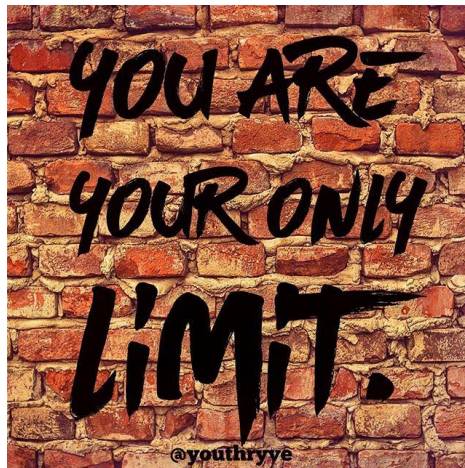


Limiting Factor



After the Points: How to Stay Motivated &
Create Life-Long Healthy Habits

Please answer **FIND YOUR WHY**
questions

Before BMO, What Held You Back?

- Lack of knowledge
- You knew what to do, but you were inconsistent
- Your life was too busy
- You didn't enjoy exercise
- Unmotivated
- Medical reasons



Before BMO, What Held You Back?

- **Lack of knowledge**



- **How do I workout in the gym?**

- Which classes to take, how to use the equipment, how to program a workout, how to increase exercise intensity

- **What's healthy food?**

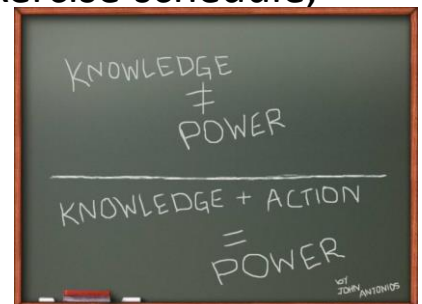
- BMO Book, BMO Group Lectures (Nutrition Basics, How to Food Prep, Can't out Exercise Bad Diet), Grocery Shopping Field Trip, Weekly one-on-one sessions with Coach, Weekly coaching sessions, one-on-one nutrition consults with R.D.

- **How to Prep Healthy Food?**

- BMO Book, Cooking Demos, BMO Group Lecture (How to Food Prep)

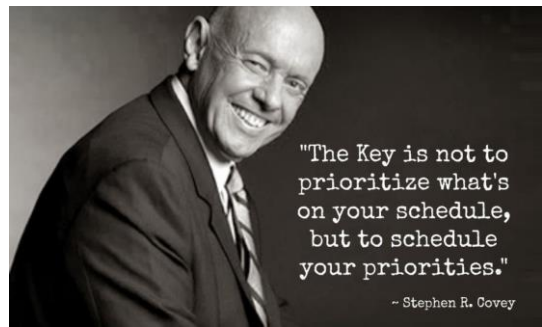
Before BMO, What Held You Back?

- **You knew what to do, but you were inconsistent**
 - Newsflash! Knowledge & planning don't always translate into behavior change
 - At this point, *knowing* is not the limiting factor. It's the *doing* that's the problem.
 - Doing the key, basic things repeatedly with relentless consistency
 - **BMO creates consistency:** Regular exercise schedule, regular food logging, accountability from coaches
 - **BMO establishes HABITS**
 - **BMO changes your ENVIRONMENT**



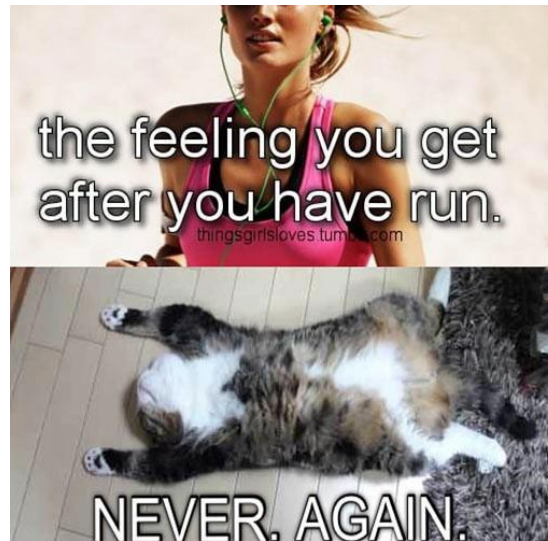
Before BMO, What Held You Back?

- **Your life was too busy**
 - Let busy schedule overtake your health
 - Set huge fitness goals that you don't have a chance of achieving
 - Continue to add body fat & beat yourself up for not making a change
- BMO: You chose to commit to 12 weeks of consistent exercise & healthy nutrition
- What you should continue to do:
 - Schedule your workouts & meal prep
 - Embrace exercise minimalism
 - Identify your biggest gap (your limiting factor) & work on that



Before BMO, What Held You Back?

