


HOLIDAY

SURVIVAL

GUIDE

LIFETIME®



The holidays are upon us and even though it's the most wonderful time of year — the reality is it can be quite stressful. Use the Holiday Survival Guide all season long for access to in-club events, quick recipes, quicker at-home workouts and plenty of Black Friday deals.

TABLE OF CONTENTS

3–10	Nutrition
11–14	Exercise
15–18	Recovery & Stress
19–23	Deals

NUTRITION



Eat, drink and be healthy

It may seem like grazing, second servings and filling up on desserts is just a part of the holidays, but here are a few tricks, tips and recipes to guide you through a healthier holiday.

NUTRITION TIPS

1

If you fill up on produce and protein at each meal, you'll have less room for charcuterie and cookie trays.

2

Pay attention to your hunger cues throughout the holidays and you'll find yourself eating less treats.

3

Minimize distractions while eating and pay more attention to your appetite and your family.

4

Treats and indulgences are often in abundance at parties. Be selective and stick to your plan.

5

Strive to eat "on plan" at least 18 meals per week, so when you do graze your way to a meal, it's earned.



APPLE CHIPS

INGREDIENTS

- 2 large apples (Honeycrisp or Fuji are best)
- 1 tsp. cinnamon

DIRECTIONS

1. Preheat oven to 225°F
2. Thinly slice apples with a mandolin (or by hand if you don't have one – just make sure all slices are about the same width).
3. Line 1–2 baking sheets with parchment paper and lay apples down in an even layer.
4. Sprinkle cinnamon evenly over the top.
5. Bake for 1 hour, then flip and bake for another hour until preferred crispiness is achieved. The longer they bake, the crispier they will be.
6. Remove from oven, let cool and enjoy! Apple chips can be stored in an airtight container for 2–3 days.

SPICED NUTS

INGREDIENTS

- 2 cups nuts and seeds (almonds, cashews, pistachios, pecans, etc.)
- 1 pinch cayenne (or more to taste)
- ¼ tsp. Celtic sea salt
- Cooking spray

DIRECTIONS

1. Preheat oven to 325°F
2. Combine nuts and seeds in a medium-sized bowl. Add cayenne and salt, and toss to combine.
3. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in one layer.
4. Bake 15 to 20 minutes, stirring once, until nuts are fragrant and lightly toasted.





VEGGIE ROLL-UP

INGREDIENTS

- 3–4 slices nitrate-free lunch meat
- 9–12 veggie sticks (celery, carrot sticks, bell pepper strips, snap peas)
- 2 tbs. guacamole

DIRECTIONS

Smear guacamole on one side of the deli meat, wrap around veggies sticks and enjoy!

BACON WRAPPED BRUSSELS SPROUTS

INGREDIENTS

- 1 package of nitrate-free bacon
- 15–16 Brussels sprouts
- Toothpicks

DIRECTIONS

Preheat oven to 400° F and cover a baking sheet with parchment paper. Take each sprout and wrap a piece of bacon around it, securing with a toothpick. Place on the baking sheet in a single layer. Bake until the sprouts are tender and bacon looks crispy, about 40-45 minutes. Let cool, and enjoy!





EASY EGG CUPS

INGREDIENTS

- 1 dozen eggs
- 3 tbs. unsweetened coconut milk
- Salt and pepper to taste
- 6 slices nitrate-free deli ham
- 2 tbs. chopped fresh basil
- ½ cup chopped red bell pepper
- ½ cup chopped fresh mushroom

DIRECTIONS

1. Preheat oven to 350°F. Spritz a 12-cup muffin tin with cooking spray.
2. In one bowl, crack 6 eggs. Add 3 tbs. unsweetened coconut milk and salt and pepper to each. Add chopped bell pepper, mushrooms and basil and stir to combine.
3. Pour evenly into 6 muffin cups.
4. With the remaining 6 muffin cups, place a deli ham slice into muffin cup, forming a small bowl. Crack 1 egg into each cup and sprinkle with basil.
5. Bake for 20 minutes.
6. Cool and store in glassware.



