

# Halloween can kill your diet

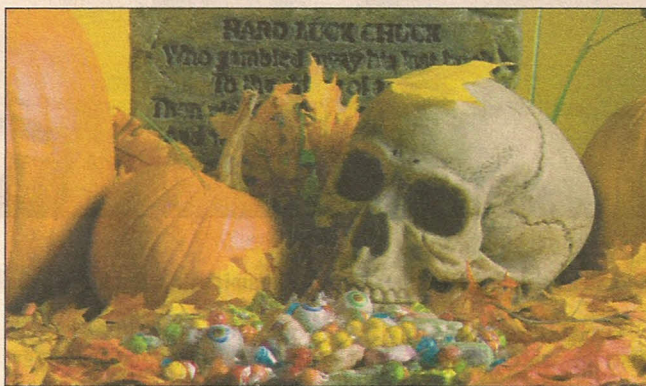
David Modderman, a certified personal trainer and nutrition coach, has information that every dieter needs to know: Halloween is when the holiday weight gain really starts.

While the month of December is typically blamed for holiday weight gain, Modderman warns those wanting to lose weight that thanks to Halloween the pounds actually start to get packed on in late October.

"The amount of eats and treats that people consume is alarming," said Modderman. "One of the main problems is the smaller 'snack sizes' that the candy manufacturers have made available. Eating several 'mini' chocolate bars is something people see as 'okay' because of their smaller size. In other words, it becomes a lot easier to convince yourself to indulge in these gut-swelling goodies and then you end up eating even more than before."

Modderman recommends the following figure-saving tips he has used with great success with his own clients for keeping the pounds off while still allowing for the occasional Halloween treat during pumpkin season:

1) Workout with Pumpkins: Use David Modderman's "Total Body PUMP-kin Workout" E-Book to engage in some amazingly fun and effective seasonal



fat loss workouts involving only your body weight and you guessed it... a pumpkin! These high-intensity, metabolism-boosting workouts can take as little as four minutes to complete and will have you burning tons of calories during the workouts and even more calories while you're resting... or having those naughty Halloween treats! Get this free eBook by visiting [www.davidmodderman.com/pumpkinfitness](http://www.davidmodderman.com/pumpkinfitness).

## 2) Use Common Sense:

- Only buy enough candy so that you expect to run out before the evening is over. It's crucial to weight loss success to not have "trigger" foods lying around – the temptation is often too great.

- Allow yourself just one piece of candy in the morning and then one at night. Skip any desserts that you would normal-

ly eat after dinner. Also, be sure to increase your exercise activity by thirty minutes on every day that you eat your two pieces of candy. This will counteract the increase in calories that you are consuming.

- Furthermore, if people indulge a bit too much it's important to forgive themselves and move on. Dwelling on the past will not help their success.

Modderman believes that people must break out of the frustrating emotional eating patterns that sabotage their fat loss efforts during the holidays.

"Our brains are wired to crave the sugar-laden treats that typify the Halloween season," he said. "So, our approach has been to take the exact opposite approach with my clients. Instead of using Halloween as a reason to justify eating a bunch of junk food we spin the way to spice up our workouts by using pumpkin exercises. Halloween thus becomes a fat loss tool for us and our clients- this approach is key to adopting a healthy lifestyle for long-term success."

Modderman is offering "The Biggest Loser Challenge" through International Bodyworks Fitness in Rockford and at the Riverview Center on Front Street in Grand Rapids. The Challenge starts at the end of the month in October. Please contact David Modderman at (616) 824-8311 to find out how to attend the next free Biggest Loser Challenge informational meeting.

David Modderman is a Certified Personal Trainer and Certified Fitness and Nutrition Coach and is located in the Rockford/Grand Rapids, Mich. area. According to Modderman, he has helped hundreds of people lose thousands of pounds of body fat. Visit his Web site at: [www.davidmodderman.com](http://www.davidmodderman.com).