- **You didn't enjoy exercise**
 - It's difficult to motivate yourself if you view health & fitness as huffing & puffing, chicken & broccoli, or as a temporary/short-term solution, or a long difficult process that you don't enjoy
- BMO: Change your mindset



Before BMO, What Held You Back?

- **Unmotivated**
- BMO Motivation:
 - S.M.A.R.T. Goals
 - Why
 - Change Your Mindset
 - Practice Self-Compassion
 - Measure your Progress
 - Enjoy the Process
 - Small group training
 - Social support & Team activities



Before BMO, What Held You Back?

- **Medical Reasons**
- BMO: There's always something you can do to improve your health & fitness
 - Start small
 - Work with what you can
 - Practice visualization
 - Change your mindset
 - Practice self-compassion



What have you tried before BMO?

- Low-Fat, Low-Carb
- Special Diets (with names)
 - Atkins, ZONE, Paleo, Weight Watchers, Jenny Craig, Curves, South Beach Diet
- Elimination Diets
 - ONLY: Grapefruit, Juice
 - NO: Fruit, complex carbs, fats
 - Intermittent Fasting
- Home workout programs:
 - P90X, 21 Day Fix, Insanity
- Fitbit, Jawbone, FuelBand, wearable fitness tech

What have you tried before BMO?

- **Surface-solutions**

- Don't have a gym?
 - Train at home
- Want to track how many calories you eat?
 - Here's an app
- Want to know how many steps you're taking?
 - Wear this bracelet thing
- Poor nutrition?
 - Eliminate all "bad" stuff
- Don't want to diet forever?
 - Only do it for 21 days



What have you tried before BMO?

- What do most people do when they fail to be consistent with these solutions?
 - Pick another surface solution to follow
 - Give up
- Why do these programs fail?
 - They don't account for the ups & downs of everyday life
 - They don't adapt to your life
 - They don't hold you accountable
 - Try to introduce too much change at once
 - Never teach you how create a solid action plan to work from in the first place
 - Fail to address life patterns that reinforce old habits



Strict Diets: “Comply or Die”

- **Strict diets don't work**

- Don't take your nutrition to extremes unless you have extreme goals.
- Strategic moderation, as uninteresting as it sounds, is the only sustainable method.



- **“What-the-Hell-Effect”**

- We use a single off-plan food choice as an opportunity to say, “What the hell, I’ve already messed this week up, might as well call it a wash, I’ll start again on Monday!”
- Eat for your goals but give yourself room to grow

Strict Diets: “Comply or Die”

- While diets will teach you *what* to do, they teach you very little about *why* you're doing it.
 - Learning the why behind your actions are what create sustainable long-term weight loss.
- They don't hold you accountable
 - Because we never learned along the way about our own relationship with food, and about what works for our individual metabolism, we end up placing all of our faith in our diet. When that diet doesn't work, it's on to trying the next one.

BMO Nutrition

- Instead, take control of your life & your nutrition
 - We must hold ourselves accountable for our actions if we want to succeed.
 - You can't reach your weight loss goals until you accept complete responsibility for your current lifestyle habits.

A lapse is
NOT a relapse.

One or two (or even a few) unhealthy choices are not enough to undo all your hard work. Get on track immediately by making one healthy choice. Then make another. Soon, you'll feel strong and steady again! You're only one decision away from a fresh start.

 SPARKPEOPLE

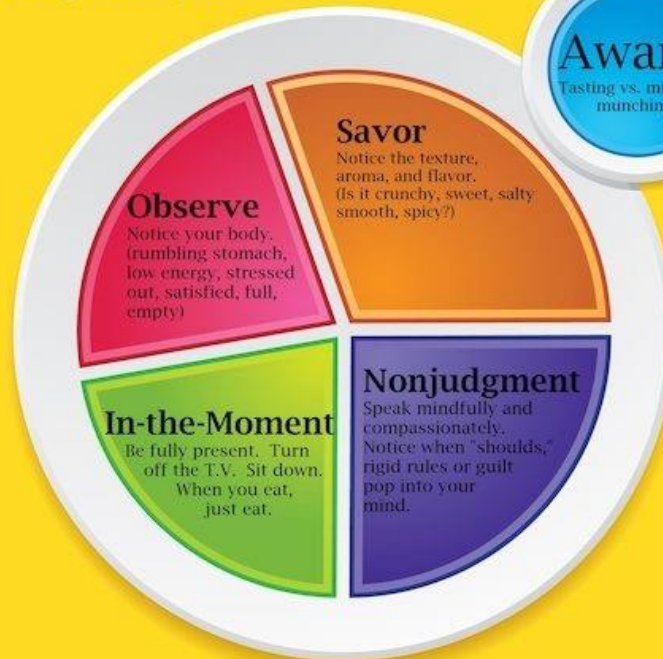
BMO Nutrition

- Instead, Practice Mindfulness (awareness)
 - Ask yourself whether you're actually hungry or: thirsty, bored, tired, stressed
 - Ask yourself whether the food you're about to eat will nourish your body & help you meet your goal
 - Begin to learn your triggers & create strategies to combat them

