

December 2016



# AERO CREW NEWS

Your Source for Pilot Hiring Information and More...

Exclusive Hiring Briefing



## JETLINX



**Contract Talks**  
Line Bidding

**Travel is my Religion™**  
How to find your Budget Hotel

**Fitness Corner**  
Prevent Holiday Weight

**Safety Matters**  
The Evolution of Aviation Safety

# Prevent Holiday Weight



**W**e all look forward to the holiday season but we are not looking forward to the holiday weight gain. While studies show people gain an average of one pound during the holiday season, people who are overweight gain an average of five or more pounds.

Whether you are traveling to a single destination or you will be in constant transit, there are some things you can do to avoid weight gain this season. Here are a few tips:

1. Shift your focus from weight loss to weight maintenance. Denying yourself during the holidays can backfire. Rather than focusing on losing weight, focus on maintaining your current weight.
2. Implement strategies for social events. Avoid eating too many finger foods and appetizers by incorporating these effective strategies:
  - Eat before you go – have a meal before you arrive to a holiday event. Your appetite will not be as high and you will be less likely to overeat.
  - Bring a dish – bring your own food. Eating foods that you prepare ensures your meal is healthy and contributes to your goals.
  - Host the holiday – if you have time between your travels to host the event, you have more control over your food choices.
3. Eliminate excuses of why you cannot exercise. Make time for exercise during the holidays. As little as 10 minutes can still be beneficial. If traveling, remember to:
  - travel with your resistance bands.
  - perform total body workouts that utilize resistance bands.

If you don't own resistance bands, you can still exercise using just your bodyweight. Here is to a happy, healthy, and active holiday season!

## Exercise of the Month

### Back Tuck Jump

Primary Muscle Targeted: Shoulders

Secondary Muscles: Abdominals

1. Holding one end of the resistance band straight in front of you with your palm facing your body, place the opposite foot on the resistance band.
2. Leading with your elbow, raise the handle just below your chin. Be sure to keep the handle close to your body throughout the movement.
  - Complete 10-12 reps on one side before switching to the other side.



CMF has perfected the art of keeping you fit while life keeps you on the go. Join today at [candicemcfield.com](http://candicemcfield.com).

Candice McField is an ACE Certified Health Coach, WNBF Pro Figure competitor, and avid global traveler. She serves a client base of on-the-go professionals; providing personalized tools to train anytime, anywhere. Questions or comments? Send them directly to me at [crewfit@candicemcfield.com](mailto:crewfit@candicemcfield.com) or visit [CandiceMcField.com](http://CandiceMcField.com). I would love to hear from you. *Arise!*<sup>®</sup>