

TRINITY

HOLIDAY SURVIVAL GUIDE

Holiday Survival Guide



If you're serious about seeing the best results from your time in TRINITY, it's important you don't just throw caution to the wind and revert to eating and drinking whatever you fancy.

Of course, you can let your hair down a bit it's important you enjoy your time away and if you hit the balance right you can still enjoy yourself without undoing all your hard work.

Whilst this approach may just maintain where you are now, remember, maintaining is MUCH better than giving up completely, as if you maintain you don't move further away from your goal

and when you're home you can simply get back on it and move closer to your goal again.

The alternative is giving up on your diet and exercise whilst away, which will almost definitely mean you have a lot of catching up to do when you get home, and this is really demotivating.

This guide is designed to help you hit that healthy balance so you can enjoy your holidays without undoing your hard work.

Diet

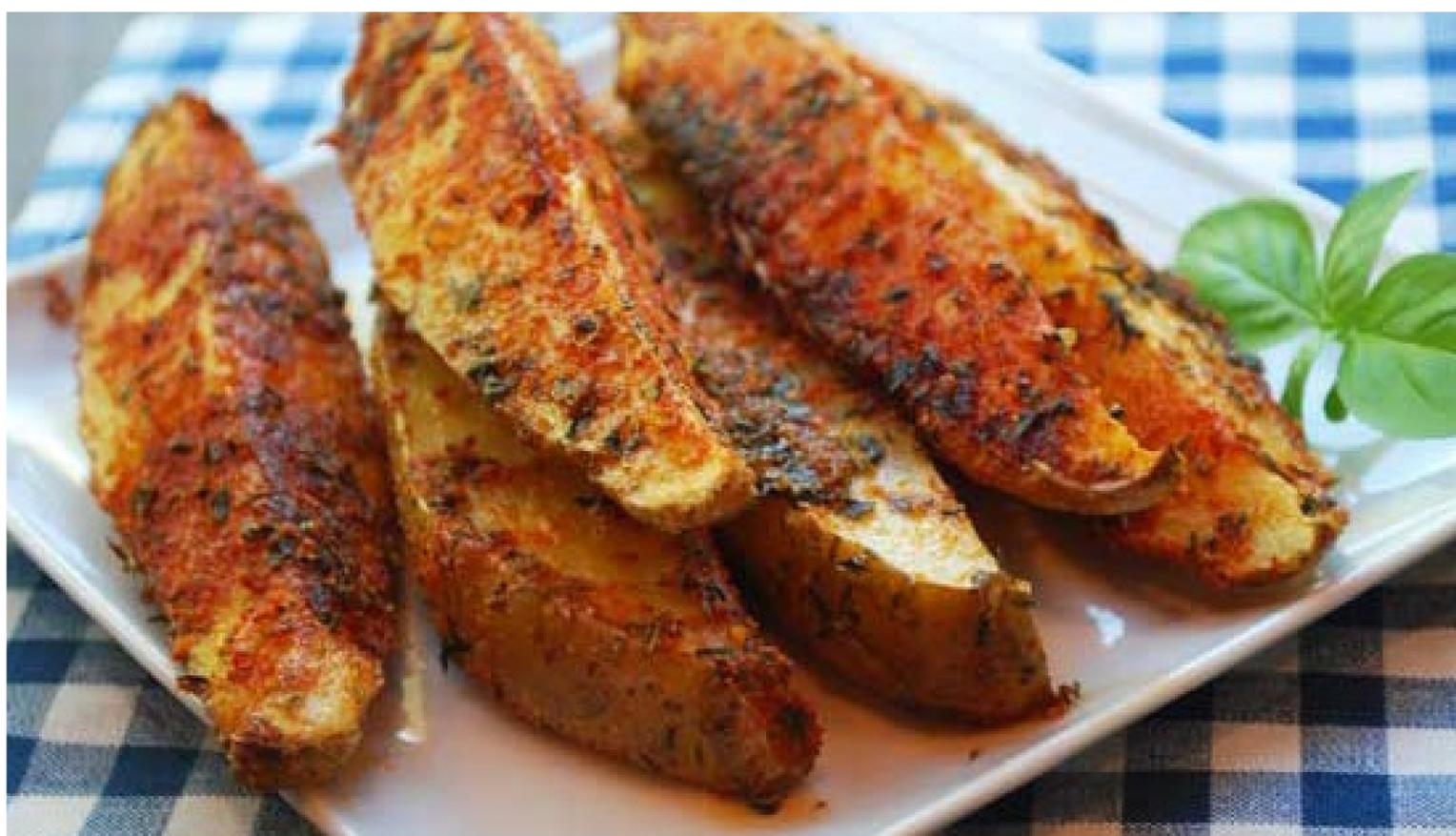


Some people like to estimate and still track what they're eating this will get the best results, but we understand this isn't for everyone and isn't always possible whilst away.

The next best thing to do is to use the knowledge of what and how much you've been eating thus far and combine that with the 1-80 rule and portion control guidelines.



If you remember, the 1-80 rule simply means to get 80% of your food from healthy 1-ingredient foods e.g potatoes, steak and steamed veg.



The portion control guidelines we recommend are as follows:

Aim for the following in every meal (the protein and veg is especially important)



2 cupped handful of carbs



1 palm-sized portion of protein



2 thumb-sized portion of fats
(roughly 1 tablespoon)



2 fist-sized portions of colourful vegetables

The last thing to consider is alcohol, as this is many people's undoing whilst away on holiday.

If you do end up drinking multiple drinks every day whilst away, there's no getting away from it this will upset your progress and send you backwards.



Our recommendation is to allow yourself to enjoy the occasional drink (e.g. 1 a day max, or a few on one night only), but have a game plan before you go away so you know how you're going to manage this. Otherwise it's very easy to end up drinking 1000 kcal a day and gain half a stone on your holiday that will take weeks of hard work to reverse.

Workouts

For workouts you have a number of options.
It's all about making the best out of what
you've got!



The fundamentals are as follows:

- Workout as many times as you usually would for as long as you usually would
- Move contrast week to when you're away (if possible)
- Any exercise is better than nothing

Rather than give you a strict set of workouts to follow, pick and choose from the following list whatever suits you best:



1. Resistance band workouts from the TRINITY [Home Workout Pack](#)



2. [TEG Home workout](#)



3. [TEG Home chair workout](#)



4. [Bodyweight Workouts off YouTube](#)



5. [TRX workouts](#). You'll have to take a TRX "system" with you but they pack up small.



6. Cardio/running (not as good as 1-5 but still much better than nothing)