

January 2015 Newsletter



January Competition

The client who can do the most push-ups in one minute wins. I will be testing you during your training session, so be ready! This month's winner will receive a free training session.

Issue 25

Tips, Tricks, and Advice

With a new year, comes an abundance of health and fitness resolutions. That's why today, I want to share with you all different types of tips, tricks, and advice. Take what you want, skip what you don't want. Just to get you thinking...

- * There are no shortcuts
- * Keep healthy meals in your freezer, life WILL get crazy
- * Shop the perimeter of the grocery store
- * You will have to make sacrifices and change, change is hard
- * Eat vegetables at every meal
- * There is no "right" way. Don't judge other people, be open to new ideas
- * Sports drinks are for endurance events
- * Photos don't lie. Make yourself vulnerable, take them. See your progress!
- * Relax. Get a massage. Meditate. Get 8 hours of sleep a night
- * Weight loss happens when you consume less calories than you burn. That is the ONLY way
- * Don't sweat the small stuff. Stay consistent. Choose a plan that you can commit to
- * Know the difference between losing pounds and losing body fat
- * You don't have a slow metabolism or thyroid problem.
- * At some point, you will fail. Pick yourself up and keep pushing. You will make it.
- * Stretch
- * Eat protein with every meal
- * Stop eating before you are full and start eating before you are hungry.
- * Keep things in perspective. What aspects of your life are you willing to change? What are your priorities.
- * Make every day count. Diets don't start on Mondays
- * Drink water, then drink some more
- * Find something active that you enjoy doing
- * Set goals and have a plan
- * Eat mindfully
- * Eat slowly
- * Get some accountability
- * Know yourself. Learn what works for you and stick with it.
- * Identify your excuses. Stop making them