-and-match the meals in *Fit Girls Cook* with all of the recipes in the *28 Day Jumpstart* and *Fitkini Body Challenge*!

The FIT GIRLS COOK eBook includes ...

- * 40 all new recipes
- * 400 calories and under
- * Fit Girl Desserts
- * Meal Planning charts
- * Tips for weekly Meal Prepping
- * Substitution lists
- * Vegan, vegetarian & gluten-free options!



Are you all, "Help! My body is mad at me for feeding it too much crap and I just want to be super duper nice to it!" Ditch the fads and get back on track the real food healthy way! Or you can just use this book as a cookbook to add more meal options to your Fit Girl repertoire!

The FIT GIRL DETOX eBook includes ...

- * 7-Day Meal Plan
- * Eat 6 times a day
- * Grocery List
- * Meal Prep Schedule
- * Frugal Girl Tips
- * Vegan, vegetarian & gluten-free options

Start your Fit Girl journey at www.fitgirls.com!

Photo Credits

Cover Annette Shaff/Shutterstock.com
Spiral Notebook vovan/Shutterstock.com
p3 lenaer/Shutterstock.com
p5 Yeko Photo Studio/shutterstock.com
p6 lenaer/shutterstock.com
p7 Everett Collection/shutterstock.com
p8 Olga_Angelloz/shutterstock.com
p9 Anukool Manoton/shutterstock.com
p10 lenaer/shutterstock.com
p11 Brent Hofacker/shutterstock.com
p12 lenaer/shutterstock.com
p14 Robynrg /shutterstock.com
p15 Apostrophe/shutterstock.com
p19 Everett Collection/shutterstock.com
p19 100ker/Shutterstock.com (Fitkini border)
p19 Ingvar Bjork/Shutterstock.com (Fitkini dots)
p19 ESW/Shutterstock.com (Fitkini figure)
p20 Iveta Angelova/shutterstock.com
p20 lulu/shutterstock.com