

Carb OVERLOAD!

By Amy Fournier

5 TIPS TO GET BACK ON TRACK FAST!

Does this sound familiar?

You lead an active, healthy lifestyle, workout regularly, and eat mainly healthy and clean 90% of the time. It works well for you and you've got the body to prove it. But what about the days when life circumstances kick in or you have a moment of weakness and stray from your diet by giving in to that moment of weakness and find yourself polishing off a pint of ice cream or bag of popcorn?

Maybe it's your niece's birthday party, or a fight with your significant other (or the lack of a significant other!). Or maybe it's because you're working too much, are overtired, stressed or even bored, but it's safe to say that at some point or another you've most likely fallen into the trap of overeating carbohydrates/sugars (grains, breads, pastas, crackers, cookies, potatoes, legumes, dairy, sugars and fructose/fruit), at some point in your life.

I'm sure by now you're well-aware of why this is not a good thing: mainly because the body is programmed to store the energy from carbohydrates- which is why until you get a handle on the right amount and type of carbohydrates you eat you will NOT be able to control your weight and have the body of your dreams....even if you exercise intensely!

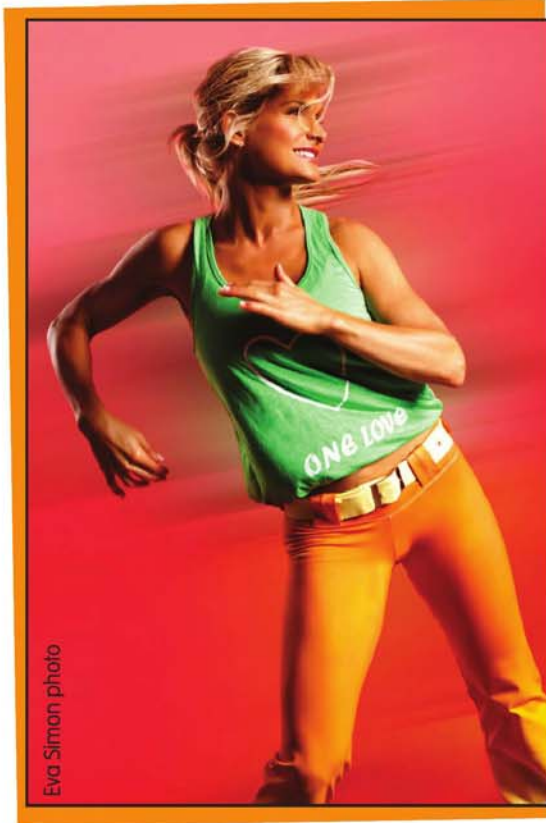
However, since we are all human, and it does happen to all of us from time to time (Yes, even the Pro's!) what can we do to minimize the damage and stay on our fitness plan?

After a couple of decades in the health and fitness industry, I've seen the same things derail the best efforts of my clients...until I teach them these powerful tips. Here is my Carbohydrate Damage Control Plan designed to minimize the damage and get back on track pronto!

THE CARBOHYDRATE DAMAGE CONTROL PLAN:

5 Tips to Get Back on Track Fast!

1. Don't Berate Yourself! The worst thing you can do is beat yourself up about it hours or even days later! No good can come of this. You will not get healthier by criticizing yourself. We all must learn how to live in the moment and this is just another example of doing so- hard as it may be! Instead, you can say something like this to yourself: "Well, that was sure yummy, but now I will get back on track."



I know the occasional indulgence is a normal part of life - just a blip in the screen and will not ruin all my efforts. I have a plan and I'm going to follow it!" (see below for Plan)

2. Get Moving As Soon As Possible! Eating too many carbs kicks off the blood sugar rollercoaster which can give you an initial pick-me-up but soon is followed by an inevitable energy crash and subsequent craving for more carbs! When this crash happens, you must resist the urge to lie down or worse, go to sleep! Instead turn on some music and do a little spontaneous light dancing or do some housework, sweep the porch, take a walk- just do something...anything that gets you moving! The goal here is to burn off some of the excess insulin and sugar circulating in your blood, thereby preventing storage into your fat cells.

3. Make Your Next Meal (or even next two meals) Very Low or No Starchy Carbs. After overeating carbohydrates, the glycogen stores in your liver and muscles are full, so any carbs eaten in addition to that will be stored unless they are burned off beforehand. Therefore after overdoing it, for next meal or two, "under-do" it and consume mainly non-starchy veggies, organic lean protein and healthy fats. An example would be: skinless turkey breast and a baby green salad topped with a handful of organic walnuts. Note to Editor: I can also submit a recipe for the sidebar from my Recipe Book if you think it would be helpful.

4. Do High-Intensity Exercise Within the Next 12-24 Hours. This is different from Tip #2 which is basically to keep moving immediately following your splurge. Tip #4 is to perform your more traditional, focused, intense workout like running, sprints, circuit training or metabolic conditioning, etc... Your goal: BURN OFF THOSE EXTRA CALORIES! This will help ensure that any extra carbs/sugar you ate doesn't go into long-term storage. This is a secret strategy of most health and fitness professionals.

5. Make a Plan! Lastly, make a plan and kick it in gear! We are all human and we all have moments of weakness, negative emotions or life circumstances that disrupt our health and fitness goals and best intentions but one of the things that separates Fit People from Wanna-Be-Fit-People is fit people get right back on track with a plan! (See my article: What Separates the Fit from the Wanna-be's? For more of What Fit People Do to Stay that Way!) So the next time you overdose on carbs, just keep in mind the big picture, forgive yourself and get right back on track using my tips #'s 1-5. And remember what I always say: "You are just one meal or workout away from feeling better!"

Amy Fournier is a certified Dance, Zumba, Fitness and Yoga Instructor; Holistic Nutritionist, Fitness Model, Performer and Nap-lover! For over 25 years she specializes in awakening the inner spark of passion, energy and enthusiasm in others through the use of food, fitness and fun! To learn more about Amy or to contact her, please visit her website: www.amyfournierhealthandfitness.com, email: amy@amyfournier.com or call: 978-423-3299. "LIKE" "Zumba Dance with Amy" on Facebook for more free diet and exercise tips!