

## FALLING OFF THE WAGON

So, one of the main questions that I get asked a lot is

***'What the hell do I do if I fall off the wagon'***

I'm not really a fan of the whole falling off the wagon thing but hey it's what they say



In my book sh!t happens and we deal with it. Did my body shape change when I looked in the mirror because I ate the pizza and nachos.... NO!!

Like I've said before, if you **consistently** over consume food without burning that sucker off then eventually weight gain will happen and this happens over time.

It's almost like falling off the wagon sends a sense of failure through you if you somehow eat or drink something that's not on the plan.

As I've said many times, if you are consistent with eating the right foods and moving more 80% of the week and months then you'll be just fine.

Overkill it and then we need to talk turkey...

I've also mentioned that motivation will be HIGH initially.

We are only human and with this in mind it's only human nature that you may start to go off the boil during the latter stages of the plan.

If this does happen and you go slightly 'off plan' there is no need to go down in a blaze of glory.

For example, if you dropped your phone would you reach down, pick it up and go and get it repaired?

Or would you go "Oh f\*ck it" and then proceed to stamp all over it?

Hey i'm here to give you the TOOLS for sustainable health, fitness and fat loss for LIFE, and yes you are only human so if you do go a bit wayward from the plan you CAN easily pull it back the next day as you now have the tools.

It's no secret that I like the odd beer or glasses of red wine with Mrs B at home – generally that leads to the chocolate button munchies and that's just the way it is sometimes.



\*GASP\* JB eats crap food....

I never said I was Chuck Norris.

I be human just like you hombre :)

However, this human does have a next day checklist that I follow, and it looks something like this.

- Optimally hydrate (drink loads of water)
- Exercise (move, do something, go for a long walk)
- Eat a healthy real food meal and load the veggies up to the ceiling
- Drink a herbal tea (tulsi/pukka) or green tea ALL day
- Get to bed uncharacteristically early

Following this protocol allows me to immediately get back in the game and feel pretty awesome again as opposed to slobbering around all day eating crap and feeling sorry for myself..

Yes, I enjoyed myself and yes I know I have to follow the above list to dial it all back in to keep fit, healthy and well.

There you have it, something to follow if life gets in the way and you fall off the wagon 'slightly'.

Just don't sweat the small stuff OK.



Any questions email me at:

[thecoach@kebofit.com](mailto:thecoach@kebofit.com)

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