BMO Nutrition

Mindful Eating

www.eatingmindfully.com

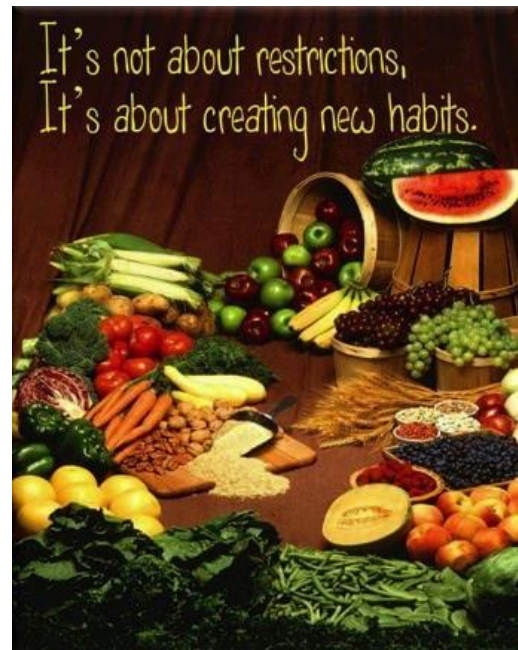


Aware

Tasting vs. mindless munching

BMO Nutrition

- Learn to be ok with moderation
 - This is the precise reason why we fail on diet after diet, because when we can't be perfect, we give up, whether that's in 2 hours, 2 days or 2 months. Perfection *isn't* possible, and perpetuating the lie that it *is* possible only keeps us struggling.
- 90% is still an "A"
 - 7 days at 90% will always beat 4 days total compliance & 3 days straight binging



BMO Nutrition

- Satiating, not deprivation
 - Pour your nutritional energy into maximizing satisfaction
 - When you're satisfied, your mind & stomach are happy
 - You achieve this kind of satisfaction by choosing food from among your own food preferences, based on what you have available and what sounds good to you at that time



BMO Nutrition

- **Good vs Bad**

- Categorizing foods on the plan as good means that foods off the plan are bad.
- This quickly turns into thinking that we, in turn, are being bad or good based on what we're eating.
- Leads to food obsessions & over-exercise for damage control
- “Cheating” results in guilt. We're either succeeding or failing. We're either on the wagon or off the wagon
- There is no wagon. There's only life. Every day is different and our appetites & energy demands fluctuate.



Please answer **LIMITING FACTOR &
CONSIDER YOUR TRIGGER** questions

S.M.A.R.T Goals

- A series of prudent goals should focus on building a habit through *gradual increments*, rather than larger changes that can lead to failure, frustration, injury, &/or dropout
- People who write their goals are **5-10x** more likely to achieve them
- S.M.A.R.T. Goals:
 - Specific
 - Measureable
 - Achievable
 - Realistic/Reward Based
 - Time Based



S.M.A.R.T Goals



- S.M.A.R.T. **Weight Loss:** ½ to 2lbs/week
- S.M.A.R.T. **Fat Loss:** ½ to 1% every 2 to 4 weeks
- S.M.A.R.T. **Muscle Gain:** 1 to 2 lbs every 2 to 4 weeks

- But, what types of goals are these?
 - **Outcome based goals**

S.M.A.R.T Goals

- Goals can be based on:
 - Outcomes
 - Behavior
- **Outcome Based Goals:** Based on the end product
 - E.g., lose 10lbs of body weight in 12 weeks
- **Behavior Based Goals:** Based on something you can directly control
 - E.g., consume 4 ounces of protein with every meal