RED BEAN CHILI

INGREDIENTS

- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 lb. ground beef
- ½ yellow onion, chopped
- 2 medium zucchinis, chopped
- 1 cup carrots, chopped
- 2 cloves garlic, chopped
- 2 Tbsp. chili powder
- ½ tsp. cumin
- 1 Tbsp. oregano

DIRECTIONS

1. In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
2. Add onion, carrots, and seasonings to skillet and cook over medium-high heat about 5–6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
3. Add tomato sauce, diced tomatoes, and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



GINGERBREAD PROTEIN BITES

INGREDIENTS

- 1 cup unsweetened coconut or almond milk
- 1 tbs. pumpkin pie spice
- 1 tsp. ginger
- 1 tsp. vanilla extract
- ¼ cup sunflower butter
- 3 scoops Cinnamon UCAN
- 6 scoops Life Time Vanilla Vegan Protein

DIRECTIONS

1. In a microwave-safe bowl, place milk, sunflower butter and vanilla extract and heat for 20 seconds at a time until the sunflower butter is fully melted.
2. Add UCAN, Life Time Vanilla Vegan Protein and spices to the mixture and mix until thoroughly blended.
3. Form 10, 2-inch balls and refrigerate for 30–60 minutes until set.

CHOCOLATE PROTEIN TRUFFLES

INGREDIENTS

- ¼ cup coconut oil
- 3 tbs. almond butter
- ¼ cup unsweetened coconut milk
- ½ tsp. Himalayan sea salt
- 1 tsp. vanilla extract
- 4 scoops Life Time Chocolate Vegan Protein
- 2 scoops Double Chocolate Life Greens
- 2 tbs. unsweetened shredded coconut

DIRECTIONS

1. In a medium-sized bowl, combine coconut oil, almond butter, coconut milk, salt and vanilla. Microwave on high for 45–60 seconds until melted.
2. Stir in protein powder and Life Greens until combined.
3. Roll into balls, sprinkle with shredded coconut and refrigerate until set.





PEPPERMINT MOCHA SHAKE

INGREDIENTS

- 2 scoops Chocolate Mint Chip Vegan Protein
- 1 scoop Mocha Life Greens
- 1 cup unsweetened almond milk/coconut milk
- ½ banana
- 4–6 ice cubes

DIRECTIONS

Blend and enjoy!

ELDERBERRY FIZZ

INGREDIENTS

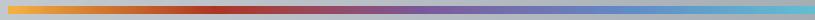
- ¼ cup elderberry syrup (substitute 100 percent elderberry juice for a less-sweet option)
- ½ lime, cut into 4 slices
- 8 oz. chilled sparkling water or sparkling fruit juice

DIRECTIONS

1. Pour 2 tbs. elderberry syrup or juice into each glass.
2. Squeeze a slice of lime into each and fill with sparkling water or sparkling fruit juice.
3. Garnish with remaining lime slices.



EXERCISE



Bring the intensity all season long

It's easy to sacrifice your workout routine when you're spending a lot of time in line, online or on-the-go, but here are a few tricks, tips and things you can do in the club to guide you through a healthier holiday.

EXERCISE TIPS

1

Have a workout game plan and stick to it. Make time for your well-being.

2

Partner up with someone for accountability, motivation and some good-quality venting.

3

Do something active every day, even if it's not in the club. Go for a walk or complete one of our on-the-go workouts.

4

If you're having a tough time finding motivation, try a new fitness class format.

5

Be OK with less-than-perfect workouts — even 10 or 15 minutes of activity in the morning or before bed is better than nothing.



XTREME

After a day of shopping or a late evening, push yourself to the limits in this intense total-conditioning strength and cardio class.



EDG™

Cross everything off your list and celebrate with our results-oriented cycle workout that blends metrics-based heart-rate training with motivational music.



FIRE™

Follow up a long day on the road with our unique fusion of vinyasa-style yoga and high-intensity interval training.



BEGINNERS WORKOUT

5 ROUNDS OF

Squats: 15 reps

Push-ups: 15 reps

Stationary Lunges: 15 reps per side

Mountain Climbers: 60 seconds

Rest: 60 seconds

ADVANCED WORKOUT

5 ROUNDS OF

Bulgarian Split Squat: 15 reps per leg

Spiderman Push-ups: 12 reps

Squat Jumps: 15 reps

Bicycle Crunches: 60 seconds

Rest: 60 seconds

RECOVERY

& STRESS

A little support goes a long way

It's hard to find time among all of the festivities to relax and recover, but here are a few tips, tricks and things you can do in the club to help guide you through a healthier holiday.

