

MY FITNESS PLAN - SIMPLIFIED

Thinking about starting a weight loss program? Start with this simplified plan that will focus on 3 important areas to help you see results faster.



NUTRITION

Proper healthy nutrition habits should be the first area of focus. Start with these important steps:

- Eat breakfast every morning
- Make lunch the biggest meal of the day
- Make dinner the smallest and lightest meal of the day
- Consume most of your carbohydrates earlier in the day. Focus on healthy complex carbohydrates
- Never skip a meal
- Cut out soda and sugary drinks. Drink water or zero-calorie drinks instead
- Cut down on takeout and dining out. Too much sugar, fat and sodium
- Reduce prepackaged food. Too much sodium
- Whenever possible prepare your own food

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Start becoming more active. Try the following activities:

- Start measuring your daily steps and set up a baseline and increase by 10% weekly
- Stretch daily and stretch often throughout the day
- If your job is a sedentary one, get up often and go for short walks
- Start weight lifting. It will help you boost your metabolism, get you stronger, and help you lose body fat faster
- If possible lift weights once or twice weekly
- If possible use weight machines. If not available, use body-weight exercises
- If stressed, try yoga or other meditating exercise to relief stress



Rest and recuperation is a vital component to the success of your fitness program. Use these recommendations to help you get a more restful sleep and better recovery:

- Shoot for 6-8 hours of sleep every night
- Try to go to sleep at the same time every day
- Set room temperature between 60 and 70 degrees
- Avoid TV or bright electronics before bed time
- Practice relaxing deep breathing techniques before bedtime
- Avoid heavy or sugary food or drinks before bedtime
- Avoid caffeinated drinks at least 8 hours before bedtime



John Quincy Adams once said *"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."*

Remember to be patient and stay consistent. The above recommendations will lead great results. However, you have to prepare yourself to the fact that results take time and might be slow in the beginning. Do not set up a deadline to see results. Healthy, long-lasting weight loss takes time and most importantly, consistency.