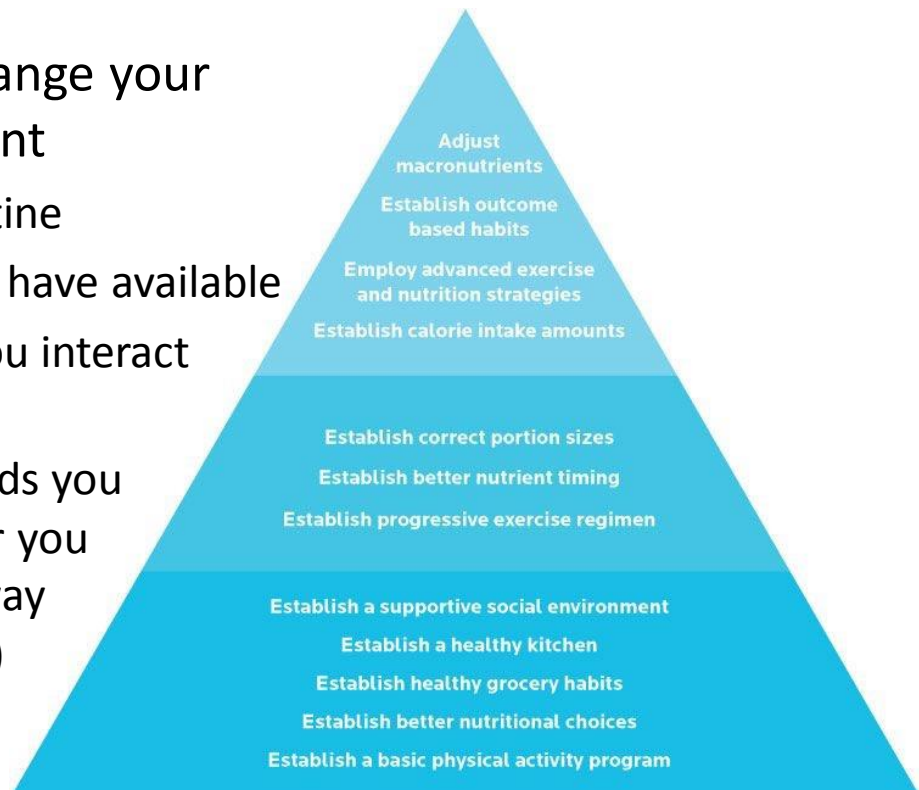
S.M.A.R.T Goals: What Do I Work On?

- Reverse Jenga: Pick the one practice that will set off a positive chain reaction, causing your “tower” to fall.
- What one thing can you work on that will provide the biggest immediate change with the largest physiological return?
 - “Easy”: Low Resistance; High Compliance
 - High return in the shortest amount of time



S.M.A.R.T Goals: What Do I Work On?

- **Step 1: Change your Environment**
 - Daily routine
 - Tools you have available
 - People you interact with
 - What foods you have near you (or far away from you)



S.M.A.R.T Goals: What Do I Work On?

- Change your Environment:
 - Often times we convince ourselves that what we know & what we plan for (exercise & nutrition) will allow us to coast through any health/fitness obstacle that gets in our way
 - Control your environment before it controls you
 - Your environment is your foundation
 - Your environment creates your norm
- How?
 - Make problem behaviors inconvenient
 - Make Healthy behaviors convenient



We MAKE the
world we live
in and shape
our own
environment.

-Orison Swett Marden

S.M.A.R.T Goals: What Do I Work On?

- Change your Environment:
 - Have trouble getting to the gym? Get home equipment
 - Can't kick the PM ice cream & cookie routine? Don't keep it in the house or find a healthier alternative
 - Pinterest & Facebook keeping you up too late at night? Deleted them off your phone
 - Friends always taking you out for pizza & beer? Talk to them about your goals. Explore other options for socializing opportunities. Develop new friends with similar goals

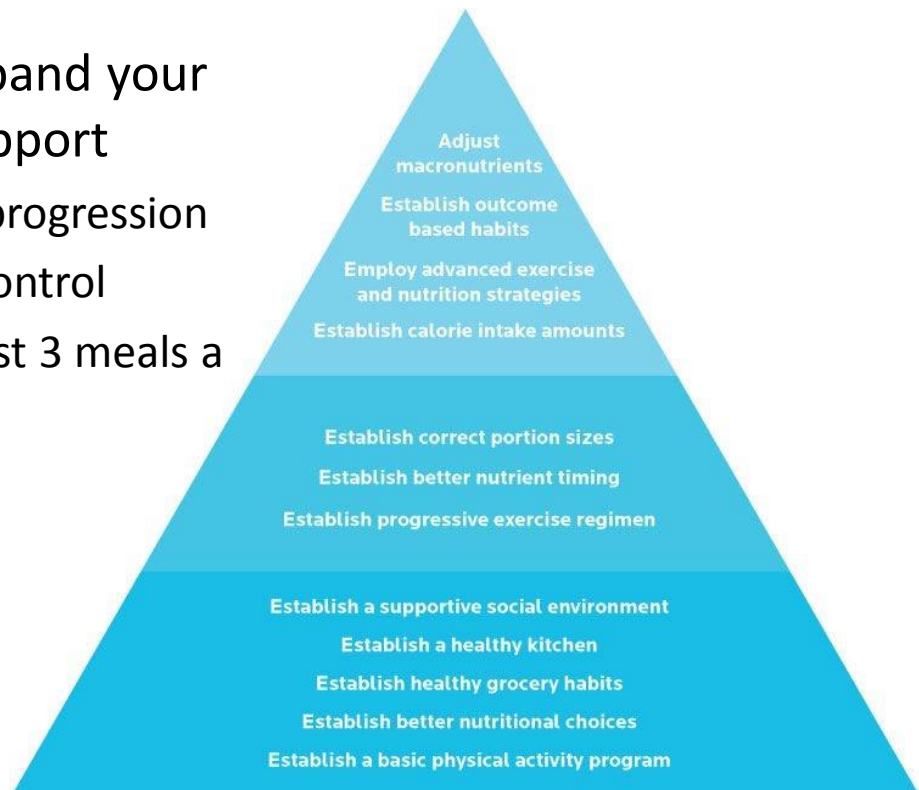


S.M.A.R.T Goals: What Do I Work On?

