

Healthy Tips & Tricks for Optimal Health
Daily Goals- Clean Diet/Flat Belly Suggestion List

- Eat a balanced meal or snack every three hours.
- Drink at least half my body weight (oz) of water.
- Eliminate all sources of liquid calories (unless protein shake within 30 minutes post exercise)
- Eliminate all refined sugars & processed carbohydrates.
- Drink alcohol only on my cheat day.
- Eat breakfast everyday low in carbohydrates and high in protein (at least 20 grams)
- Drink a Daily Detox Tea
- Do not skip meals.
- Avoid hydrogenated and saturated fats.
- Eat vegetables with every meal.
- Eat a lean protein, complex carb, and fibrous carb with every meal.
- Stop eating three hours before bedtime.
- Control portion sizes (refer to portion size guidelines).
- Consume 25 grams of fiber each day.
- Take a multivitamin.
- Avoid all sugars and fruit juices.
- Avoid fast food.
- Replace butter and high fat spreads with jams & low fat spreads.
- Minimize coffee consumption to two cups a day.
- Schedule your cheat meals – limit to 10% of weekly meals.
- Avoid white bread, rice, & pasta.

- Eat complex carbohydrates such as whole grains, sweet potatoes, oatmeal, & brown rice.
- Take the stairs instead of the elevator.
- Take a walk during my lunch break.
- Do not weigh myself for at least four weeks.

Daily Goals- Clean Diet/Flat Belly Suggestion List

- Plan meals in advance.
- Shop the perimeter of the grocery store to find fresh foods.
- Establish realistic short-term and long-term goals and write them down (refer to goal setting sheet).
- Be physically active for at least 30 minutes every day. (sprints 4x/week & weight training 2-3 x/week is optimal)
- Write in Fitness Journal at least three days a week.
- Perform a fun recreational physical activity with family.
- Park farther away from my destination.
- Perform a stress relieving activity for at least ten minutes every day.
- Replace TV watching with physical activity.
- Do jumping jacks and crunches while watching TV.
- Always be conscious of my eating.
- Identify emotional eating triggers and practice substitute activities.
- Don't eat while watching TV.

50 Ways to Love Your Fruits and Veggies

1. Mix a bag of shredded cabbage with a Duke's low-carb no-sugar mayo as dressing; chopped apples or canned pineapple chunks are optional.
2. Add grated carrots or zucchini to spaghetti sauce.
3. Substitute green peas for half the avocado in guacamole to reduce fat without changing the taste or texture.
4. Add chopped fresh tomatoes and cilantro to bottled salsa as a quick dip for chips, baby carrots, or pita, or pile it on as dressing for salads, tacos, and burritos.
5. Make pumpkin pie with almond milk and coconut oil.
6. Add lots of leaf lettuce, red onion, and thick tomato slices to a turkey sandwich.
7. Pop frozen blueberries or grapes into your mouth for a sorbet-like treat.
8. If you must eat cereal (hopefully you've earned it by exercising) then top with ½ cup fresh fruit & 1 scoop protein powder.
9. Use one of those handheld juicers and make fresh orange juice. Mix with 1 scoop protein powder to decrease glycemic load (sugar rush).
10. Stir fresh peaches or berries into frozen yogurt. Don't do dairy yogurt? Try brand So Delicious (it's coconut milk yogurt)
11. Add canned mandarin oranges to your spinach salad.
12. Skewer more vegetables (cherry tomatoes, carrot slices, mushrooms, eggplant, onion, squash, sweet potato, etc.) than meat on your shish kabobs.
13. Add frozen green peas to soups or puree and add milk/almond milk and butter or dairy free butter (like earth balance brand).
14. Never leave the house without a snack stash. Either take a cooler with a reusable icepack or keep items in your bag, purse, car, or work that don't need refrigeration (baby carrots, raw sweet potato slices, raw squash or zucchini, grapes, peppers, edamame, shaker cup with protein powder & beet powder and or a powdered greens supplement then add water when ready to consume).
15. Puree fresh fruit. Add cubes to club soda for a refreshing drink.

