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Get ready.... Summer is coming..... Start your plan now and get a head start

All too often I get calls throughout the year from people asking for help to get into shape before their holiday or special occasion. Great! But.... it takes a whole lot longer than three weeks to make a difference. Don't get me wrong there are plenty of quick fix options out there and they can work for you. However the downside is they are hard, not just a little bit hard they can be brutal.

Apart from starving yourself, working out everyday and drinking weird concoctions there are the health aspects to take into consideration. Injuries from overtraining and I see this a LOT, metabolic damage from yo-yo dieting, extreme fatigue due to lack of energy from a massive food deficit, your body just cannot cope with that kind of stress, so by the time you get on your holiday you really need it. Of course as soon as you start to eat 'normally' you pile on the pounds. Sound familiar?

If you recognise this pattern in yourself then why not do it differently this year? Everyone can fit in a few hours a week for training and some meal planning.

How many hours a week do you spend watching TV? Did you know that if you put aside 30 minutes a day for some exercise that would make such a huge difference to your body shape? Next, work out what you eat every day, spend a week doing a food diary, you can use MyFitnessPal to log your food, do an experiment see exactly what it is you are putting into your body and see what you could do to change a few things. MFP logs all foods not just healthy foods. Keeping track of what you are eating really helps you to make changes, most people know where they are going wrong but if they actually log it it can really highlight where the changes need to take place. You don't need to go on a diet and stop eating all of your favourite things at this stage, a few changes here and there will make a difference. Once you've logged a weeks worth of food look back and pinpoint one thing you need to change. There may be more than one but for now just pick one each week.

There are many things that sabotage our fitness efforts and trying to change everything in one go is one of them! So looking at your diet honestly and seeing where you need to make those changes over time and on a weekly basis is far easier than trying to do it all in one go.

Set aside time to train. Start off with something easy, if you've never trained before, hate training, dread training then why set yourself up with a training plan you'll hate? You'll need to be realistic and it needs to fit in with your life.

Changing things that you do now one step at a time will make a difference for your holiday or special occasion this year, don't leave it until the last minute. Keep it up and next year you won't even be thinking about the dreaded 'diet' ever again, you'll look and feel amazing!