- Change your Environment:
 - Set yourself up for success:
 - Smaller plates & cups
 - Keep unhealthy food out of the house
 - Keep healthy food in the house
 - Put the TV in an inconvenient place or put the treadmill in your living room. Better yet, get rid of the TV altogether & save yourself a cable bill with 200 channels of junk
 - Park the car farther away or bike to work
 - Take the stairs
 - Join a social group organized around an activity
 - Find a workout buddy
 - Get a dog

S.M.A.R.T Goals: What Do I Work On?

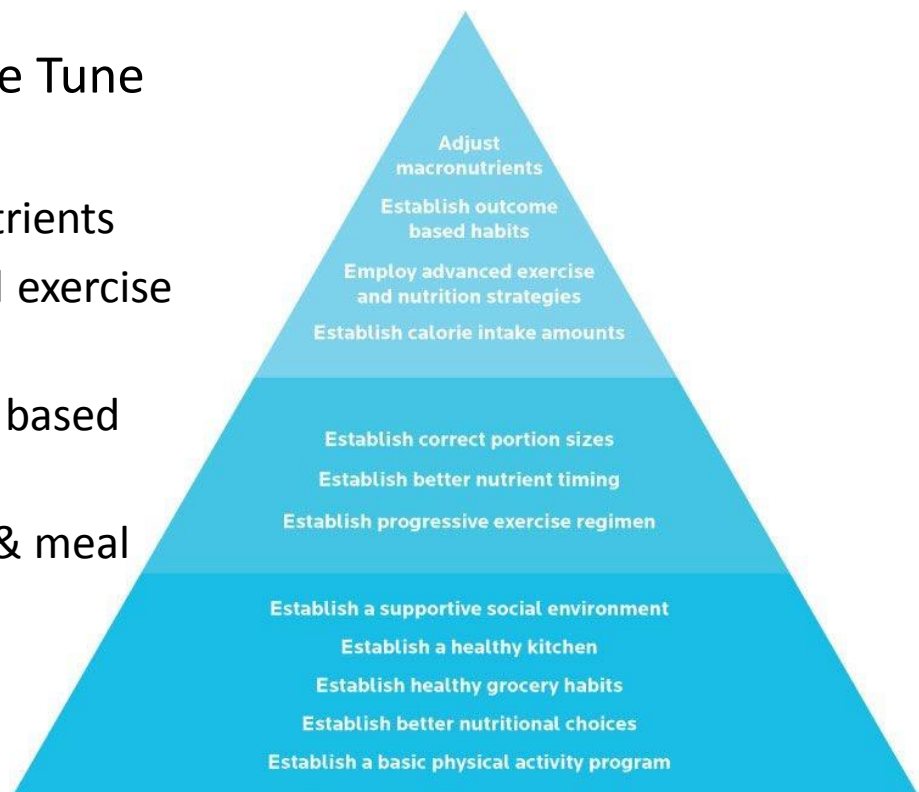
- **Step 2:** Expand your base of support
 - Exercise progression
 - Portion control
 - Eat at least 3 meals a day



S.M.A.R.T Goals: What Do I Work On?