16. Add fruit to your milkshake or protein shake (smoothie). If weight loss is your goal limit fruit to 1 cup total per day.
17. Make fruit or vegetable salsa and sauces with mango, papaya, peach, or pineapple and use it in place of creamed sauces on meats, fish, and chicken.
18. Sweeten nonfat, plain yogurt with fruit.
19. In lieu of potatoes, puree raw cauliflower and add cilantro, salt, rice wine vinegar and healthy oil like sesame, olive, avocado, safflower or grape seed.
20. When eating out, order entrees that feature vegetables (grilled vegetable sandwich, salad, vegetable soup).
21. Ask your waiter to hold the potato and instead bring two side orders of vegetables (steamed) with your meal.
22. Add grapes, mandarin oranges, or cubed apples to chicken salad.
23. Skip the syrup, and top pancakes, waffles, or French toast with fresh fruit.
24. Puree vegetables such as cauliflower, carrots, or broccoli to add to soup stock and sauces.
25. Add dried fruit to stuffing and rice dishes.
26. Double your normal portion of any vegetable (except French fries or iceberg lettuce!).
27. Cut sweet potatoes into half-inch strips and roast them with olive oil and salt, for a tasty alternative to French fries.
28. Stuff an almond into each of five pitted dried plums for a sweet, chewy, crunchy snack.
29. Plan your dinner around the theme of "Meat/Protein and Three Veggies."
30. Toss a bag of frozen stew vegetables (large hunks of carrots, potato, celery, and onion) with a tablespoon of olive oil, a dash of salt and pepper, and a few sprigs of fresh rosemary. Roast at 425 degrees for 30 minutes.
31. Toss chopped tomatoes, corn, red onion, salt, and rice vinegar for a quick and filling snack or lunch salad.

32. Add cilantro, chopped tomatoes, corn, grated carrots, or other vegetables to tacos and burritos.
33. When flying, ask for a tomato or orange juice for your in-flight beverage.
34. Once a week, have a meal salad for dinner, such as Cajun-salmon Caesar salad or grilled-chicken spinach salad with mandarin oranges.
35. Take advantage of precut frozen vegetables, packaged salads, supermarket salad bars, and specialty produce.
36. Grill extra vegetables at dinner to use in a quick wrap for tomorrow's lunch.
37. Fill a halved cantaloupe with lemon-flavored yogurt.
38. Skip the fruit drinks, blends, and "ades (such as lemonade)" and go for the 100 percent orange, grapefruit, prune, pomegranate, and pineapple juices. Remember moderation!
39. Add flowers such as dandelions, violets, day lilies, clover, and oxalis to salads.
40. Add steamed asparagus or green beans to your favorite pasta dish.
41. Top pizza with quartered artichoke hearts (canned in water), roasted red peppers, red onion, sliced zucchini, and fresh tomatoes.
42. Order deli sandwiches with extra tomatoes.
43. Whip steamed chopped collards or chard into mashed potatoes.
44. Buy produce at various stages of ripeness to avoid spoilage.
45. Stock up on frozen plain vegetables for last-minute meals.
46. Keep dried fruit on hand for a quick snack.
47. Plant a pear or apple tree, a row of blueberry bushes, or a vegetable garden in the backyard.
48. When eating out, ask for two sides of vegetables, or split an entrée and complement it with a salad.
49. Try bean sprouts on salads or wraps.
50. Take a healthy cooking class and share vegetable recipes with friends.

15 Rules for Fat Loss

Follow these simple tips for a lean and healthy body.

1. Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories. (Eating large meals teaches your body how to store fat as it does not know when it is going to get food next.)
2. Consume whole foods that are high in fiber and low in sugar, such as lean protein sources (lean beef, chicken, fish, and whey protein- eat natural or organic meats when possible), fruits & vegetables (oranges, apples, strawberries, blueberries, broccoli, peppers, asparagus, carrots, nuts (almonds, cashews, & walnuts, sunflower nuts and nut butters), and whole grains.
3. Eat low-glycemic carbohydrates such as vegetables, whole-wheat products and oatmeal (not instant) instead of refined processed carbohydrates which usually come in a box or a bag (also try wheat- and gluten-free products).
4. Consume 25-35 grams of fiber per day. Fiber will help satisfy hunger pangs as well as control insulin and blood sugar levels which tend to promote fat storage.
5. Eat some type of lean protein at each meal. Protein helps to satisfy hunger and provide the necessary building blocks to maintain lean body mass while losing body fat. Your body can metabolize on average 40 grams of protein every 4 hours.
6. Consume adequate amounts of healthy fat foods such as olive oil, walnuts, almonds, Omega-3 fortified eggs or other Omega-3 products. Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis. Essential Fatty acids also help prevent certain diseases.
7. Eat 5-10 servings of fruit and vegetables a day to meet your micro-nutrient needs. Vegetables also contain a good amount of fiber and help to control appetites and curb hunger. Additionally, consume a whole food based vitamin to ensure you're getting a balance of vitamins and minerals in your daily diet.
8. Consume Green Tea or Water instead of calorie filled drinks such as soft drinks. Green Tea is known for its thermogenic fat burning properties. The average water consumption each day should be to consume half of your body weight in ounces plus 4 ounces for every 15 minutes of exercise. You should drink more if you intake caffeinated beverages.

9. Balance your fat intake for the day. 1/3 should come from saturated fats, 1/3 from monounsaturated fats, and 1/3 from polyunsaturated fats.

