



Top 10 Fitness and Weight Loss Experts Reveal "How To Beat The Holiday Bulge"

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It is that time of a year again when extra calories lurk around every corner. The average person gains about 3-7 pounds of weight after the holiday season is over. Ten of the leading top professionals in the fitness and weight loss industry put their heads together to create the Ultimate Free Holiday Survival Guide e-book.

PR9.NET November 21, 2006 - New York, NY - Ah...the holidays, that time of year filled with family, friends, food, fun...and unfortunately for many - weight gain according to fitness professional Katrina McKenna owner of MetamorFitness, Inc, a personal training company in New York City. One cannot argue that amidst all the shopping, socializing, traveling, entertaining and stress, finding the time for regular exercise and choosing nutritious meals can be quite challenging. However, with a little awareness, planning, and of course self-control, anyone can beat the battle of the holiday bulge and still enjoy quality time with family and friends.

"It is awful to watch America gain weight during the holiday season," says Katrina McKenna, owner of MetamorFitness in New York City. "People need to plan their day in advance so that they can maintain or even lose weight during the holiday season."

To help people avoid the holiday weight gain, ten of the top professionals in the fitness and weight loss industry put their heads together to create the Ultimate Holiday Survival Guide e-book that can be downloaded for free at <http://www.NewHolidayFitnessGuide.com>

These fitness and weight loss experts are on a mission to promote health and fitness and prevent the holiday weight gain in their community. Below are some of the topics that are included in this FREE Holiday Survival Guide e-book.

- Eat & Be Merry This Holiday Season
- How to Burn Fat While Watching "A Charlie Brown Christmas"
- 10 Tips to Minimize Stress During the Holiday Season
- How to Fit Fitness Into Your Busy Holiday Schedule
- A Diabetic's Secret to Surviving The Holidays
- Seven Ways To Avoid The Sweeter Season Sins
- 5 Tips to Minimize Overeating During The Holiday Season
- No More Excuses: The 4 Minute Holiday Workout
- Top 12 Exercises To Keep You Fit During The Holidays
- A Time Efficient Workout for the Holiday Season

To download your free copy, visit <http://www.NewHolidayFitnessGuide.com> today. The e-book provides the public with much needed information to help them to experience a happy, healthy, active and "stress-free" holiday season.

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About MetamorFitness, Inc

MetamorFitness, Inc is a fitness services company serving New York City and specializing in helping people with type 2 diabetes lose weight and live healthier lives. The owner, Katrina McKenna is the author of the book, "Yes! You CAN Be Fit, Feel Fantastic and Look Better Naked Even With Type 2 Diabetes".

For more information contact Katrina McKenna at 646-772-7075 or visit the company's website at <http://www.metamorfitness.com> to sign up for the free MetamorFitness Health and Fitness Journal.

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