

TOP TIPS

To Getting Back On Track After Overindulging

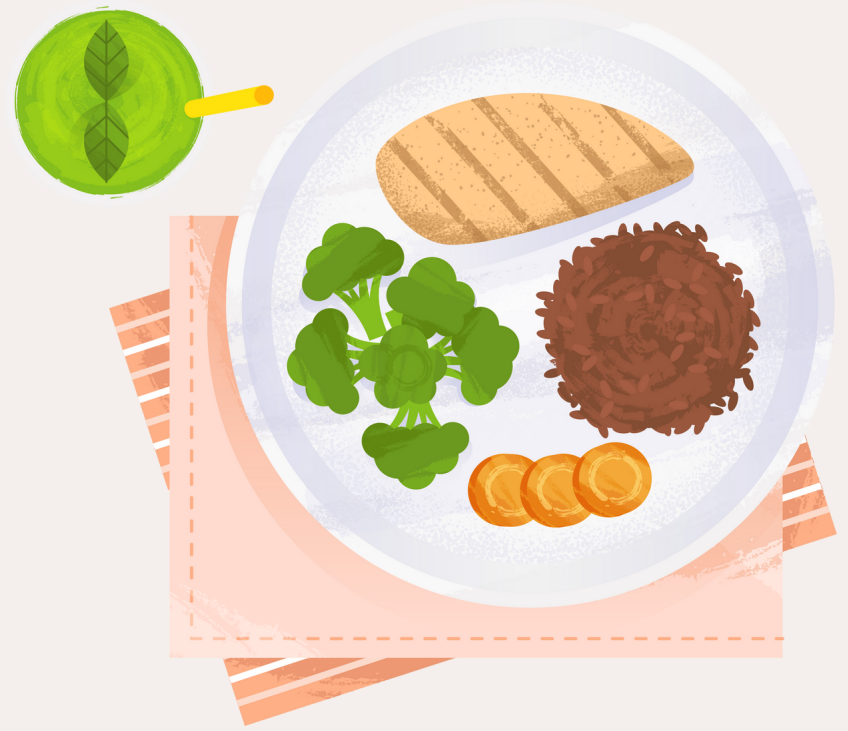
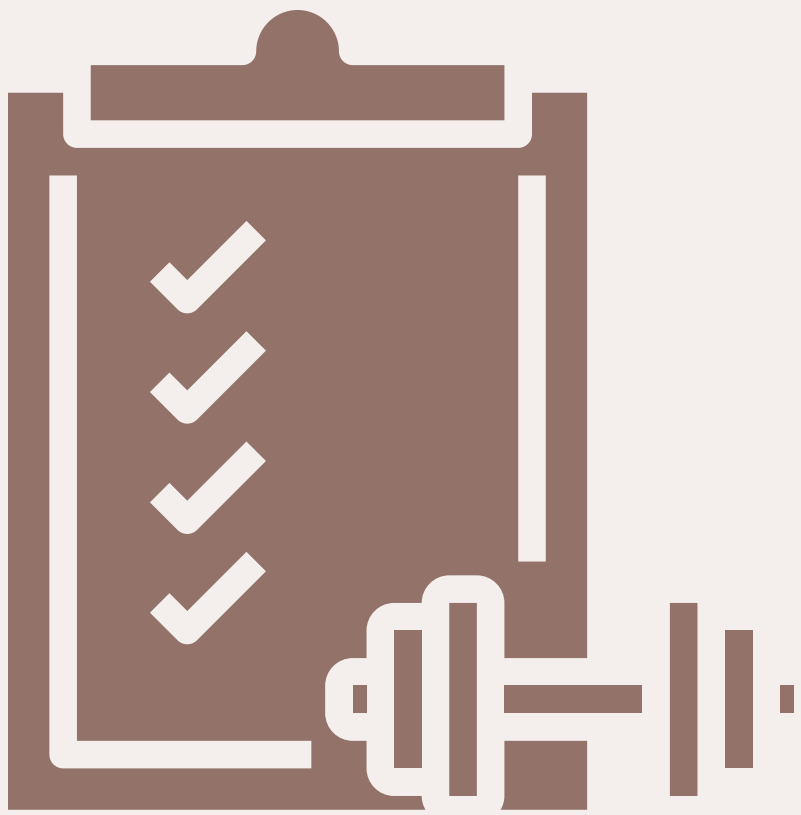


Tip #1-NO STRESS!

