

Top Ten Strategies For Accelerated Results

1) Metabolic Awareness – Rev-Up your metabolism and Accelerate your results.

Metabolism:

The chemical and physiological processes by which the body builds and maintains itself and by which it breaks down food and nutrients to produce energy.

- Strength Training
- Cardiovascular Training
- Five to Six Small Meals per day – Every 3 waking hours

2) Arm yourself for Success – Set your self up for nutritional success before you leave your home.

The Tools:

- Stock your refrigerator
- Stock your cupboards
- Small cooler / Re-usable ice packs
- Plastic containers

The Foods:

- Lean protein
- Fresh fruits and vegetables
- Low fat Cottage Cheese
- Low fat unsweetened yogurt
- Nuts and seeds
- Energy bars
- Low fat crackers
- Water

3) Routine is your enemy – Your body is smart, you have to be smarter.

- Mix it up for Accelerated results

- Fight complacency
- Be creative
- Follow your intuition
- Listen to your body

4) Get it done early – Get your work out done before you start your day.

- Not many things come up at 6:00 am that will interfere with your training
- By the end of the day there are many circumstances that will make getting your work out done more challenging
- Get it out of the way so as to not having it hanging over you all day

5) Star your day with Savory foods – Set and stabilize your blood sugar levels for the day

- Eat a high protein and moderate carbohydrate savory meal to begin the day
- Level set your blood sugar levels for the day

6) Find some fitness you love – Learn to enjoy at least one form of fitness activity

- So many options – find one you are passionate about
- Expand your horizons

The more fit you are, the more fun everything is

7) Find your Inner Athlete – be open to the possibility that you may not have ever scratched the surface of your athletic or fitness potential.

- Find something you can succeed in
- Know your strengths and weaknesses
- Let go of self imposed limitations

8) Do The Math – Know and understand your bodies daily caloric needs. Know your BMR - Basal Metabolic Rate - a measurement of energy required to keep the body functioning at rest. Measured in calories, metabolic rates increase with exertion, stress, fear, and illness.

- Calories in – Calories Out
- It all comes down to math
- Eat less and or Exercise more

9) Know your BMI - BMI is a figure calculated from your height and weight. It's recognized by the National Institutes of Health (NIH) and The World Health Organization as the best standard to judge obesity.

- People with BMIs between 19 and 22 live longest.
- Underweight: below 18.5
- Normal: 18.5 to 24.9
- Overweight: 25 to 29.9
- Obese: 30 to 39.9
- Extremely obese: 40 and above

10) Do It Now – There will never be a better time than today to make the commitment to adopt a healthy or healthier lifestyle. If you are waiting for the perfect time or the perfect set of circumstances you are wasting your time. The perfect time is NOW. The perfect set of circumstances is HERE. Stop procrastinating and take responsibility for your health, wellness and vitality. It is all in your hands and there are no excuses left. Just make the commitment and get started. You have been armed with the information and the motivation. It is now all up to YOU.

