

# Curbing Sweet Cravings With Irvine Personal Trainers At Hideout Fitness

*The personal trainers in Irvine, California, help clients succeed in all matters of physical fitness, from strength training to finding healthy meal plans*

IRVINE, CALIFORNIA, UNITED STATES, January 24, 2023 /EINPresswire.com/ -- Continuing with its goal to [help people forge a fitness path in the early months of 2023](#), when gyms usually see a sharp increase in fair-weather patrons, the certified personal trainers in Irvine at Hideout Fitness create a holistic fitness experience.



Hideout Fitness personal trainer in Irvine help clients kick sweet cravings

Along with helping people with strength training classes in Orange County, personal trainers in Irvine, like Chris Monje, a USMC veteran of two tours of Afghanistan, aim to help clients eat better, too.

“It’s an entire experience,” says Monje. “Getting fit this new year is more about just increasing intake of healthy foods and building strength. It’s about adopting a healthier lifestyle that finds its way into every aspect of your life.”

And while hitting the gym to improve cardio and strength are standard ways to improve oneself, a speed bump along the way is meal planning and sugar cravings.

## Getting Rid Of Sugar Cravings With Personal Trainers In Irvine, California

In an article titled [‘How To Curb Sweet Cravings: Tips To Start The New Year Right,’](#) the certified personal trainers in Irvine explain easy and effective ways to eliminate or ease sugar cravings when they creep up on people.

“At Hideout Fitness, helping people start the new year right is why we get out of bed in the morning,” Monje states. “While forging a new fitness path and setting realistic fitness goals is

what we specialize in, living a healthy life includes many moving parts. Namely, examining your diet. A constant issue we come across with clients is sugar cravings.”

Before jumping into how to eliminate persistent sweet cravings that threaten someone’s fitness goals, Monje wants readers and clients to understand why they’re experiencing these powerful cravings in the first place.

Some causes of sugar cravings, perhaps unsurprisingly, are a reliance on white sugar and plain boredom.

“Lack of sleep can increase the hormone ghrelin, which stimulates appetite and can increase cravings for sugary foods. Like proper hydration, a good night's sleep is key to a healthy, comfortable life.”

Monje regularly emphasizes how vital sleep is in multiple Instagram Reels for Hideout Fitness.

“We recommend getting at least 6 hours a night. Six hours is the bare bones for muscle strain recovery and healing your body, and it should be the bare minimum.”

Perhaps not as surprising, high stress levels constantly play a role in sugar cravings.

“High stress and anxiety can lead to cravings for sugary foods to cope with more negative emotions,” says Monje. “Stress raises cortisol, which can lead to increased cravings for sugary, high-fat foods.”

Stress can also disrupt the balance of hormones in the body, making it more difficult to control cravings for sweet foods. However, It's worth noting that this response can vary depending on the individual and their coping mechanisms.

But Monje says that, while stress can profoundly affect an individual and their diet, it’s not impossible to shake off those cravings. The key, he says, is to find ways to manage that stress. Maybe it’s through [group training sessions in the gym with a certified personal trainer](#) or perhaps engaging in a pastime activity.

“Instead of letting cortisol control your cravings, find some healthy ways to manage stress. Try some muscle-building exercises, meditation, or talking to a therapist, which can help reduce cravings.”

## How To Combat Sweet Cravings

With readers and clients understanding the causes and effects of sweets and sugar cravings, Monje becomes proactive, shedding light on some of the best food alternatives and activities to curb sweet cravings.

"A way to hack your body and help alleviate sugar cravings is to eat certain foods that satisfy your body. For example, are you craving chocolate? Try drinking some coffee to scratch that particular itch. However, if you're not averse to getting some caffeine, opt for that to help alleviate the hunger that goes along with sugar cravings."

Likewise, Monje explains the virtues of chia seeds in one's diet.

"Chia seeds are low in calories and have a low glycemic index, which means they can help regulate blood sugar levels and may benefit people with diabetes. In addition, chia seeds are hydrophilic, which can absorb large amounts of water and may help with hydration."

While different naturally sweet foods can help with sugar cravings, what happens if someone is 'bored eating'? Bored eating, a form of emotional eating, is when someone eats to cheer themselves up, relax, or pass the time. The best way to combat boredom? Monje explains that getting into an activity, something that occupies the hands is key to curbing boredom.

"Sometimes cravings can result from boredom or a need to do something with your hands. Bored eating can be a key culprit in destroying your realistic diet goals for the year. Instead, find activities for occupying your time. Reading, going for a walk, or even doing a puzzle, can help distract you from cravings."

Learning To Eat Right With Certified Personal Training In Irvine

Everyone's fitness journey is different. Diets vary wildly, as metabolisms aren't universal. Monje and his team understand that and help people train hard, stick to realistic goals, and achieve great results to take into 2023 and beyond.

"Need help modifying your diet? Need to curb sweet cravings? We offer comprehensive meal prep services and private training sessions with our certified personal trainers in Irvine. With Hideout Fuel and the dietary experts at Hideout Fitness, clients can more easily tailor their diets to their ideal workout."

And, with this time of fitness experts, it's no surprise to see the numerous success stories coming out of the private gym in Irvine. For more information about Hideout Fitness and how to get rid of sugar cravings with a hand-crafted diet, contact the Irvine personal trainers for a positive life change today.

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