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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 · 3h

# Kayla Itsines Nutrition

**AW Rasmussen**



**Kayla Itsines Nutrition:**

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, Explore **Kayla Itsines Nutrition** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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