

Officially Fit- Off Season Weight Loss Tops



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Everyone knows how important it is to maintain a healthy body weight through proper nutrition and regular exercise, and Officially Fit realizes how difficult this is during the off-season, especially if your officiating off-season is during the holiday months. To help make this a little easier, we have put together a quick guide with five important tips to help you succeed and reach your off-season weight loss goals.

1. Create an Action Plan

It is very important to attack your off-season weight loss with a plan of action. This plan of action must be three-pronged, and should include a fitness and nutrition program, as well as real, measurable goals. A stool can stand on three legs, but without one it falls.

Both a fitness and nutrition program are necessary to succeed, but that does not mean they have to be overly elaborate. The fitness program should consist of 30-60 minutes of physical activity three to five days a week, and should include a balance of strength training and cardio. The nutrition program can be as simple as cutting out 250 "excess" calories a day. To lose one pound of body fat a person must have a caloric deficit of 3500 calories. By aligning your fitness and nutrition program with these recommendations, you could be on your way to losing at least one pound per week.

2. Thirty Minutes of Activity a Day

It is inevitable that there will be days when you won't be able to stick to your fitness program. Things come up - families make trips or have visitors to entertain, and holidays are busy, but try to take just 30 minutes out of your day to include some sort of physical activity. To remain active, grab your spouse and go for a walk, throw the football or shoot some hoops with the kids, or even choose to take the stairs at work each day instead of the elevator. By maintaining a minimum amount of activity, it will be easier to get back into the routine when your days slow down.

3. Control Portions

America's portion sizes are completely out of whack! Whether you eat at home or at a restaurant, you must be cognizant of not just the quality of food you are taking, but also the quantity. Research has shown that restaurant portions have more than doubled in the past 20 years. A few portion control suggestions include:

- **Read labels** - Make sure to read the label of the food or beverage you consume. People mistake a packaged food or beverage to be just one serving, when in reality most contain multiple servings.
- **Learn Portion Sizes** - At home, practice acquainting yourself with major food group portion sizes. This will help when you are eating out, because it will all help you to identify approximately how many portions of each major food group is in your entree. Officially Fit has an article about portion size suggestions in its blog at: <http://officiallyfit.blogspot.com/2012/07/officially-fit-portion-control.html>
- **Pour Your Healthy Snack** - Even when eating a healthy snack, you can over-consume healthy calories. This leads to storing excess calories. Try pouring your snack into your hand or a small bowl to see the size of the portion you are planning to eat. And stick to that one portion rather than going back for more.

4. Limit Sugars

There are many enemies and distractions when it comes to reaching your weight loss goals. One of the largest is sugar. Sugar (glucose) is the first thing the body uses as energy, followed by carbohydrates that are turned into glucose, and finally fat. In order for your body to be as efficient as possible and lose the weight you desire, you need to burn excess fat. When you have an abundance of stored sugar (glucose) and carbohydrates in your body and continue to consume even more, the body has a difficult time getting to fat and burning it as energy. So, by consuming less simple sugars and carbohydrates (bad sugars and carbohydrates) your body will be more efficient in burning fat.

Implementing a few simple techniques will help you reduce your overall bad sugar intake:

- Try substituting water or a low caloric sports drink for your soda, fruit juice, and energy drink
- Pass on sweet and salty process snacks and grab a handful of nuts or berries.
- Limit your alcoholic beverages. Officially Fit is not discouraging alcohol consumption, but remember that alcohol and its mixers are high in simple sugars and carbohydrates. These can dramatically interfere with your weight lost goals.

5. Reward Yourself

During the weight loss journey, you are going to encounter temptations. This is normal and should not be completely avoided. Because of your commitment to a solid, progressive, nutrition and fitness program, you are certainly entitled to a 'cheat meal'. This does mean a cheat day or week. It is easy to abandon good eating habits and fall into a downward spiral. Than all your hard work goes to waste. So enjoy a favorite dessert, meal, or beverage once in a while, but do not make it part of a daily routine. Stick to your guns, reward yourself, and then get back on track and keep pushing through to reach your weight loss goals.