Stop putting so much pressure on yourself. Stress only hinders results. No more guilt. You overdid it, now move forward. Stop punishing yourself for "what you did."

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Tip #2-ROUTINE!

Workout like you typically do, eat balanced meals with lean protein, healthy complex carb and generous portion of fruit and/or veggies + a healthy fat. This will immediately help you feel better.

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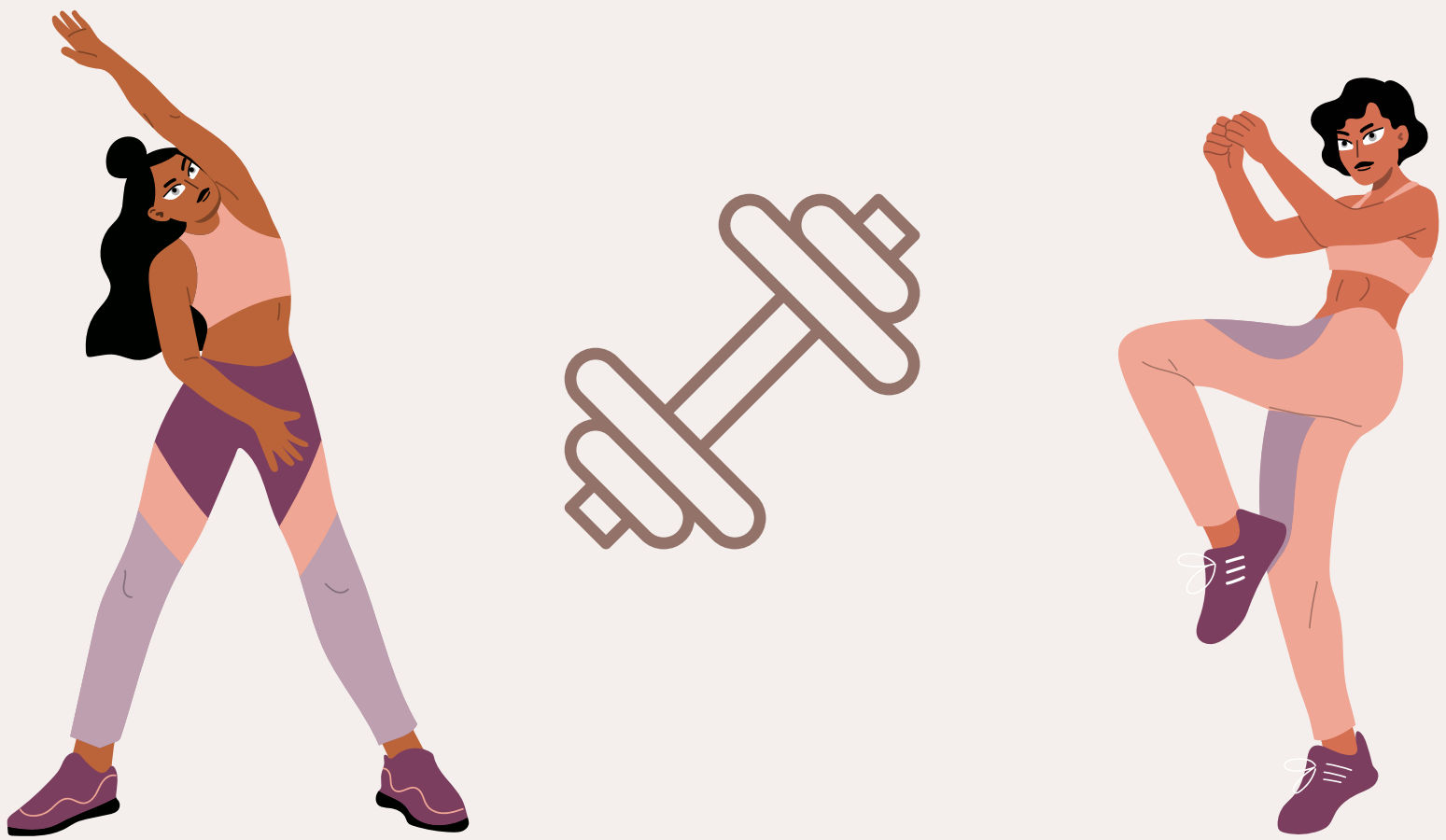


Tip #3-CHUG that Water!

