



HOLIDAY *GUIDE*



THERAPY
AND PERFORMANCE CLINIC
RECOVER STRONG, PERFORM STRONGER



REMEMBERING *YOUR GOALS*

Holidays of course is a time to unwind and spend time with loved ones, exploring, relaxing or adventuring whatever type of holiday it may be. Some chose to completely relax with food and movement but keeping mindful of your goal and why you reached out to me in the first place will make it so much easier to return home and slot back into your normal routine without undoing all of your hard work. Here are some tips, example foods, and workouts you can refer to whilst away to help you stay on track.

GENERAL *ADVICE*

- 3L water per day
- 12K steps per day
- Aim for a few workouts/runs to keep routine
- Protein sauce with every meal
- Limit creamy sauces with foods (pastas, steak sauces etc)
- Keep carbohydrates low
- If suitable skip lunch or breakfast to allow for a bigger evening meal
- Avoid over consumption of liquid calories (smoothies, cocktails, wine etc)

CONTACT *WITH ME*

You can contact me via WhatsApp 24/7 even when you're away so never feel like you cant reach out. If you're going to a restaurant on a specific night and want to send over the menu for us to discuss the best options don't hesitate.



NUTRITION

BREAKFAST IDEAS

- Omelette
- Yoghurt & fruit
- Oats
- Poached eggs on toast Fresh fruit

LUNCH IDEAS

- Chicken salad
- Fish and veg
- Wraps
- Omelette

DINNER IDEAS

- Steak and potato Salads
- Fish & veg
- Grilled meats/fish

These are some examples of food that would be good for your digestion, lower in calorie and keep your protein high.



TRAINING

This is a dumbbell (DB) only workout which most hotel gyms will have. Any exercises you may not know have a YouTube link. If there are any others please let me know.

Circuit 1: Repeat 5 times

30 secs DB goblet squats
30 secs press ups
30 secs DB walking lunges
30 secs Renegade row
2 minute rest

Circuit 2: Repeat 3 times

15 X static lunges each leg (back foot on step)
15 X shoulder press
15 X DB devil press
15 X over head tricep extension with one DB
15 X DB swings
1 minute plank
2 minute rest



TRAINING

This is a body weight only workout so can be done anywhere! Any exercises you may not know have a YouTube link. If there are any others please let me know.

Circuit 1: Repeat 5 times

- 30 secs squats
- 30 secs press ups
- 30 secs walking lunges
- 30 secs plank get up
- 1 minute rest

Circuit 2: Repeat 3 times

- 30 secs static lunges LEFT LEG
- 30 secs static lunges RIGHT LEG
- 30 secs shoulder taps
- 30 secs wall sit
- 30 secs tricep dips
- 30 secs squat jumps
- 1 minute rest



TRAINING

CARDIO IDEAS

20 mins treadmill (1 minute sprint / 1 minute walk)

30 min outdoor run (2 min run / 1 min walk)

5k run in your best time (indoor/outdoor)

1k run, 500m row, 25 burpees X 3

1 minute sprint, 1 minute max row, 1 minute max bike X 5