

Valerie Waters' Tips for the Holidays

Valerie Waters has over 17 years of experience getting celebrities ready for important movie rolls, events, magazine spreads and awards ceremonies. Clients come to Valerie because she's the ultimate fitness problem solver—with the reputation for a quick turn-around, and a trademark look that is more tone and trim than bulk and build.

Valerie lives and trains her clients in Brentwood, California.

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Know How to Party! Yes, it's time to eat, drink, and be merry... but try to do so in moderation. Before party-hopping, EAT! The biggest mistake people make is showing up to a cocktail party hungry. (Those baby quiches aren't so "baby" when it comes to calorie count.) Before your company holiday party, maintain your daily meal plan and eat a healthy snack before you go. Once you're there, try to limit yourself to one hor'dourve and one dessert. Also try alternating every cocktail or glass of wine you may have with a glass of water. I promise you'll still have a fabulous time, and you'll wake up the next morning guilt-free!

Drink Before You Board. Holiday time equals travel time—and with travel comes dehydration. When you fly, you become dehydrated much faster than when you're on the ground. So try to drink a 1 liter bottle of water before you board and then aim for 48 ounces of water every 30 minutes during your flight. Staying hydrated will not only make you feel better during and after your flight, but it will help protect you from germs and viruses in your cabin.

Stick to the Plan. (Or at least Plan B) During the holidays, workouts often get short changed—or sacrificed all together. Remember, a shorter workout is better than no workout at all! If you're short on time, try to squeeze in a 30min. cardio workout three times a week—that's only an hour and a ½ once a week:

Take about 5-10 minutes to warm-up and then move onto the treadmill for this fat-blasting workout:

Minutes:

- 1-5 Walk 4.0 mph
- 6-8 Run 6.0 mph
- 9-10 Walk 4.0 mph
- 11-12 Run 6.2 mph
- 13-14 Walk 4.0 mph
- 15-16 Run 6.4 mph
- 17-18 Walk 4.0 mph
- 19-20 Run 6.6 mph
- 21-22 Walk 3.8 mph
- 23-24 Run 6.8 mph
- 25-30 Walk 3.6 mph **Cool Down**

Take it Outside! "Oh, the weather outside is frightful"... So?! Bundle up and get moving! Going for a run in the cool winter air can be exhilarating. Put on a hat, some gloves, and your iPod—and away you go. Remember to layer, but more importantly, remember my motto, "You're just one workout away from a good mood!"