While you still may be full, staying hydrated actually helps reduce that bloat, by flushing out extra water and aiding digestion. Plus drinking water supports a healthy metabolism and satiety!

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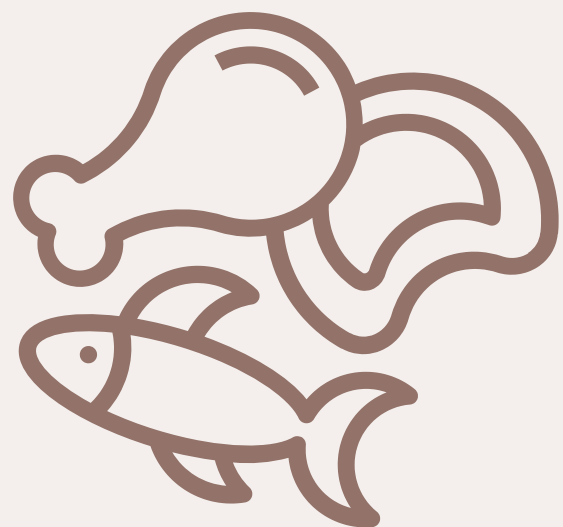
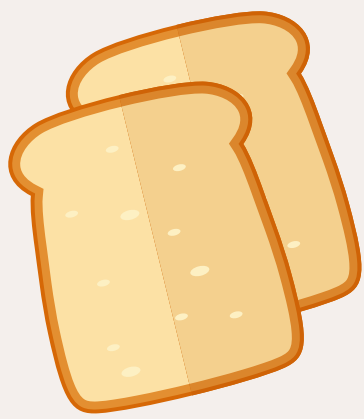


Tip #4- SWEAT!

Commit to moving that body. Go for a long walk or run or lift some weights. This is not to punish yourself for what you ate or drank, but to celebrate that body and to produce endorphins.

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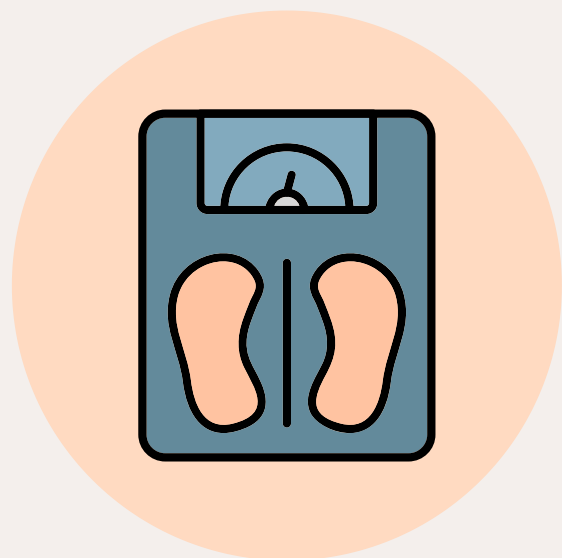


Tip #5-FOCUS ON GENTLE FOODS

*Your digestion might feel off.
So avoid foods that are hard
to digest, whether that's gluten,
dairy, high fat foods, etc. Focus
on foods you know don't upset
your stomach like whole grain
toast, applesauce, lean meats,
eggs, etc.*

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Tip #6- *STAY OFF THE SCALE*

This can do more damage than good after overindulging, leaving you feeling defeated and discouraged. Most likely that number will go up due to lingering food in your tummy/water retention. Give yourself a few days back on track, which should bring you back to where you started.