



Murphy's LawTM

10 RULES TO STAY LEAN

10 tips to staying lean when you're on summer holidays



There are many different training methods and schools of thought in the fitness industry for getting lean and staying lean. Follow my simple Murphy's Laws and learn my methods to be lean for life – even on holidays!

These are just a few of the things I've learnt along the way, in and out of competing and doing multiple photo shoots I need to keep in top shape – 13 months of the year!

1/ Wake up and go for a walk outdoors. Enjoy the natural vitamin D.

Something we take for granted as our lives get busier and busier is our environment. We work indoors all day then choose to exercise indoors. Take advantage of your holiday destination and wake up and go for a walk outdoors and soak up some vitamin D.

Adequate Vitamin D levels is necessary to burn fat and help manage food cravings and increase serotonin

As you can image, starting the day of like this can ensure a happy, healthy, lean holiday

2/ Try ordering a glass of ice and a long black with your morning meals as a refreshing change but still stick to the plan to avoid dairy and sugar

Did you know that organic black coffee is a great anti-oxidant? But as soon as we add milk to it we loose this benefit! You can still have your morning coffee with out the calories this way and with an added health benefit!

3/ Always order gluten free

Gluten sensitivity is a less severe form of gluten intolerance. Long term poor food choices can cause inflammation and raise cortisol. Cortisol is a stress hormone. If elevated for long periods of time will make it much harder to loose stubborn belly fat

So – if you are after that flat stomach and maybe even a six pack, loosing the gluten is the first step

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4/ Pick 1-2 days per week only to have a cheat meal

Rather than setting yourself unrealistic nutrition goals. Plan ahead and allow 1-2 extra cheat meals so you can stick to your plan and not feel guilty. Have that sense of a 'win' is always much more motivating than a fail. You don't have to sacrifice everything. Pick your top 2 treats and plan for them so you are staying compliant

5/ Order an extra side of salad or steamed veg to make sure you feel full to avoid snacking on sweets or over eating carbs

There are many benefits of eating salads and vegetables frequently throughout the day. The more veggies you eat the easier it is to loose weight because you're increasing your fiber intake and keeping you body alkaline. Crusiferous veggies such as broccoli can also increase your results as they contain a natural substance called 'DIM' which helps to lean out the lower body, hamstrings in particular.

6/ Ask for sauce on the side

I you ask for sauce on the side you can decide if you want it or not later.

Sauce is always filled with hidden calories and often gluten. If you order a healthy meal the last thing you want is for it to be ruined by being drenched in some kind of sinful sauce.

Avoid accidently consuming sugar, fat or gluten simple by not eating the sauce

7/ Increase your volume of weights

Increase your volume of weights in your training plan leading up to your trip to create a 'super compensation' effect, 1-2 weeks is plenty. This will you allow you to eat a couple extra serves of carbs at the beginning of your holiday without putting on body fat, and possibly even gain lean muscle

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8/ Avoid fizzy drink

Avoid fizzy drink at all times as it can deplete the natural hcl in the stomach. This is an acid in the stomach we need to break down foods especially protein. If you don't have enough HCL in the stomach and you can't break it down then it sits in your guts and becomes toxic. Constipation and toxins decrease fat loss so optimal gut health is vital for staying lean

9/ Include fresh lemon into your daily routine

Ask for a slice of lemon for your drinking water to help alkalise your stomach before your meals. Warm lemon water in the morning helps kickstart the digestion process for the day. It also aids digestion and cleanses your system. Lemon is a known as a Diuretic as it helps flush out unwanted materials in part because lemons increase the rate of urination in the body. It boosts your immune system. Lemons are high in vitamin C, which is great for fighting colds.

10/ Drink veggie just to improve detoxification

Try a veggie juice with 1 fruit only as an alternative to a junk food snack. This can help support the detox pathway and is refreshing on a summers day. Green veggies that help to keep the guts alkaline are the best choice such as kale cucumber spinach. Pineapple is a good choice of fruit as it helps with protein digestion and synthesis

Holidays can be easy and carefree. There are many more Murphy's Law's to follow to stay lean for life – and enjoy your summer!

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