RECOVERY & STRESS TIPS

1

Aim for 7-8 hours of quality sleep per night. It'll keep everyone around you happy, including yourself.

2

Minimize your caffeine intake. Too much can negatively affect your mood and cause more stress.

3

Get outside and do something active — fresh air and vitamin D work wonders.

4

Treat yourself to a massage or enjoy the sauna — trust us, you've earned it.

5

Have fun with family, but recharge with some solitude. The steam room or a yoga class are great ways to unwind.



SOL

Give yourself a nice break from the holiday hustle with a guided yoga format that provides direction throughout from supportive teachers.



RINGSIDE

Cross everything off your to-do list and blow off some steam with our new boxing-inspired class.



SURRENDER™

Block out all the stress with yin-style yoga that features long-held stretches and meditative breathing to relieve tension in your body and mind.



TREAT YOURSELF TO A MASSAGE

Give yourself some me-time with a massage at LifeSpa and stay healthy and strong all the way to the new year.



TAKE A MOMENT TO RELAX

The sauna provides a brief getaway and a healthy moment of solitude. We encourage 3 days per week for 15 to 20 minutes.



ENJOY SOME KID-FREE TIME

Take advantage of our weekend Kids Events included in your Junior Membership to get some shopping done. Or get up to 2.5 hours of drop-off care while you work out and enjoy the club.

DEALS



DEVICES & RECOVERY

Theragun® – G3 Pro or G3

Theragun is a cordless, state-of-the-art vibration massage device that relieves muscle stiffness and soreness, increases circulation and range of motion, and improves the overall health of your body's soft tissue.

GARMIN®

As a member, receive the lowest price on select Garmin smartwatches, including the Vivosmart 4, Vivomove HR Series and Fenix® 5 Plus Series.



NUTRITION & SUPPLEMENTS

Protein

Discover the perfect whey or vegan protein for your body and workout, now available in 15-serving tubs.

D.TOX®

D.TOX kit nutrients help cleanse your body, reset its metabolism and eliminate toxins.

Other Supplements

Save on essential supplements like LifeGreens, multivitamins, fiber, magnesium and more.

Nutrition Coaching

Did you know your nutrition can be more important than exercise in helping you reach your goals? Our expert Coaches are here to help you find the "right" path to success.



TRAINING PROGRAMS

GTX/ALPHA Group Training

A progression-based, small-group training program: GTX Burn, GTX Cut, Alpha MetCon & Alpha Strong.

All four programs include:

- › A small class size with the personalized attention of a coach
- › Three 60-minute cardio and strength classes each week
- › The support of a like-minded community

1:1 Personal Training

Our educated and certified trainers create a customized program for you. They know how to motivate you, keep you accountable and help you reach your goals.

Pilates 1:1 and Group Training

Choose from 1:1 or group training for strength, flexibility and mobility.



LAB TESTING & ASSESSMENTS

Lab Testing

With objective information about how your body functions, we can help you tailor your nutrition and exercise approach to more effectively support goals.

Metabolic Coaching

Receive a personalized heart rate zone training plan based on the results of your Active Metabolic Assessment.

Metabolic Assessment

Meet with a Metabolic Coach to get a scientifically accurate measure of how your body burns calories when you're moving (ActiveMetabolic AssessmentSM) and how many calories you burn at rest (RestingMetabolic AssessmentSM)

LIFECAFE

Boxes of Bars (buy 1 box, get a box free)

Product offerings vary by location. While supplies last. Nontransferable and cannot be combined with other offers/discounts. No cash value. Taxes and other restrictions may apply. Not valid in Canada.

Buy \$100 E-Gift Card, Receive \$20 Bonus

Limit one per person.



KIDS

Free One-Day Buddy Pass for a Friend and Their Kids

Guest pass good for one day at most Life Time locations. Some exclusions may apply. Primary guest must be 18 years or older. Pass is not valid at all locations, see club for details. Center tour with Account Manager and photo ID required. Limit one pass per coupon. Pass subject to club policies and may be limited to non-peak usage. Pass is nontransferable and has no cash value. Guest's children ages 3 months to 11 years have access to two complimentary hours in the Child Center.

