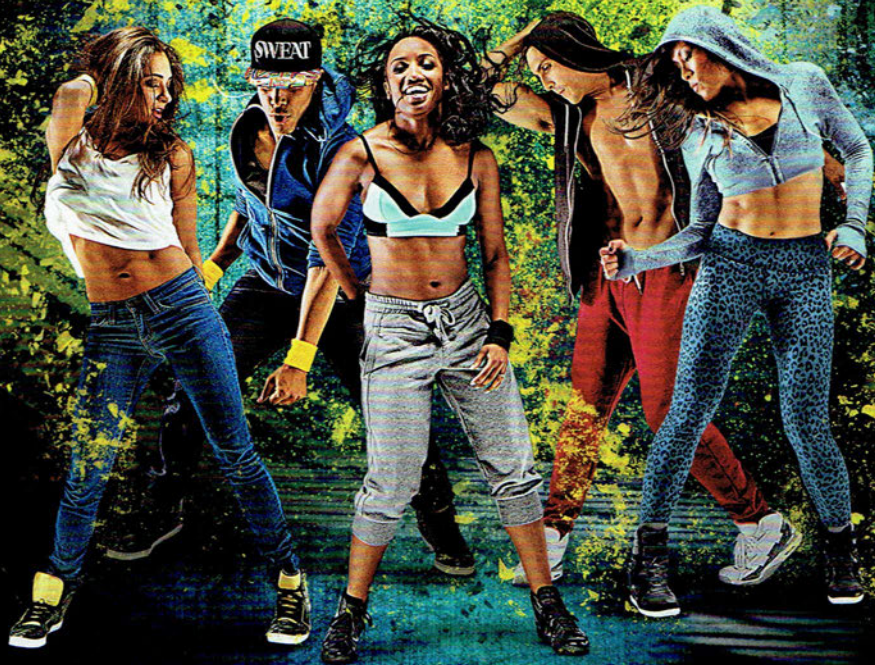


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**WEEKEND
SURVIVAL GUIDE**



***THE "DO'S"
AND "DON'TS"
FOR A NIGHT OUT***

This guide will help you enjoy a night out, without blowing your results!



1

DO ENJOY A GREAT MEAL. DON'T PIG OUT.

A night out usually involves dinner. The trick is to avoid falling prey to giant restaurant portions or indulging in greasy, fried foods and fattening, calorie-laden desserts. Here are a couple tips:

- **EAT OR DRINK A HEALTHY SNACK BEFORE YOU HEAD OUT SO YOU DON'T SIT DOWN AT THE TABLE FAMISHED.** SHAKEOLOGY® is a perfect pre-dinner snack! It'll satisfy you without filling you up—and energize you for the evening.
- **STAY AWAY FROM THE BREAD, CHIPS, AND POTATOES.** Restaurants love to feed you these things because they're cheap, yummy, and filling.
- **EAT HALF.** There are many great methods of measuring your food, but if you want to keep it simple, just divide your plate in half. Done. You can even split your meal with a friend and save a few bucks.



2

DO ENJOY A DRINK. DON'T DRINK TOO MUCH.

Alcohol in moderation is OK. If you don't drink, we're not telling you to start, but if you enjoy a glass of wine or an occasional alcoholic beverage, try to limit it to 1–2.

If you choose to drink, here are 5 that won't derail your diet:

- **RED WINE** ~ 5 oz, 115 calories
- **CHAMPAGNE OR SPARKLING WINE** ~ 5 oz, 100 calories
- **SHOT OF HARD LIQUOR** ~ single shot, 100 calories.
A single shot of whiskey, vodka, rum, gin, tequila, or brandy with water or club soda
- **MARTINI** ~ single-shot martini, 100 calories. You can use vodka or gin with a hint of vermouth, and an olive or a lemon twist
- **BEER** ~ 12 oz at 4.5%, 130 calories. Try to steer clear of the mass-produced, super-low-calorie beer. You're better off choosing a **QUALITY CRAFT BEER** like a lager or "session ale"

3

DO DANCE. DON'T BE A WALLFLOWER.

One of the best things about dancing is that it's not just fun, it's also a **KILLER WORKOUT**. Dancing burns around **300-600 CALORIES/HOUR**.

And the more you dance, the less you'll eat and drink. Don't forget to take water breaks though. If you're working up a sweat, it's good to knock back a bottle or two of water every hour.



