

COLLECTOR'S EDITION: OXYGEN IS 100 ISSUES STRONG

Oxygen

November / December 2018

COVER-GIRL COMPETITION /// OXYGEN IS 100 ISSUES STRONG /// GUILT FREE TREATS

No. 100

# Oxygen

AUSTRALIA

TRAIN SMART. EAT RIGHT. BE STRONG

**LOW-FAT  
FULL-FAT**  
what is best?

**FIT SKIN  
FOR  
SUMMER**

ARE YOU A  
**sugar  
addict?**

**Power  
UP**  
*your  
glutes*

**GUILT  
FREE  
TREATS**

[Healthy pizza?  
Yes, please!!]

COVERGIRL  
WINNER!

*Nicole Hall*

**100th  
issue!**

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Photos by Dallas Olsen

# Oxygen's TOP 10 SILLY SEASON SURVIVAL TIPS *you need to start NOW*



**M**y grandma makes the most amazing Christmas cake in the world, and it's been a tradition in our family for as long as I can remember. As a bikini competitor I have a lot of discipline, but on Christmas Day I love to eat festive foods. I don't 'pig out', nor do I deprive myself. Instead I'm content with eating delicious Christmas cake along with a traditional roast dinner. My point is you should enjoy the silly season being with family and friends. You can indulge in some cake and a glass or two of champagne and not feel guilty. There's no reason why you can't enjoy yourself and stay healthy, lean and fit through the summer holidays.

I've put together 10 ways that you can stay in great shape over the festive season without depriving yourself. If you follow this advice, you'll be ready to start the new year feeling energetic instead of needing to overhaul your fitness.

## 1. COMMIT TO FOLLOWING YOUR FITNESS PROGRAM DURING THE SILLY SEASON

Not only do most people fail to plan, they consciously plan to fail over the silly season. Most people expect to "blow" their diet and skip workouts and, as a result, they don't even make the effort. You can avoid this trap by planning to succeed. Set up a positive expectation in your own mind, keep your standards high and don't settle! Not only can you plan to stay in shape... you can plan to improve! All you must do is make the decision and expect success.

## 2. PUT YOUR WORKOUTS IN YOUR CALENDAR

You know your schedule is going to get hectic. You'll be cooking, shopping, wrapping gifts, sending cards, going to parties, travelling, visiting family and so on. Plan your schedule in advance so you can anticipate what's coming up. By doing so, you won't be caught unprepared. If you try to 'wing it' and squeeze in your workouts and meals whenever you have time left over, you'll find that there's never any time left over! Set yourself up for success and schedule your workouts and meal times in your calendar just like you would any other appointment or event.

### 3. SET SOME COMPELLING TRAINING AND FITNESS GOALS OVER THE FESTIVE SEASON

Don't wait until the new year to set your goals just because you think it will be harder to achieve them over the Christmas holidays. On the contrary, studies on personal achievement have shown that you'll usually reach 80% of the goals you put on paper. The problem is that few people set any goals at all, and fewer still set them during the Christmas holidays. Why wait? Why not do it now? Goal setting should not be reserved for the new year, it should be a continuous process. You should always have your goals in writing and your list should be regularly updated and rewritten. If you only set goals once a year, you're not going to accomplish much in your life.

### 4. GIVE YOURSELF PERMISSION TO HAVE TREATS AND FACTOR THEM INTO YOUR MACROS

Planned free meals and flexible dieting helps you to stay on your program better in the long run. If you're too strict all the time, you're setting yourself up for cravings and bingeing. A free choice meal per week or having higher calorie days factored into your macros will have only a minor effect on your physique, and it's a great idea to plan some extra activity on these days.

### 5. IF YOU OVER-INDULGE, DON'T WAIT UNTIL NEW YEAR TO GET BACK ON TRACK

Even if you fall completely off the wagon, don't beat yourself up. All you must do is get right back on your program without missing another beat. Too many people mess up once and then think their entire diet is ruined. They feel as if everything they've done prior to that day was wasted and there's no sense going on. Or even worse, they rationalise to themselves, "Well, I already cheated, so it doesn't matter now, I might as well keep pigging out." Just because you stuff up once doesn't mean you should quit! Plant your wheels back on the tracks and start moving forward towards your goals again.

