





## Your Complete Healthy Holiday Spring/Summer Survival Guide

*Everything you need to feel prepared, in-control and successful this season. Tips to amplify your program before a holiday, how to have success during your holiday, travel tips, how to prepare and so much more.*

Welcome to your Complete Spring/Summer Survival Guide! Here you are going to find everything you could possibly need to make this Spring/Summer Season your healthiest and happiest yet. Using this package in conjunction with your DAMY Online Program you will have unprecedented success! Take in the holy grail that is this Holiday/Vacation/Entertaining Spring/Summer Package!

Your package includes:

- 1) [Amy's Holiday Slim Down Secrets, Tips and Tricks](#)
- 2) [7-Day Sexy Little Black Dress/Beach Prep Lean Down](#)
- 3) [A Healthy Holiday's Top Challenges – Solved!](#)
- 4) [The Secrets to Holiday Motivation & Inspiration](#)
- 5) [How to Accelerate your Program](#)



## Amy's Holiday Slim Down Tips, Tricks and Secrets

*How to survive the Holidays and look incredible doing it!*

The Holidays are no different from any time of the year when we are talking about losing excess fat or maintaining your current weight. Preparation is the name of the game. Here I'm going to tell you ways to prepare for indulgent situations so that you can come out on top. Lets add no stress to the holidays and make them your most successful yet. **Check out my top 22 tips:**

- (1) Before you have dinner do your workout, drink your recommended daily water and have a small snack. Have lean protein and a good fat so you feel satisfied before you go and are not starving. A handful of almonds can often do the trick.
- (2) Give yourself a pep talk. Doing this in my journal works best for me. Do this the day before you go. Write out your game plan. Write the steps you are going to take to stay on track, how proud you will feel after that you stuck to your plan, and outline the walk you are going to have after! Write it all out.
- (3) Decide what you really, really, really want to indulge in ahead of time. If your Aunt Martha makes the best pie known to man and you have been dreaming about it all year, have it! Cut your own portion and stick to it. Eat your meal until you are about 75% full. Satisfied but far from stuffed. When it is time to have your pie, sit down with your tea and really enjoy that pie. Take small bites, eat slow and take it in. 'Savor the flavor' as they say. This will be your treat for the week, enjoy it!
- (4) Only have one round. Eat your dinner nice and slow and enjoy it. Only have one plate. Think satisfied not stuffed. Go for roasted veggies, turkey, and salad first. Leave little room on your plate for anything with cream, cheese, or butter.
- (5) Skip the elastic waistband. So many of us when we know we are going to "pig out" wear something really comfy that has an expanding waistline. This year dress in something that isn't your "eating clothes." Wear nice jeans and a pretty top. This simple step can keep you from binging.
- (6) If you are going to events or parties over the summer I want you to add ten minutes a day to each of your regular cardio session OR if you workout less than 6 days a week to add an extra cardio session.



For all our ladies who workout 6 days a week you will not be adding an extra day. Everyone needs a day of rest. Feel free to add 10 minutes of high intensity cardio to your session each day. Remember you can always use the ‘Kick-it-Up’ with any DAMY Workout.

Workout before your dinner/event/party. Get your workout in and make it count.

(7) Keep hydrated with water before and during dinner. That day you should drink your normal amount of water.

(8) Pick cocktails or dessert. It is one or the other. Both are loaded with sugar and you will only need one. If you choose cocktails make sure you drink water before and after each drink and try to stick to no more than 3 drinks.

(9) Eat healthy, normal meals before dinner. Eat on your plan the rest of your meals throughout the day. Don’t skip meals thinking you are “saving calories” for dinner. This will only lead to a binge.

(10) Eat healthy the rest of the week. Think of your Holiday dinner as your “treat” meal. Then jump right back on your game plan. Meet all your workouts, drink all your water and eat all your meals on plan.

Leave your treats to your parties. Plan to have your treat only within these times. Have your cocktail, sweet treat or indulgent dinner just don’t go crazy. Still make good choices but do not totally restrict yourself. Enjoy your treats but avoid letting them spillover outside of these times.