4

DO HAVE FUN. DON'T BURN YOURSELF OUT.

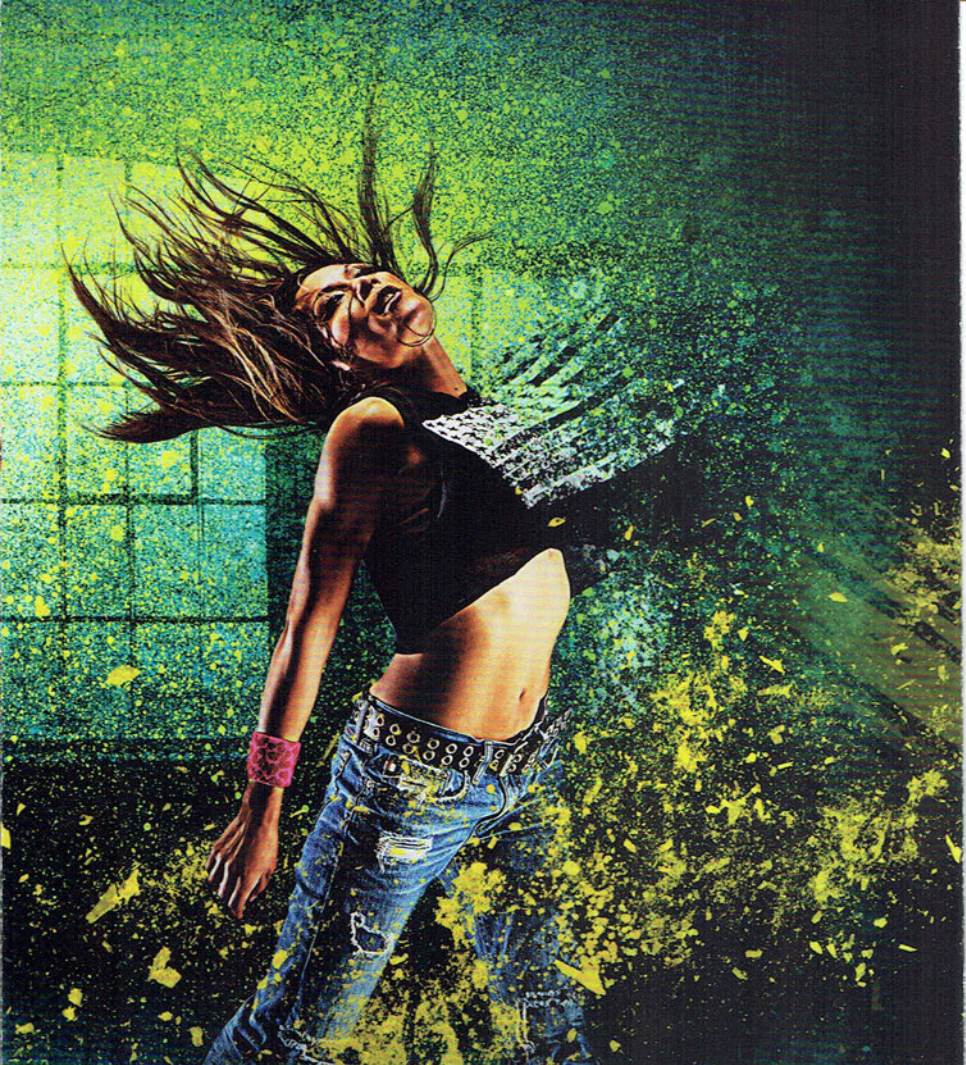
A good night out can go into the wee hours. But lack of sleep combined with all that dancing, and even moderate alcohol consumption, can make for an ugly Saturday morning. Luckily, there are a few ways to prevent that:

HYDRATE. PREVENT DEHYDRATION from both dancing and alcohol by drinking water all night long and have a big glass right before bed.

SUPPLEMENT. Drinking even a couple alcoholic drinks may deplete your body of several B vitamins—which are important to maintaining your energy levels—so we suggest taking B-complex or a multivitamin such as ActiVit[®], before bed or first thing in the morning.

REST. While you can't really "catch up" on a missed night's sleep, your body is designed to withstand the occasional all-nighter. Just make a point to get 7–8 hours of sleep the next night. (An afternoon nap wouldn't be such a bad idea either.)

DRINK MORE WATER



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