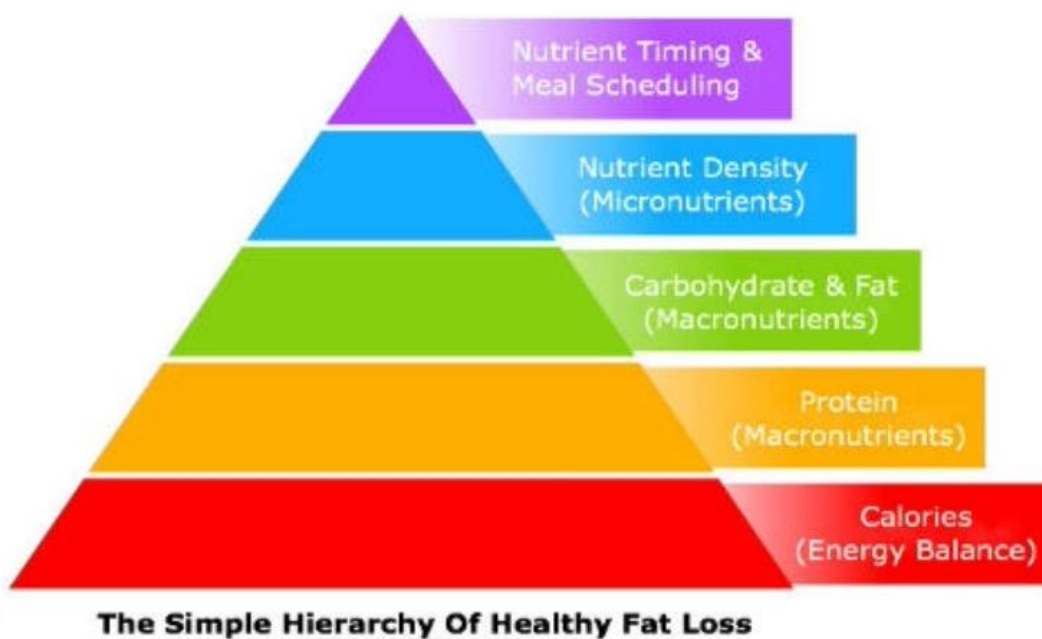
- **Step 3: Fine Tune**

- Calories
- Macronutrients
- Advanced exercise routines
- Outcome based goals
- Nutrient & meal timing



S.M.A.R.T Goals: What Do I Work On?

- **Step 3:** Fine Tune



S.M.A.R.T Goals: What Do I Work On?

- **Positive Environment**
- **Portion Control**
 - E.g., Measure portions for every meal
- **Eat Healthy Foods**
 - E.g., Drink less alcohol (instead of 2 drinks at night; have 1)
 - E.g., Eat less fast food (instead of stopping for a burger or taco for lunch, go to the grocery store & get a pre-made salad with chicken)
- **Eat at least 3 meals a day**
 - E.g., Eat breakfast everyday
- **Calories**
- **Macronutrients**

S.M.A.R.T Goals: What Do I Work On?

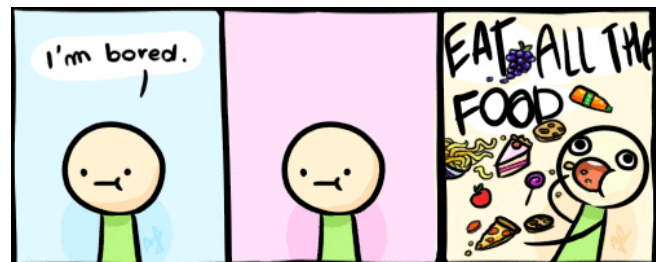
- **Macronutrients**
 - **Protein:** E.g., eat 1 serving of lean protein with each meal
 - **Fibrous Vegetables:** E.g., eat 5 servings of vegetables a day
 - **Carbs:** E.g., eat oatmeal for breakfast instead of cereal
 - **Fats:** E.g., Take 1g of fish oil per day
 - **Macronutrient Profile:** E.g., Meet 50% protein, 30% carb, 20% fat
- **Micronutrients**
 - E.g., increase calcium consumption by consuming an orange with breakfast every morning
- **Nutrient Timing**
 - E.g., consume complex carbs earlier in the day or around exercise

Limiting Factor

- When you know what you want to work on, it's essential to consider the barriers you may encounter in order to reach your goals



- What would hold you back from achieving that goal?



Less is More

- **Focusing on less helps you achieve more**
- Focus on **1 strategic habit at a time**
 - When we try to change 1 behavior at a time: 80% habit retention for 1 year+
 - When we try to change 2 habits at a time: 35% habit retention
 - When we try to change 3+ habits at a time: ~0% habit retention
- Write the **GOAL** & the **ACTION**
 - What & how
- Measure your consistency
 - 90% is still an A



Meeting Your Goal

- Focus on **1 habit** at a time
- Write a **S.M.A.R.T. behavior based goal**
- Identify your barriers: **triggers, limiting factors**
- **Create a plan** to address your barriers
- **Post your goal** publically
 - Tell your coach, spouse, teammates, Facebook
- **Report** on your process daily
 - Not only for weekly reflection sheets
- **Be consistent**: Do your habit at the same time every day, if possible. It'll make it more likely to become a habit
- **Keep a positive attitude**: Expect set backs now & then but note them, learn from them, & move on.

Meeting Your Goal

- **Measure Progress**

- The progress you make has to be meaningful to you
- Personal setbacks are one of the biggest obstacles you will face as you strive for progress
 - Setbacks are 2-3x stronger than any positive effect
 - Bad is stronger than good
 - Strive for small wins instead of dramatic changes



Meeting Your Goal

- **Measure Progress**
 - Make a list of past experiences/accomplishments in which you had to overcome obstacles
 - Take body composition measurements
 - Write down your workouts
 - Keep a journal; Use your reflection sheets; FitBook
 - Ask yourself whether you're feeling more energized, happy, or confident?
 - Are your clothes fitting better? Take progress pictures
 - Do you feel physically stronger? Mentally?
 - Are your relationships improving?
 - Are you eager to try new things?

