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TONY'S TIPS

For many of us, finding the motivation to stay fit is challenging at the best of times, and unfortunately the holiday season provides us with a whole new host of obstacles. The temptation to overeat, vacations, time away from the gym due to a jam-packed schedule – distractions are everywhere. Luckily, there are plenty of ways to stay inspired through this busy season.

Our two major motivators are pain and pleasure. Start by figuring out which one works best for you and play to that strength. If your motivation is pain, use negative images to remind yourself of where you don't want to be. If it's pleasure that gets you going, find a goal or reward to give yourself when you stay on track. Try keeping a picture of yourself in your wallet, on your bathroom mirror, or as a background image on your computer. This will help motivate you to get moving and uncover the new and improved you.

Keep fitness and nutrition simple. A lot of people think it's difficult to live a healthy life, but it's easy if you stick to the basics. Are you eating a balanced breakfast? Are you drinking enough water? Can you substitute your coffee with green tea? Little changes can make a big impact.

Most people think the key to losing weight is doing tons of cardio, but the trick is to introduce a little bit of weight training into your routine. Building strong, lean muscle will help your body to burn off fat. Additionally, decrease your rest time between sets when working out. It's important to make sure you've rested enough to be ready for that next set, but keeping your heart rate up will allow you to burn more calories during your workout.

If you're heading out of town, use it as an opportunity to try something new. If you usually work out at a gym or with a personal trainer, try an outdoor activity like swimming or running. You might discover your new favourite workout! Plus, most hotels and resorts offer a weekly pass to their own gyms, so if you're set on maintaining your regular fitness routine, you can. 

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