

FREE GUIDE · PARTY SEASON 2026

THE NO-CRASH CHRISTMAS

THE FREE GUIDE

Feel great at Christmas. Feel even better in January.

THE 5 RULES

1

Never arrive starving

Eat a proper meal with protein before the party. Hungry you says yes to everything.

2

Pick your moments

Go all in on the ones you love: the dinner, the big night out. Skip the meh ones, like the tin of chocolates at your desk.

3

Water between drinks

One glass of water for every drink. You still have a great night, and you wake up feeling better.

4

Move every single day

It doesn't need to be a workout. A 20 minute walk after the big meal counts.

5

Protect your sleep

Late nights and drink wreck your sleep, and poor sleep can add to that flat, low feeling. Get two or three early nights a week.

PARTY NIGHT PLAYBOOK

BEFORE

- Eat a real meal with protein
- Drink a big glass of water
- Decide your number of drinks, not a rule, just a plan

DURING

- Start with water or a soft drink
- Fill your plate: protein, veg, then treats
- Sip slowly. Stop when you're comfortable, not stuffed

AFTER

- Water and something salty before bed
- Protein breakfast. Eggs are perfect
- Walk outside for 20 minutes

WHY CHRISTMAS KNOCKS YOU OFF

It isn't the mince pies. It's what happens to your routine around them.

Most people don't gain or lose everything in one meal. It's **four small things** that pile up through December, and each one is easy to fix once you can see it.

THE ROUTINE DISAPPEARS

Work finishes early, the diary fills up and training is the first thing to go. Muscle slips away faster than most people expect when you stop for a few weeks.

DRINKS AND LATE NIGHTS ADD UP

One big night is fine. Five in a fortnight is what leaves you tired, hungry and fed up by the 28th.

ALL OR NOTHING THINKING

"I've blown it, so I'll start in January." That one thought turns a bad day into a bad month.

JANUARY ARRIVES FLAT

Less daylight, no plans, and a body that's been running on late nights. Lots of people feel low and sluggish in the first week of the year.

EAT THE THINGS YOU LOVE

Roast potatoes and gravy
HAVE THEM

Mince pies
ONE, WARM

Cheese board
PICK TWO

+

Turkey and veg on the plate first

=

Enjoy it with a coffee. Not five from the tin

+

Skip the biscuits you don't care about

BUILD YOUR PLATE

1. PROTEIN

FIRST

Turkey, ham, salmon, eggs, beef. A palm-sized portion. It keeps you full and helps you hold on to muscle.

2. VEG

SECOND

Sprouts, carrots, parsnips, red cabbage. Fill half the plate before the extras.

3. THE TREATS

LAST

Roasties, stuffing, pigs in blankets, gravy. Take what you love, leave what you don't.

THE BIG DINNER, STEP BY STEP

MORNING

BEFORE

Protein breakfast. Go for a walk.

MIDDAY

SNACK

A small protein snack so you're not starving.

THE TABLE

DURING

Plate in order. Eat slowly. Enjoy it.

AFTER

EVENING

Walk, water, and call it a great day.

DON'T SKIP MEALS TO SAVE UP

Skipping breakfast and lunch before a big dinner usually backfires. You arrive starving, eat fast and eat more. Have normal meals and enjoy the dinner.

SWAP IT, DON'T SKIP IT

You can still have the drink. Just choose the version that doesn't flatten you.

DRINK SWAPS

Cocktail ~ 250–300 cals	→	Vodka, soda and lime ~ 55 cals
Large glass of wine (250ml) ~ 230 cals	→	Small glass (125ml) ~ 115 cals
Gin and regular tonic ~ 120 cals	→	Gin and slimline tonic ~ 55 cals
Pint of lager ~ 215 cals	→	Half pint, then a 0.0% ~ 100 cals
Baileys or cream liqueur (50ml) ~ 150 cals	→	Whiskey and diet ginger ale ~ 60 cals

Numbers are rough guides. The pattern is what matters: smaller, simpler, slower.

KNOW YOUR UNITS

UK guidance is no more than **14 units a week**, spread over three or more days. A few Christmas parties use that up fast. Rough guide:

2.3

Pint of 4% lager

3

Large glass (250ml) of wine

1

Single (25ml) spirit

1.5

Glass of fizz (125ml)

5 WAYS TO DRINK LESS WITHOUT MISSING OUT

- **Start with water.** A big glass first, then a drink you really want.
- **Alternate.** One water or soft drink for every alcoholic one.
- **Pick your one or two.** Choose the drinks that are worth it and skip the rest.
- **Watch the mixers.** Sugary mixers and cocktails are where the calories hide.
- **Set a cut-off.** Decide the time you'll switch to water. Say it to a friend.

ALCOHOL-FREE DRINKS THAT FEEL LIKE A TREAT

Sparkling water with lime and mint. Tonic with bitters. A 0.0% beer. Non-alcoholic fizz. Ginger beer with lime. Hot spiced apple juice. Put it in a proper glass and nobody asks.

THE SLEEP TAX

Alcohol can help you drop off, but it spoils the quality of your sleep. That's why you can feel flat, edgy or anxious the day after, even on a small night.

ALCOHOL-FREE DAYS

- Keep two or three a week
- Make them the days after big nights
- Try a 0.0% beer or a tonic with bitters and lime

KEEP MOVING

You don't need your normal week. You need a minimum you can actually keep.

