



Your post-holiday workout plan

If you and your healthy ways fell off the horse a little over the holiday season, you're not alone! But don't let a few indulgent days send you on a downward spiral - check out this post-holiday workout plan, grab your carrots and get back on the horse!



Be gentle with yourself

Don't beat yourself up for overeating. Lay the groundwork for success by congratulating yourself for putting a post-holiday workout plan in place today.



Clear the fridge

The feast is over, but the fridge is still full. If you hosted, your refrigerator may be brimming with high-fat, high-calorie leftovers—particularly desserts. You need to start with a clean slate.



Stock up on smart choices

Once your shelves have been cleared of temptations, it's time to bring in the good stuff. Replace the holiday fare with healthier, low-calorie options like fruits, veggies, lean protein, whole grains and nuts.



Limit trips and treats

To get back into healthy habits, you need to cut back on calories and special-occasion meals. Restaurant food tends to be high in salt, fat, and calories—the very things you're trying to avoid. It's much easier to control your eating habits at home.



Commit to an exercise class

If you've packed on extra calories, you'll need to apply an extra "burn." What better way to torch that spare tire than by getting into the routine of a new activity? Group exercise classes, offered at most gyms, give you an extra boost of motivation.



Find a workout buddy If you failed to use self-restraint over the holiday, chances are that some of your friends and colleagues did too. Instead of commiserating about it, why not plan your workouts together? Knowing that you have a pal for support can help ensure that you don't skip your workouts.



It's not too late

You may have slipped up by chowing down a little too hard this holiday season, but that's not the worst you could do. The worst thing you can do to sabotage your fitness is throw in the towel. Get back into your workout routine today!

Try these tunes from the decades to get you moving!

1. Only Want to Be With You – Dusty Springfield
2. All Shook Up – Elvis Presley
3. Johnny B. Good – Chuck Berry
4. Twist and Shout – The Beatles
5. You Should Be Dancing – Bee Gees
6. Mamma Mia – ABBA
7. It's Raining Men – The Weather Girls
8. Dancing on the Ceiling – Lionel Richie
9. Heartbeat Song – Kelly Clarkson
10. Uptown Funk – Mark Ronson/Bruno Mars