

Get Back on Track

Stay on course to reach your goals

I TRAVEL A LOT. Between competing photo shoots and events for my company, Wilbur said, "I don't cook. I live away from the times last year I love seeing new places, meeting new people and proving the worth of my fitness, but traveling prevents healthy eating. A big one is trying to stick with training and nutrition programs. It's not easy, but with motivation and practice it can become a way of life."



Looking to get your motivation back? Nicole has you covered in this special column.

By now, most of your New Year resolutions are in full swing. The pounds have been melting off, people are starting to notice and you're focused on reaching your goal before vacation, but feel as if nothing can stop you. That is, until one morning you wake up late, miss your workout and get stressed at work because you blew the day's agenda. You begin to feel discouraged in yourself and it spreads to other areas of your life.

So how do you get back on track? Remember, no one is perfect and life should be about balance. Instead of an all-or-nothing attitude, take one day at a time. Plan your day in the morning, and write down your meals and feelings in a journal. Look at the positive things you're doing instead of dwelling on the negative. Before you know it, you'll be back in the gym and ready for new challenges. As a *Figure Olympia* champion, I've learned to

write a plan for MYSELF every morning. Those 10 can help you reach your health and fitness goals by offering advice, information I've learned through my own experience as a competitor and personal trainer, and support when you feel like you're alone on your journey. Send me a message anytime through the forum at nicole@nicolewilkins.com or my website nicolewilkins.com to help me reach my goals, too!

NICOLE'S BACK ON TRACK TIPS

1. Prepare your meals in advance. Once your food is right before you it you wake up late, you can quickly become everything your food.
2. Keep a journal. Record your meals and feelings at different times of day so you can reflect on what triggered negative or positive emotions. It'll also keep you accountable to your nutrition plan.
3. Don't worry if your diet has an all-in-one drink at bedtime. Before you struggle with this, I'll be honest: you. Worth today, I drink 10oz. milk, banana, almond milk, apple and nut milk. It can become something else. In fact, take one day at a time and try not to avoid the small stuff.
4. Surround yourself with positive people who support you and your goals. From my husband to my parents and friends, I have a great support group to pull through when I'm not feeling my best. Some of us can do it alone. Surround yourself with positive people and good things will happen in your life.

STYLING: KYLE WILSON; HAIR: JESSICA WATSON; MAKEUP: JESSICA WATSON



Green beans are a low-calorie vegetable packed with fiber. You'll get 10 grams of fiber per cup of beans (1/2 cup of beans is 100g).

ASK NICOLE

Q: I'm a 35-year-old mother of two. I work out regularly and eat clean about 85% of the time, but I still like to lose about 10 more pounds. The problem is that after work, heaving my kids with their homework and preparing for the next day, I just can't stop eating. And I'm not even hungry. How can I reach my fitness goals?

— *Steve, Phoenix*

A: Emotional eating is a pretty scary thing if it's there on a daily basis. It can make your hunger signals become so stressed out and overwhelmed on a daily basis. There are some things I do to help myself on track.

Be sure your last meal of the day consists of lean protein and low-calorie fibrous carbs. (I love raw ball peppers and green beans.) Avoid starches such as bread, pasta, potatoes and rice close to bedtime. Have this meal about two hours before bed.

If you're subject to very strong emotions at night, eat some dual-mineral electrolyte fluid and keep an electrolyte drink on hand. Also, try to eat more fiber-rich veggies will work here.

If you're looking to build muscle, a great nighttime snack is low-fat cottage cheese, which contains slow-digesting protein that'll keep you feeling full longer.

Other ways to stave off cravings: Drink hot tea, read a book, brush your teeth or check your

Send a question for Nicole?

Log on to www.fitness.com or email nicole@nicolewilkins.com or visit www.nicolewilkins.com to ask a question!

WHAT'S ON MY POD

3

SONGS THAT KEEP ME MOTIVATED



RINGS OF SATURN
THE ROOTS

► Soul for me, funk for me, funk for me, funk for me. This album is a perfect mix of soul, funk, and hip-hop.



DAVID GUETTA
DAVID GUETTA

► This song makes me feel like I'm in a club. It's a perfect mix of soul, funk, and hip-hop.



LADY GAGA
LADY GAGA

► This song is just what I need. It's a perfect mix of soul, funk, and hip-hop.

FEATURED EXERCISE TO GO

Reverse lunge on aerobic step: a great glute mover!

► Stand on a box. Kick your feet out and then up, step one foot over and back and descend into a lunge. Make sure your front knee stays directly over your ankle and your back knee stays flat. Start of working the floor, push through your front foot and extend your knees to return to the start. Alternate legs for reps. Do three sets of 10 per leg. Hold dumbbells for an extra challenge.