YOUR CHRISTMAS MINIMUM

2 SESSIONS

20 to 30 minutes of strength training each week

DAILY WALK

20 to 30 minutes outside, most days

PROTEIN

A palm-sized portion at every meal

In a really busy week, **10 minutes beats nothing**. The goal isn't a perfect week. It's keeping the habit alive so you don't have to start again in January.

THE 15-MINUTE ANYWHERE WORKOUT

NO KIT · 3 ROUNDS

- | | | |
|---|-----------------------|--|
| 1 | Squats | 40 seconds. Sit back, chest tall, stand up tall. |
| 2 | Press-ups | 40 seconds. Hands on a worktop or sofa arm to make it easier. |
| 3 | Reverse lunges | 40 seconds. Alternate legs. Hold on to something if you need to. |
| 4 | Glute bridges | 40 seconds. Squeeze at the top for a second. |
| 5 | Plank | 40 seconds. Drop to your knees if your back complains. |

Rest 20 seconds between moves and one minute between rounds. Go at your own pace and stop if anything hurts.

THE WALK THAT SAVES A LAZY DAY

- **After the big meal.** Many people find 15 to 20 minutes outside stops them feeling sluggish and sleepy.
- **Make it social.** Walk with family or friends. It's easier to do and it counts.
- **Morning daylight.** Ten minutes outside early in the day helps your energy and your mood.

AWAY FROM HOME?

HOTEL ROOM

Squats, press-ups on the bed, reverse lunges and a plank. Fifteen minutes before breakfast.

AT FAMILY'S HOUSE

Offer to walk the dog or take everyone out for a loop after the meal. It's company and exercise in one.

ONLY 10 MINUTES?

Two rounds of squats, press-ups and glute bridges, 40 seconds each. Done before the kettle boils twice.

SLEEP, MOOD AND THE MORNING AFTER

The things that decide how January feels.

THE 2-3 EARLY NIGHTS RULE

For every big night, bank an early one. Choose two or three nights a week where you're in bed by 10.30pm, with no screens and no alcohol. It's the cheapest, most effective thing you can do for your January self.

10-MINUTE WIND-DOWN

- Phone on charge, away from the bed
- Lights low, kettle on
- A glass of water and a herbal tea
- Five minutes of gentle stretching
- Write down three things that went well

SLEEP BASICS

SAME WAKE TIME

Keep it within an hour or so, even after a late night.

CAFFEINE CUT-OFF

Nothing after about 2pm if sleep is a struggle.

COOL AND DARK

A cooler, dark room helps you drop off and stay asleep.

LIGHT EVENING

Avoid a heavy meal or lots of alcohol close to bedtime.

LOOK AFTER YOUR MOOD

- **Get daylight early.** Ten minutes outside in the morning does more than you'd think, even on a grey day.
- **Move every day.** It's one of the best mood tools you have.
- **Stay connected, on your terms.** Say yes to the people and events you love, and no to the ones you don't.
- **Give yourself a gap.** Don't pack every day. A free evening on the sofa isn't a failure, it's recovery.
- **Watch the spending pressure.** Money stress is a big January mood-killer. Decide what you'll spend and stick to it.

IF IT FEELS HEAVIER THAN THAT

Feeling a bit flat after Christmas is normal. If low mood or anxiety feels heavy, doesn't lift, or is getting in the way of your life, please speak to your GP. If you need to talk to someone right now, the Samaritans are on 116 123, any time, free.

THE MORNING AFTER

DO

- Water first, then coffee
- Eggs or Greek yoghurt for breakfast
- Get outside and walk
- Eat normal meals through the day
- Early night. Back on track at the next meal

DON'T

- Skip meals to "make up" for it
- Punish yourself with a huge workout
- Drink to "cure" it
- Say "I've blown it" and write off the week

THE JANUARY RESTART

Start gently. Start on 2 January. Don't wait for the perfect Monday.

YOUR FIRST 7 DAYS

DAY 1

Walk 30 minutes. Proper meals with protein. Water.

DAY 2

Shop for the week. Early night.

DAY 3

First workout. Moderate, controlled.

DAY 4

Walk and stretch. Protein at every meal.

DAY 5

Second workout. A little more weight.

DAY 6

Long walk outside. Prep the meals.

DAY 7

Review. Plan the week ahead.

WHAT NOT TO DO

NO CRASH DIET

- Starving yourself after a big Christmas just makes you tired and hungry
- Eat proper meals with protein

NO PUNISHMENT WORKOUTS

- Two hours of hard training the day after New Year isn't a plan
- Moderate and controlled wins

YOUR JANUARY GOAL

- Pick **one clear goal** for the next 8 to 12 weeks. A weight, a number of sessions, or how you want to feel.
- Book your sessions in the diary for the first week of January.
- Keep your three daily minimums: a walk, protein at every meal and an early night.
- Track simple things: steps, sleep and workouts. What gets measured gets done.

YOUR 2 JANUARY CHECK-IN

Score each out of 10: energy, mood, sleep, food choices and how much you enjoyed Christmas. Write it down. Come back in a month and compare.

WANT HELP STAYING ON TRACK?

BOOK YOUR FREE SESSION

Come and train with me at UNTIL Soho or Marylebone. A free first session, face to face, to talk through your goals and plan your next steps.

nmgfitness.co.uk

07920 046164

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