(11) Free yourself to fully enjoy what Holidays are about. Holidays are for time with loved ones to stop our everyday busy-body lives and enjoy each other. It’s not about stuffing yourself full or binge eating. It’s about great conversation, loving and enjoying the people who matter most to you. When you stop obsessing about food or your relationship with food you have all the time in the world to take in these special/important moments. Think less about food this season and more about enjoying the people around you.

(12) Avoid fried appetizers, sugary cocktails, hot dogs, etc! Make herb tea, water, and clean snacks your best friends! Only bring food into your home that you want to consume. Cool it on the copious amounts of junk this year. Save your money and your health at the same time.



13) If you are having a hard time write all the reasons for your healthy lifestyle/weight loss goals on a recipe card. Carry this card around with you in your purse and read it whenever you're feeling a craving.

14) During the holiday season it may seem like alcohol and desserts are the only ways to meet up with a loved one or friend.

Going out for coffee is a great way to socialize without booze or treats. **Your local coffee shop patio is a great meeting place in the spring and summer.**

15) If you have told yourself you are going to have a couple of drinks or a treat set a limit and stick to it! You are the only one in control of your choices.

*We are breaking habits of bingeing.*

16) Remember, a hot day is just around the corner. **What are you wearing?** Less clothing, beach days and just pure heat is enough to motivate us to stay lean and fit. By choosing your outfit ahead of time and hanging it somewhere you will see it often your focus will be on target! **Hold yourself accountable.**

17) I'm here for you. If you're having a craving, want to know how to deal with a situation, or need a killer workout email me. That is what I'm here for!

18) If you are drinking wine have a glass then have a tall glass of water. By alternating back and forth you will remain hydrated, flush the alcohol, and keep calories in check. Again, make sure to check out our [Skinny Cocktails here](#).

When drinking alcohol remember this is a treat. Keep your drinks clear. Go for low-sugar choices.

\*A great tip from Bethenny Frankel is to get a shot of your favourite alcohol, sparkling water and ask for just a splash of whatever flavour juice you want. When you're eating as clean as we all are you'll be surprised at how your tastes change and just that splash of juice will be enough sweetness.

19) Make the most of your time with friends and family. Take the obsessive food thoughts out of the Holidays. Concentrate more on your relationships. Ask your sisters to go for a walk.



Play some fun and active games with the kids. If you are visiting from away, go and ask the local gym if they have a **2-week membership plan**. Most places will give you a great deal.

20) Bring healthy dishes to events!! Everyone loves veggie trays!! Hummus??? Yummy! Grilled chicken skewers, pin-wheel wraps on whole grain, fruits with a light dip are amazing choices. ***Think creative and healthy!!*** People love new ideas! You are sure to be a hit! Here you can find a ton of awesome [Holiday Friendly Recipes](#).

21) All those fancy speciality coffees sound amazing BUT are loaded with hidden calories!! Most add up to the same fat and calories as a piece of cake!! Sure try one, but ask for it made light with no whipped topping!! Still yummy but half the fat and sugar! Also make it a small or medium. You will save a ton of calories and don't forget that you will save money!! Did you see our [pumpkin spice at-home latte \(found here\)?](#)

22) After a great treat get right back to your healthy eating plan. One meal will not make you fat or ruin your efforts.

Sometimes we have to change our “all or nothing” attitude to a more “big picture” balanced approach!!

We ask you to think 80/20 this holiday season (see more about this in the lifestyle package). Sometimes it is as simple as changing our thoughts just a little that makes a HUGE difference!!



## 7-Day Sexy Little Black Dress/Beach Prep Lean Down

*Want to fit into that goal outfit? Here are some short-term tricks to help you feel smooth and slender for your next big event!*

\*Follow these tips for the 7 days before you slip into your sexy summer number!