### 6. MAINTAIN YOUR MEAL PREP

If there's one thing that all people who successfully get fit and stay lean have in common, it's consistency. Without it, you never get any momentum going. It's like taking two steps forward, only to take three steps back. Many people allow the busy festive season to throw them off their regular eating schedule. They completely forget meal prep, or they start eating foods they would never normally eat, just because it's there.

Continue with your habit of eating healthy meals. All you have to do is count your Christmas meals and parties as one of your regular meals - but keep portions in check.

### 7. MEASURE YOUR PORTION SIZES

You can have your cake and eat it too, just don't eat the whole thing! One of the most important rules to remember is the law of energy balance, which states: to lose body fat, you must consume fewer calories than you burn each day. Remember too much of ANYTHING will get stored as fat, even healthy food. Small amounts of ANYTHING, even junk food, will probably NOT get stored as fat if you don't indulge too frequently.

There's no reason to deprive yourself of things you enjoy. Just make sure you don't overindulge. If you enjoy your favourite foods in moderation and keep working out, it probably won't end up around your waistline.

### 8. DON'T LET OTHERS PRESSURE YOU TO FOLLOW THEIR LEAD

Keep your standards high, but don't expect other people's standards to be as high as yours. Remember that most people have already planned to fail at fitness over the holidays. You've decided to stay strong. Don't let their negative influence drag you down. When you've reached your drink limit, switch to water or a non-alcoholic, zero-calorie beverage. When they offer you seconds on dessert, politely say, 'No, thank you'. By staying on track with most meals and continuing your workouts, a small treat won't matter. If they're really your friends, they'll understand.

### 9. MAKE THE BEST CHOICES POSSIBLE IN EVERY SITUATION

Christmas parties have so many delicious

treats including pudding, eggnog, lamb roast with all the trimmings, and a seemingly endless assortment of sweet treats. It's important to notice that healthy snacks are always there too and there's usually platters of fresh veggies and fruit.

No matter where you are, you always have choices. But always make the best choice possible based on whatever your options are. If nothing else, you can choose to eat a small portion of something bad rather than a huge portion, thereby keeping your macros and calories in check. As you know, lean proteins and veggies are great for getting lean, so fill up on the turkey breast, eat plenty of salads, and go easy on the desserts.

### 10. IF YOU DRINK, ENJOY ALCOHOL IN MODERATION

Remember that alcohol is one of the most calorie-dense liquids and can add up very quickly. If you enjoy having a few drinks on special occasions, then go ahead and have a drink or two. But if you're serious about your fitness goals, drink in moderation. Alcohol almost totally inhibits your body's ability to metabolise body fat. When there's alcohol in your bloodstream, you're not in fat-burning mode.

Your energy levels and workouts can be ruined for days after heavy drinking. A glass of wine has some health benefits, but there's never any reason for binge drinking or getting drunk. So, go ahead and toast to the New Year, but know when to say when.

## HAPPY AND HEALTHY CHRISTMAS TIPS

▶ An Aussie Christmas encourages healthy eating with so many opportunities to go to a BBQ, the beach and get outdoors to move. Eat the foods you enjoy in moderation, but remember balance. It's perfectly OK to have some Christmas pudding, but perhaps offset this with a great workout the next day!

▶ Ensure you stay hydrated. Not only due to the Aussie heat but to combat that bloated feeling. As you will enjoy foods that may not normally be on your plan, you may feel bloated. Drink adequate water to also offset those sneaky wines!

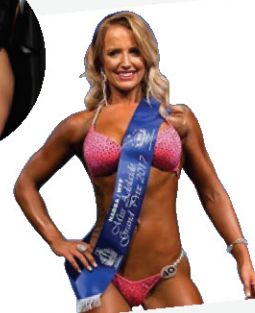
▶ Stick to your normal training schedule. You will feel so much better and less guilty if you train as per normal. If anything, use the extra food to set personal bests in the gym or beating your run time.

▶ Above all, be kind to yourself. Remember balance. Use this time of year to recharge and reflect, set goals and spend time with family and friends. Think ahead about how great you will feel in January 2019.



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