After the Points:

- In order to be successful once BMO finishes, What do you need to be successful?
 - **A structured but enjoyable plan**, but still have room to move at your own speed when needed
 - **Exercise Plan:**
 - How many days/week?
 - Duration?
 - Exercises?
 - Cardio?
 - Classes?
 - How will you monitor intensity?
 - **Nutrition Plan:**
 - Calories?
 - Macronutrients?
 - Micronutrients?

After the Points:

- In order to be successful once BMO finishes, What do you need to be successful?
 - **A way to measure your progress** & track it on a daily, weekly, & monthly basis
 - SMART Goals + 1 small change at a time
 - Weekly Reflections
 - Exercise:
 - How will you measure reps, sets, weights, duration, or intensity?
 - How will you know if you progress, regress, or need assistance?
 - Nutrition
 - How will you measure portion sizes, calories, macronutrients, or micronutrients?
 - How will you know if you progress, regress, or need assistance?
 - Weight loss & Fat loss
 - How often will you weigh yourself?
 - How often will you do your body composition measurements?
 - Will you take progress pictures? If so, how often?

After the Points:

- In order to be successful once BMO finishes, What do you need to be successful?
 - **Change your environment**
 - Daily routine
 - Tools available to you
 - People you interact with
 - What foods you have near you (or far away from you)
 - **Make yourself accountable**
 - To a person (e.g., personal trainer, accountability coach, a workout buddy, a class time/instructor)
 - To a program (e.g., BMO or something else sustainable)

After the Points:

- Learn to spot fad diets by checking for the following signs:
 - The diet excludes one or more groups of foods (e.g., low-carbohydrate, low-fat, etc.). These diets may be deficient in certain nutrients. Additionally, overly restrictive diets are unsustainable and leave little room for growth.
 - It overemphasizes one particular food or type of food (e.g., the cabbage soup diet, the grapefruit diet, etc.)
 - It is very low in calories. Very low-calorie diets can lead to higher loss of lean tissue, are limited in nutrients, and are unsustainable.
 - The advocates discourage physical activity or indicate that it isn't necessary.
 - The diet promises quick weight loss.

After the Points:

- In order to be successful once BMO finishes, What do you need to be successful?
 - **A good mindset**
 - Mindful eating
 - Self-compassion
 - Tap into your emotions & triggers
 - **Motivation to continue your journey**
 - Remind yourself 'why'
 - Give yourself a daily reminder to practice whatever nutrition , exercise, or lifestyle habit you're currently working on
 - Make it enjoyable
 - Give yourself a reward
 - You need ALL these things to be customizable to your skill level, goals, and how much time you have available.

Why did you join BMO?

- **Step 1:** Ask yourself why you joined BMO
- **Step 2:** Whatever you answer in Step 1, ask yourself 'why is that important to me?'
- **Step 3:** Whatever your answer in step 2, ask yourself 'why is this important to me?'
- **Simile:** Like layers of an onion
 - Each layer of 'why' eventually leads to your core



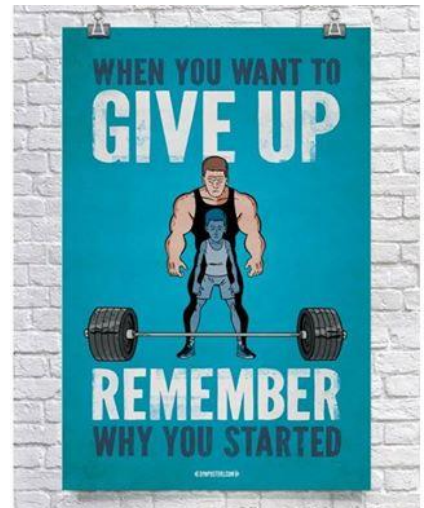
Why did you join BMO?

- Your 'why' is the very center of your being.
 - Strongest attributes?
 - Feel at peace?
 - Passionate about?
 - I believe...
 - To live a meaningful life...
- How can you apply these principles to your BMO journey?
- How do your answers relate to your BMO 'why'?



Why did you join BMO?

- Use that 'why' to drive you forward, to give you energy, to motivate you to channel your passion into action
- Remind yourself how you felt before you created these positive changes
 - Don't you feel better, faster, stronger, and happier now?
 - Aren't all your efforts worth the feelings you've created now?
 - Don't you feel accomplished for choosing to love your body?
 - Aren't you proud of the work you put into choosing health?
 - Doesn't it feel good to challenge your self?
 - Isn't THAT motivating?



Why did you join BMO?