*All tips should be started one-week from your event date for best results (after completing at least 7 weeks of the program).*

- 1) **Increase your water!** We should all be at 2.5-3 liters by now. Try for 1 week to have 2.5-3 liters each day. No juice, no pop, and only two cups of coffee per day.
- 2) **Cut artificial sweeteners.** Artificial sweeteners make us bloat and hold water. Studies have not proven yet that they don't also contribute to weight gain. \*Stevia in moderate amounts is a good choice.
- 3) **Keep all complex carbohydrates and fruit snacks to before 2 in the afternoon.** For afternoon snacks have protein and vegetables (broccoli/hummus, tuna/red pepper).
- 4) **Make you last meal of the day green vegetables and protein.**
- 5) **Before the event use a gradual color building tinted moisturizer self-tanner.** This is a really great way to create a natural glow without looking like you've been to the tropics. I love Jergens Daily Glow Moisturizer. Apply this every evening to your body before you go to bed for the 7 days. Your skin will look smooth, glowing and the tanned glow to your skin will make you appear thinner and refreshed.
- 6) Do your workouts first thing in the morning to get them over with and to make sure you get them in. This is not a time to slack. Make those workouts intense. Use the 'Kick it up Options' at any chance you can.
- 7) Avoid high sodium sauces and spices. This can make you hold water and bloat.
- 8) Everyday for the 7 days have two cups of Dandelion Root Tea. This will help you eliminate any excess water.
- 9) Keep snacks and meals as simple as possible. Think fruit, veggies, nuts, lean proteins. Eat as much raw veggies as you can. Stick to your portions.



10) If you are serious about looking sleek and sexy for an event skip your treats for the week or even two. This is really important.

11) Try to get your regular sleep and keep stress to a minimum. I know this can seem like a tall order but do your best.





## A Healthy Holiday's Top Challenges – Solved!

*Here you will find a solution to every seeming challenge the Holidays/Travel/Vacation bring. Make sure you reference this section frequently. There are so many great tools here that will help you glide through the Spring/Summer Season with pure success!*

**Simply click on the links below to access your Extra Holiday Tips:**

- How to Workout when Travelling – [An awesome selection of workouts for on the road – Pack your workout band and check out these workouts!](#)
- How to Eat Healthy while Travelling
  - [How to Stay on Track While Travelling](#)
  - [DAMY Guide to Eating at a Restaurant](#)
  - [DAMY Healthy Travelling Guide](#)
- [How to Deal with Family or Friends while Eating Healthy](#)
- [How to Eat at a Family Dinner](#)
- [How to Handle PMS while Leaning Down](#)
- [How to Detox after an “off” Day/Weekend.](#)
- [How to Create Skinny Cocktails](#)
- [What to Make for Holiday Treats](#)
- [How to Lean Down Even More 1 Week Before an Event/Party](#)
- How Can I Socialize With Other DAMY Members – [DAMY Forum](#) - [Facebook](#)
- [What book could I be reading this Holiday Season to help me on my journey and help me deal with emotional eating.](#)
- [Where Can I Find the DAMY Health Book Club](#)



## **The Secrets to Holiday Motivation & Inspiration**

*A Holiday can become so hectic that we forget who we are, what our goals are and what truly makes us happy. Any time you are feeling lost or you just need a boost head to this section and just click a post.*

*Everyone of these posts contain powerful tools for how to just make the most out of everyday life. Sometimes all we need is a simple mind-shift to take the worst situations and turn them into something beautiful.*

**Simply click on the links below to access your Holiday Motivation & Inspiration:**

- ["Fake it till you make it"](#)
- [Healing yourself thin](#)
- [Live as you are what you want to be...](#)
- [Love yourself today](#)
- [Real Change](#)
- [9 Ways to Create Bliss Daily](#)
- [The happiness on layaway epidemic](#)
- [Keep Calm and Sparkle On](#)
- [Our Deepest Fear](#)
- [Choose a New Story](#)
- [Let Your Greatness Shine](#)
- [The Two Sides of Motivation You Need](#)
- [The Truth About Motivation](#)



## How to Accelerate Your Program

- \*Have a friend or family member join DAMY!
- \*Make sure you continue your success by joining the [DAMY Lifestyle Program](#) if your program runs out before the Spring/Summer is over. You do not want to end up in a situation where you feel lost.
- \*[Go to the Forum when you need it.](#)
- \*Join our [Book Club!](#)
- \*Join us on [Facebook](#) and [Twitter](#).

*I hope you use this Spring/Summer Thrive Guide! It is a wealth of information that can transform your mind, your body and even your experience this season. Use these tools, they are here for you.*

- Amy Layne