10. Consistent fat loss requires good habits and requires a plan. Be prepared before you're hungry. Keep snacks at work, home, in the car. Shop for snacks to take with you. If you follow your plan of being prepared and staying on track everyday for 2-3 weeks you will form habits that become part of your daily routine and part of your life.

11. Incorporate "superfoods" into your meal plan on a daily basis. Some examples are salmon, low-fat plain yogurt, tomatoes, spinach, mixed berries, whole oats, mixed nuts, olive oil, flax seeds (or flax meal), green tea, and various beans.

12. Have a goal of consuming less than 30% fat for the day. This can easily be accomplished by avoiding "extra" fats such as butter, sour cream, mayonnaise and asking for sauces on the side... This doesn't mean you have to completely eliminate these items, just use them sparingly and avoid adding them to foods whenever possible.

13. EXERCISE! Yes, you can lose weight just by changing your eating habits. But very few people succeed long-term - and it takes much longer to lose fat - when they don't exercise. And something most people don't realize is your workout isn't over until you have ingested a protein shake within 30 minutes post workout. A ratio of 2 x 1 Protein to Carbohydrate is optimal to build the muscle to burn fat and prevent your body from eating muscle to refuel.

14. Record what you eat and drink. You will be amazed by what you find. Keeping a food journal is critical to your success because you need it to evaluate and analyze your current eating patterns. If your fat loss efforts are stagnant the answer can usually be found in your food journal.

15. Follow the 80-20 rule. If you can follow your plan 80% of the time you will soon see unwanted fat melt off your body. However, if you find yourself breaking these rules more than 80% of the time your chances of failing increase significantly.

Weight Training Tips

Things that need to vary with your weight training program are tempo, rest between sets, reps, order of exercises, range of motion, type of resistance, unilateral versus bilateral movements (one side of the body, or 1 arm or leg at a time), balance and agility. The more muscle you have, the more fat your body burns at rest and the higher your metabolism is. You can start seeing results in as little as 2 weeks depending on your level of activity prior to beginning a weight training program. Several clients over the years have noticed significant positive changes in 6 months to 1 year that last. Stick with it even when you don't feel like it, it will pay off. Even if you only have 10 minutes for weight training- make it happen.

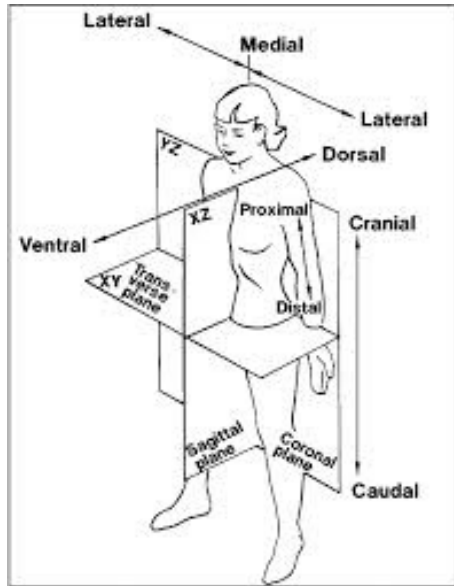
Try to get in at least 4 exercises and make them count.

- 2 sets are sufficient (We are going for quality, not quantity.)
- 6-8 rep range builds power
- 10-12 rep range builds strength
- 15 and up rep range builds endurance
- A variety of rep ranges is necessary for a well-rounded program
- Depending on your goals and recovery rate of muscle repair, you may lift 2 to 3 days per week with 2 days being the minimum to get results.
- Do not do abs or the same muscle group 2 days in a row and have at least 48 hours rest between other muscle groups being taxed by resistance training.
- Muscle soreness is a by-product of lactic acid accumulation. Some people are next day sore, and some people are sore on the 2nd day and this is called DOMS (delayed onset of muscle soreness).

Cardio Tips

- Here's food for thought..... Look at the body of a sprinter versus an endurance athlete. The sprinter has more muscle tone because he/she isn't eating away muscle for fuel. Sprints help to stimulate the HGH (human growth hormone) which helped to develop muscle and is our body's natural anti-aging chemical.
- How do I know if I am working hard enough? If you can sing "Old McDonald had a farm eieio" without taking a breath then you're not working hard enough. Basically, you want to be just on the verge of saying to yourself "I can't do another second or I feel like I could throw-up". These are good indicators that you are going to get the amazing after-burn effects from your cardio session.
- Should I monitor my heart rate? You can if you want but listen to your breathing and how your overall muscles and body feels. Push past your comfort zone. Your worst enemy is your mind. The mind is weak but your body is strong.
- Do cardio intervals at 75-90% effort and lasting from 5 seconds – 90 seconds. Rest either by stopping activity or doing activity at 40% effort. Total time with rest breaks should be 20-45 minutes. Cardio lasting 2 minutes or longer is aerobic.
- Do moderate aerobic activity 1-2 days per week.

Exercise all angles for most balanced fitness program.