December Camp Special

Enrich your child's holiday break with 3 amazing themed days of Camp! Purchase three full days of December Camp and get 10% off your registration.

Full registration paperwork, waivers and payment due at time of registration. Discount applicable only to December 2019 Camps. Prices, amenities and programs vary by location. Other restrictions may apply. Cannot be combined with other offers or discounts, including LT BUCK\$. Limit two per family. Taxes and other restrictions may apply.

Get a Free Life Time Kids Summer Camp T-shirt

*When You Register for Summer Camp

*While supplies last. Must be used for 2019 Summer Camp season. Must be redeemed by March 14, 2020. Prices, amenities and programs vary by location. Cannot be combined with other offers, discounts or LT BUCK\$. Limit one coupon per child. Taxes and other restrictions may apply.

Gift a Non-Member Friend Member Booking Price When They Host Their Own Birthday Party at Life Time

Party must take place before January 1, 2021. Booking prices and amenities vary by location. Based on availability. Cannot be combined with other offers, discounts or LT BUCK\$. Taxes and other restrictions may apply.

\$5 Off Kids Camp For An Unexpected School Break Day

Valid for ages 4-13. Must be redeemed for an unexpected school break day prior to February 28th, 2020. Prices, amenities and programs vary by location. Cannot be combined with other offers, discounts or LT BUCK\$. Limit one coupon per child. Taxes and other restrictions may apply.

\$25 off a 2-hour Birthday Party or \$40 off a 3-hour Birthday Party

Party must take place before January 1, 2021. Booking prices and amenities vary by location. Based on availability. Cannot be combined with other offers, discounts or LT BUCK\$. Taxes and other restrictions may apply.

15% Off Your Registration For Life Time Kids Summer Camp

Valid only for 2020 Summer Camp season. Must be redeemed by March 14, 2020. Prices, amenities and programs vary by location. Cannot be combined with other offers, discounts or LT BUCK\$. Registration must be paid in full to qualify for this discount. Summer Camp payment plans and deposits are not eligible for this discount. Limit one coupon per child. Taxes and other restrictions may apply.



LIFESPA

Buy \$100 LifeSpa E-Gift Card Online and Get a Bonus \$20

Online Offer and only available in U.S.

Spend \$50, Save \$10

In-Club Offer –
only on retail and available in U.S. and Canada

Spend \$100, Save \$25

In-Club Offer –
only on retail and available in U.S. and Canada

Spend \$150, Save \$50

In-Club Offer –
only on retail and available in U.S. and Canada

TENNIS

February 2020 Play.Learn.Love® Adult Beginner Program Special

Try tennis with a friend or family member in the new year. Purchase one February 2020 Play. Learn. Love session and your second registration is FREE! Non-members welcome.

Full registration paperwork, waivers and payment due at time of registration. Discount applicable only to February 2020 Play.Learn.Love Program. Prices, amenities and programs vary by location. Other restrictions may apply. Cannot be combined with other offers or discounts, including LT BUCK\$. Taxes and other restrictions may apply. *valid in club from November 25–December 2

SWIM

25% off single session private lessons

Must use by 12/31/2019

50% off an additional day of group lessons

25% off Swim & Stroke Clinics

Free bag with purchase (with any of the above offers)

HOLIDAY SEASON CALENDAR

NOVEMBER

- Nov 19** Free Workshop: Express Dumbbell & TRX Circuit
- Nov 28** Turkey Day 5K
- Nov 29** Free Workouts: Alpha, GTX, SOL and Ringside

DECEMBER

- Dec 3** Free Workshop: Express Kettlebell Circuit
- Dec 9** Free Online Class: Digital D.TOX - Class Kickoff
- Dec 10** Free Workshop: Express Bodyweight Circuit
- Dec 12** Spaliday Treat - Treat Yourself
- Dec 17** Free Workshop: Express Dumbbell & TRX Circuit
- Dec 28 - Jan 5** Commitment Day

*Adjusted holiday club hours on December 24, 25, 31 and January 1



FREE WEEK OF SMALL GROUP TRAINING

MEMBER NAME

FREE WEEK START DATE

FREE WEEK END DATE

TEAM MEMBER SIGNATURE