

NUTRITION 101

The Basics!

THE WHY

"You are what you eat! so don't be fast, cheap, easy, or fake!"

- HEART HEALTH
- STRONG BONES AND TEETH
- SKIN, HAIR, & NAILS
- BETTER MOOD & ENERGY LEVELS
- IMPROVED MEMORY & BRAIN HEALTH
- MANAGE A HEALTHY WEIGHT
- STRONG IMMUNE SYSTEM
- DELAYS THE EFFECTS OF AGING
- LOWERS CHRONIC DISEASE
- OVERALL WELL-BEING & LONGER LIFE

IT'S A MINDSET SHIFT!

SHIFTING THE FOCUS OF "WHY" IS POWERFUL!

- WE NEED FOOD FOR DAILY BASIC FUNCTIONS
- OUR BMR
- SEE FOOD AS FUEL
- SUPPORT YOUR WORKOUTS



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Fueling your Workouts!

THE WHY

"Stop trying to run on an empty tank!"

YOU WOULDN'T DRIVE YOUR CAR WITH OUT GAS - WHY ARE YOU TRYING TO MOVE WITHOUT PROPER FUEL? THINK OF YOUR BODY AS AN ENGINE THAT NEEDS HIGH QUALITY FUEL TO PERFORM!



FUEL SOURCES

CARBOHYDRATES: THE BODIES CHOICE FOR ENERGY, RICH IN FIBER, VITAMINS, AND PHYTONUTRIENTS

EX: OATMEAL, RICE, POTATOES, FRUITS, VEGGIES

PROTEIN: BUILDING BLOCKS OF THE BODY, MUSCLE DEVELOPMENT, CONTROL SUGAR LEVELS (APPETITE CONTROL). HORMONE BALANCE, IMPROVED IMMUNE SYSTEM

EX: CHICKEN, FISH, EGGS, GREEK YOGURT, PROTEIN POWDER

FAT: REDUCED INFLAMMATION, SKIN & EYE HEALTH, IMMUNE SYSTEM, KEEP YOU FULL, OMEGAS

EX: NUTS, SEEDS, AVOCADO, HEALTHY OILS

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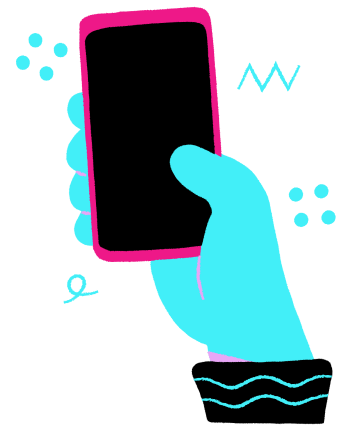
My Starting Point!

FOOD JOURNALING

KNOWING WHAT YOU ARE CURRENTLY EATING IS THE ONLY WAY TO BEGIN. DID YOU KNOW THAT OUR METABOLISM IS AN AMAZINGLY INTRICATE & SUPER SMART SYSTEM. WHAT WE ARE CURRENTLY TAKING IN, AND HOW OUR BODY IS RESPONDING, IS A DIRECT REFLECTION OF HOW WE HAVE BEEN CONSISTENTLY FUELING OURSELVES. IN ORDER TO KNOW WHAT THAT LOOKS LIKE - WE ARE GOING TO TRACK OUR NORMAL INTAKE FOR 3-5 DAYS - MAKING SURE THAT THERE IS AT LEAST ONE WEEKEND DAY IN THERE.

ACTION ITEMS

- DETERMINE HOW YOU WANT TO TRACK (ANY APP!)
 - EAT NORMALLY (VERY IMPORTANT)
 - TRACK INTAKE FOR 3-5 DAYS (INCLUDING WATER INTAKE)
 - WRITE DOWN HOW YOU FEEL: ENERGIZED, SLUGGISH, ETC...
- YOU WANT TO START TO SEE HOW FOOD IS AFFECTING YOUR ENERGY & MOOD!



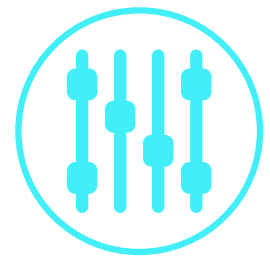
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Small Tweaks = Big Impact!

FOOD JOURNALING

NOW THAT YOU HAVE GOOD INFO ON WHAT YOU TYPICALLY EAT - HERE IS SOMETHING THAT WILL COME AS A RELIEF! WE ARE ALL INDIVIDUAL - SO THERE ISN'T A COOKIE CUTTER DIET THAT IS RIGHT FOR YOU. IN FACT - YOUR CURRENT METABOLISM IS MADE UP OF WHAT YOU CURRENTLY CONSUME. THIS IS GREAT NEWS BECAUSE THIS MEANS THAT SIMPLY MAKING A FEW TWEAKS WILL MAKE A BIG IMPACT!

ACTION ITEMS



STEP 1: TAKE A LOOK AT YOUR FOOD INTAKE YOU RECORDED

STEP 2: CIRCLE AREAS OF OPPORTUNITY

STEP 3: DECIDE WHAT SMALL TWEAKS YOU CAN EASILY MAKE NOW

STEP 4: PRIORITIZE THE OTHERS AND PLAN TO CHANGE 1 HABIT PER MONTH

STEP 5: MAKE THOSE SMALL TWEAKS TODAY!