Think of exercises as follows: Pushing vertically or horizontally · Twisting · Side bending · Trunk flexion (forward bending) · Trunk extension ·

Pulling vertically or horizontally

Cardio Workouts
running, jump roping & mountain climbing

STRETCH for 30 seconds to 3 minutes each: quads, calves, & hip flexors

Running

Warm-up easy jog 3 minutes

80 % effort sprint flat 45 seconds - rest or slow walk 30 seconds - repeat 5 times

90% effort sprint flat 20 seconds – rest or slow walk 20 seconds – repeat 10 times

100% effort sprint (what you have left- dig deep!) 10 seconds rest or slow walk 30 seconds – repeat 5 to 10 times

STRETCH

Running- Hills (find a gradual incline or a steep hill)

warm up- easy jog flat 3 minutes. Stretch 2 minutes.

Total 28 minutes – 85% effort sprint 30 seconds – rest

STRETCH

Running

Warm-up easy jog 3 minutes

20 – one minute sprints at 85% effort – rest 30 seconds

Vary this workout by slow trot/jog for recovery instead of standing still rest

STRETCH

Jump Rope – 20 Minutes

Jump 2 minutes 75% effort – rest 1 minute

30 seconds super-fast 95% effort (no double jumping) – rest 30 seconds

REPEAT ABOVE FOR 20 MINUTES

SLIDE RUNS - (this can also be done without sliding as just mountain climbers)

Equipment Needed - Hard Wood Floor or Linoleum Floor, place a pair of socks over the toes and forefoot of your tennis shoes.



Get in hands and toes (push-up style) plank position on the floor

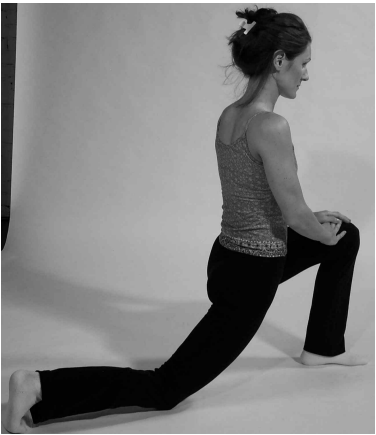
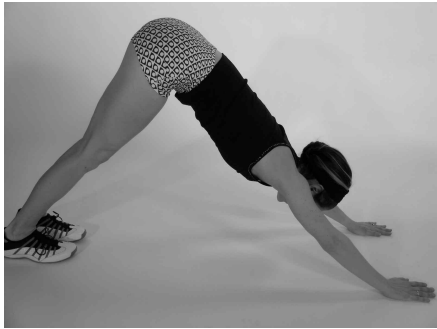
Slide workouts: choose 1 or 2 (if you're really hard core) of the workouts below

*Total 400 - Sets of 50 each leg – rest 20 to 30 seconds

*Total 10 minutes – sets of 100 each leg rest 25 seconds

*Total 10 minutes – 20 seconds on rest 10 seconds

STRETCH for 30 seconds to 3 minutes each: quads, calves, & hip flexors



Give yourself a hand with portion size-Measuring everything just isn't realistic. Use your hand to gauge a healthy serving. Of course, if you're a bigger person, you probably have a bigger hand. And if you're a smaller person... well, you get the idea. Your own hand is a personalized (and portable) measuring device for your food intake. True, some people do have larger or smaller hands for their body size.

Still, our hand size correlates pretty closely with general body size, including muscle, bone – the whole package.



Veggies	Grains	Protein or Meat	Fruit	Heart Healthy
¾ to 1 cup	½ cup	alternatives	(3.5 oz)	½ cup Fats/Oils (1 Tablespoon)

Here at Energy Fitness we have numerous helpful documents that we have created over the years. We know these can help you as well. Think of it as health and fitness academy. Always be willing to learn how you can live to your greatest genetic potential & optimal health.

Eat this not that:

http://energyfitnessmemphis.ontraport.net/d?file_id=1709716&stamp=1463424154

Healthy Grocery List

http://energyfitnessmemphis.ontraport.net/d?file_id=1707375&stamp=1429134172

Foam roll those aches and pains away

http://energyfitnessmemphis.ontraport.net/d?file_id=1709714&stamp=1463424092

Low carb Mexican 7 day meal plan http://energyfitnessmemphis.ontraport.net/d?file_id=1709786&stamp=1464530421

Blog post carb cycling www.energymemphis.com/what-is-carb-cycling-could-it-help-you-lose-weight/

Calorie/Carb cycling meal plan

http://energyfitnessmemphis.ontraport.net/d?file_id=1708771&stamp=1446578217

Check with your physician before beginning any new exercise or meal plan as the sources and information in this document have been developed for Energy Fitness clients that have filled out ParQ, Health History, Release of Liability as well as undergone fitness assessments.