



FUEL YOUR HEALTH

NOVEMBER 2021



FUEL YOUR TRAINING - Personal Training

Do I need to be in shape for personal training?

Getting started with an exercise program may seem like a daunting and intimidating journey. This can be especially true for those who hesitate to get a personal trainer. Some may feel they need to be “in shape” in order to do personal training. This couldn’t be further from the truth!

Personal trainers help people from various backgrounds, including athletes, stay-at-home moms, those suffering from chronic diseases, AND people who aren’t sure what to do. GOLDEN HOME FITNESS can help you achieve your fitness goals regardless if you consider yourself to be “in shape” or not. We want to ensure you get the best experience with your fitness training so you feel more confident and accomplished than how you feel currently.

Start today!



FUEL YOUR BODY - Chrononutrition

Chrononutrition improves your health. You know that what and how much you eat greatly affect your health and weight. But did you know that when you eat is also a big part of the equation? Your body has a rhythm to it – cueing you to eat, sleep and exercise at certain times of the day. Listening to it could be the difference between average and optimal health. It could also be the difference between being at your ideal weight and yo-yo dieting.

What is Chrononutrition?

Chrononutrition is the relationship between your circadian rhythm and nutrition. Your circadian rhythm controls your physical, mental and emotional cycles. Your body’s temperature, hormones, sleep and appetite all operate within this 24-hour window.

Your biological clock is greatly influenced by light and darkness. But did you know that when and how you eat also affects your circadian rhythm? That is why chrononutrition improves your health, and can be a game-changer.

Your circadian rhythm is critical to your body composition, performance and health. It controls opposing processes. These include whether you are asleep or awake, eating or fasting, active or at rest. Whether you are synthesizing or breaking down protein is also affected. This biological “clock” controls your metabolism, immunity, digestion and muscle growth.

Learn more at <https://goldenhomefitness.com/tag/chrononutrition/>.



FUEL YOUR MIND — Stay Healthy During the Holidays

What feels better than waking up on Christmas morning? Feeling good in your own skin, being confident you can do challenging things and feeling proud about keeping the promises you make to yourself! Read below for our best 20 tips for staying healthy, fit and sane during the holidays.

Make time for stress management. Meditating, exercising, breathwork and journaling are great ways to manage anxiety and depression.

Get 7-9 hours of quality sleep every night. Consider a relaxation routine and avoid blue light just before bedtime.

Offset heavy meals with epic workouts. Workouts like HIIT can burn lots of calories in 15-30 minutes.

Stick to your mightiest goals. Try shifting your focus to weight maintenance from weight loss during the holiday season.

Eat very healthy before and after heavy-calorie meals. Enjoy the indulgence without the guilt.

Practice mindful eating. Typically, we don't taste our food after the first few bites. Slow down and enjoy the experience. You'll likely eat less!

Prioritize appropriately. Focus on family and friends, less on food and drink.

Think about how you want to feel on January 1st. Is constant overindulgence worth losing your long-term goal(s)?

Focus on a nutritious diet in between holidays. Consume mostly whole foods that are nutrient-dense like fruits and veggies and drink plenty of water.

Set boundaries. YOU decided what you will eat or drink. Don't cave to the pressure from others.



Enlist help. Work out with friends or hire a personal trainer.

Keep healthy snacks on hand and healthy foods at bay.

Meal prep on the weekends. Position yourself with healthy meals for the week to avoid eating out.

Start each meal with a homemade soup or salad and 1-2 glasses of water.

Bring a healthy dish to each holiday party. You'll have at least one healthy option available.

Reward yourself with non-edible treats. Great options include a bubble bath, massage, new workout gear or anything else that brings joy.

Limit or avoid added sugars, refined flour, salt and alcohol.

Keep the promises you make to yourself. This is a great way to build self confidence.

If you stumble, get right back on track. A speed bump is better than a road block. Stay the course!

Move more throughout the day. Stand up regularly, stretch and be creative with adding steps to your day.

<https://goldenhomefitness.com/2021/11/05/staying-healthy-during-the-holidays/>

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