



kayla_itsines



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

M Carnoy



Kayla Itsines Nutrition:

Kayla Itsines Nutrition Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Kayla Itsines Nutrition**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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