

### First timer?

If this is the first time you have received our newsletter you will find that this monthly publication is full of great tips to help you get the best possible version of yourself! In order to achieve the various demands that we have each and every day, we must focus on some key aspects of our life. We don't have to be elite athletes to desire an enhanced level of fitness that supplies us with the necessary energy to execute at a high level. If you want to find the best possible version of you, read on and feel free to contact me if you feel I can help! Enjoy this issue and I would love to get your feedback!



361 Nutrition, with the help of our affiliate, My Protein are proud to sponsor Don in his quest to regain his national ranking among the top bodybuilders in the world. In May, he won at the regional level and he is currently training for the 2017 NPC National Championships which will be held in Miami Fla. next year. It has been over 30 years that Don has been mentioned in publications such as Flex Magazine and NPC News so this accomplishment has been

### HELP! Get me through the holidays without gaining weight!



I recently gave a presentation at my company where we discussed the Holidays and how to get through them without putting on the "Holiday Hundred!" OK, no one should put on a hundred pounds by the first of the year, but if you don't show up with a plan it might just feel like it! For those of you who are saying "This is the year I get back in the gym!" my suggestion is not to wait! Join Now! If you start a basic routine today and go 3 days per week for the month of December, your chances of sticking to the New Year's resolution will be much higher!

#### BUT WHAT DO WE DO WITH ALL THIS FOOD?

The Holidays can be a very challenging time for those of you who are on a meal plan. Especially for those of you who have had some success losing weight and are just trying not to completely blow it! Trust me, I get it, it isn't easy for me either, but I have learned over the years how to avoid certain foods or certain situations that will crush my efforts of being the best version of self that I can be. It is amazing what a little planning can do. First lets think back. How successful are you at buying really healthy foods in the grocery store when you shop hungry? My guess is, not very. The same holds true for those big meals and of course desserts at

a long time coming. Good Luck to Don and his bid for the lightweight overall and masters over 40 title next year.



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Pre-Order Don's book **"Enhanced Performance Achieving the greatest version of self!"** by emailing him at [dmonistere@enhancedsportsperformance.com](mailto:dmonistere@enhancedsportsperformance.com). \$9.00 for pre-orders

Expected release date is the summer of 2017

The book will detail how you can execute at a level higher than you ever imagined possible. It is a must read for anyone who is trying to leave a legacy and looking to have a lasting mark on their friends and family.

Christmas and New Year's. Rule number one, don't show up ravenous to a meal that has every dessert that will derail the best meal plan and most disciplined person. Second, choose one of those family gatherings as your cheat meal for the week, and then when you go to the third set of in-laws, cousins or friends you just say "I can have some protein, but desserts and carbs I have to say no to." The good news is they will have plenty of turkey and ham so they won't mind.

Lastly it might be worth just setting a calorie goal that is double your norm and just eat till you hit it! I know this sounds counter intuitive but the average person eats quadruple their normal calorie intake on Christmas Eve! WOW! In the meantime remember this:

#### **Top 5 unhealthiest Holiday foods**

Cranberry Sauce - 105 grams of Sugar per serving!

Fruitcake- 410 calories per slice

Cheese Straws - 1/3 of your daily saturated fat

Eggnog - 343 calories per cup

Cheesecake - 707 calories per slice

Remember the instant gratification will be replaced with a feeling of guilt that sometimes just isn't worth it. That being said, splurge a little and then hit the gym a bit and enjoy your family!

More importantly Christmas is a time when we remember that the grace of God allows us to have these wonderful gifts! We have arms, legs, a beautiful mind that we often take for granted. Thank Him and be grateful! Help others who are less fortunate and give until it hurts. If you do all of those things, you will be more fulfilled than you could ever achieve eating a Cranberry Sauce Cheesecake! But Cranberry sauces and Cheesecake does sound good, doesn't it!

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