
MIND/EXERCISE/DIET/SLEEP

"Any little increment of physical activity is going to be a great boost to weight loss and feeling better"

The important thing is to choose activities you enjoy. This will increase your chances of making it a habit.

Drink a lot of water during your exercise. Eat a small, balanced meal with equal portions of lean protein (lean chicken, turkey, beef or fish) and complex carbohydrate (oats, rice) 30-60 minutes prior to each workout; and again within 60 minutes after you train with weights. This will help sustain energy and assist in muscle recovery.

FINDING MOTIVATION:

THIS IS THE KEY TO YOUR SUCCESS

- SET GOALS
- SCHEDULE A TIME
- PUT WORKOUT CLOTHING ON
- PLAN IT WITH A FRIEND
- TRACK YOUR SUCCESS
- GET COMPETITIVE



How much exercise should you do?

30 minutes of moderate-intensity physical activity like walking or biking on most days of the week will benefit you greatly.

If you can't find time for 30 minutes doesn't mean you shouldn't do any at all. 5 – 10 minutes you will still reap the benefits.