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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

Jiyuan Zhang



Kayla Itsines Nutrition:

Kayla Itsines Nutrition Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Kayla Itsines Nutrition**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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