



# TIPS FOR SUCCESS

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.

We all know it can be hard to plan and motivate yourself for your workouts with all of life's stressors working full time to stop you. Don't skip your workout, just make the absolute best you can of it!

Here are some tricks to help make your workout more efficient, fun, and engaging to keep you motivated during life's ups and downs.

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## FOCUS ON BIG MOVEMENTS



Squatting, pressing, and lunging movements. These give you a more bang for your buck and allow more work to be done in a shorter period of time. Don't sweat the small stuff like bicep curls and calf raises, these movements take away precious time for very little return. You can even put a few exercises together to be more efficient, like squat and row, lunge and shoulder press, and chest press with leg press.

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## GET COMFORTABLE WITH YOUR BODY



Knowing which movements work what muscles makes your time easier when planning and performing your workouts. Making sure you're using proper form is extra important to help prevent any injuries that will set you back! Look for a coach or a class that teaches you how to do the exercises versus just making you do them. This can make you more comfortable and confident whether you're working at home, at the park, or in a fitness facility!

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## MAKE NUTRITION EASY



Make nutrition easy, because when it comes to what to eat all the info on the internet gets way too complicated and contradictory. Does it fit your macros? Is a high protein, high fat, or high carb diet the best? Should I cut out all carbs? The answer to this is a whole lot simpler than you think! A great solution to the nutrition debate is using your hands as a guideline for appropriate servings. A palm of protein, a thumb of fat, cupped hands of carbs, and fists of veggies is your body's way of telling you what should go on your plate! Quick, easy, and no wasted time measuring.

Hire a **certified coach** to get out of your mundane or non-existent routine. A certified coach can help show you more great examples, and give you an excellent workout in as little as 30 minutes.

Schedule a **complimentary** session today! **Results Guaranteed.**

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