



kayla\_itsines

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kayla\_itsines One of the most common questions I hear at this time of year is "KAYLA... How do I stay on track during the holiday season?"

My answer has been exactly the same for the past 10 years...

As long as whatever you are doing is maintainable and sustainable... do it!

Honestly, if you think you are going to de-rail yourself over the Christmas period, just because of a few days of events, then you've probably been over-committing yourself to your workouts and food restrictions throughout the year.

My approach to fitness has always been about balance.

If you want to get through the Christmas season feeling strong and actually start 2023 ALREADY feeling great... this is my biggest advice:

1. Stick to your workouts 🙌 Consistently is key.
2. Enjoy the amazing food & celebrations around you!
3. Set 1 or 2 goals for next year! Re-evaluate them in a few weeks.



You got this 🙌🙌

#JNK #Christmas #Food #Balance #Workout #Fitness #Health #RealTalk

Edited - 3x

# Kayla Itsines Nutrition

**L Darling-Hammond**



## **Kayla Itsines Nutrition:**

Eventually, you will very discover a new experience and skill by spending more cash. yet when? accomplish you say you will that you require to get those every needs later than having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more concerning the globe, experience, some places, following history, amusement, and a lot more?

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