- How to Remember your Why

- Find a symbol of your why

- Image, word, quote, song
 - Identify it & keep it in mind



- Master your fear

- We fear we aren't good enough (not fast/strong/agile/young)
 - We fear how bad it'll hurt or that we'll get hurt
 - We fear what we'll have to give up
 - Our fears prevent us from moving forward
 - Start now; what if you just dive in?
 - What's the best thing that could happen?

F-E-A-R: has two meanings:

1. Forget Everything And Run
or

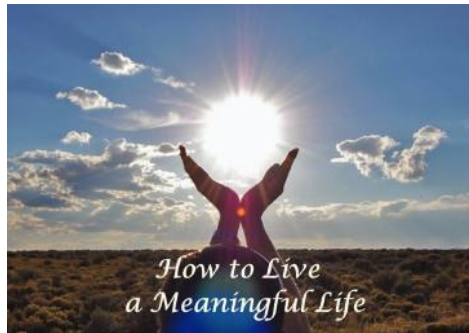
2. Face Everything And Rise



The Choice is Yours!

Why did you join BMO?

- How to Remember your Why
 - Find your life's passion
 - How do you create a meaningful life?
 - What is your belief statement?
 - How can you incorporate these principles into your BMO journey?



Why did you join BMO?

- How to Remember your Why
 - When you're at your healthiest, all aspects of your life are better. Your relationships, your productivity, your confidence. **EVERYTHING**



Why did you join BMO?

- Think about your 'Why' & ask yourself:
How bad do you want it?



Please answer **MOTIVATION &**
WILLPOWER questions

What is Willpower?

- How most people think of willpower:
 - Determination
 - Drive
 - Restraint
 - Resolve
 - Self-discipline
 - Self-control
 - Resilience
 - Can-do spirit



What is Willpower?

- How most people think of willpower:
 - Ability to delay gratification; resist short-term temptations in order to meet long-term goals
 - Capacity to override an unwanted thought, feeling, or impulse
 - Conscious, effortful regulation of the self by the self
 - A limited resource capable of being depleted
 - Something we use up until it's gone



Is Willpower a Finite Resource?

- Most people think willpower & motivation is fleeting (comes & goes quickly)
 - Lack of motivation stems from a lack of willpower
- Heart Rate Variability (HRV) *increases* when people call on their willpower
- Willpower literally *fatigues* people & depletes their stamina
- Having too many choices (e.g., buffet) *decreases* our ability to restrain ourselves.
 - Take Home: Limit your options if you want to conserve your willpower

Willpower Is Simple to Boost

- Do you believe that doing something requiring willpower can drive you to accomplish even more?
- Merely suggesting to people that willpower works cumulatively, rather than as a finite resource, can be enough to improve
 - Willpower is only finite if you believe it is!



Willpower Is Simple to Boost

- Stanford researchers gave some Ss the prompt, “sometimes, working on a strenuous mental task can make you feel energized for further challenging activities.” before a mental task; others received no prompt
 - Prompt Increased success on mental task
- In a separate study, Stanford researchers compared Ss on a mental task
 - Some Ss reported feeling “depleted” after doing difficult tasks
 - Some Ss felt that willpower was cumulative
 - Compared their performance on mental tasks
 - Ss who felt that willpower was cumulative did better on every subsequent task given



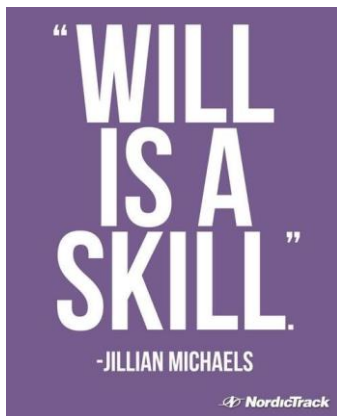
*Nothing
succeeds like
success.*

Alexandre Dumas

QuotePixel.com

Willpower Is Simple to Boost

- Willpower is like a muscle – it can be strengthened
- Anything is possible
 - Excelling at something in one area of life might lead to a whole chain of success in a seemingly unrelated area



Willpower Is Simple to Boost

- Our self-talk & beliefs determine how we handle difficult situations
 - How you think about willpower can actually translate to how you act, & that can mean better results
 - Tell yourself that every time you work on a challenging task, you become more capable of rocking the next one
 - Reframe the situation so you feel energized & empowered, rather than fatigued & exhausted
- Consider how a different view of willpower might help you with challenges: nutrition consistency, sticking to a workout routine, preparing meals ahead of time

Willpower Is Simple to Boost

- The next time you feel like you've exhausted your willpower, ask yourself:
 - How can I reframe what willpower means for me?
 - What success have I already achieved?
 - How can I gain energy from those successes?

**I will NOT feel
deprived when I
bypass junk food.
I will feel empowered
that I made the
healthy choice.**

lizziesjourneytoweightloss.tumblr.com

What is Motivation?

- Two Types of Motivation
 1. Intrinsic
 2. Extrinsic
- **Intrinsic Motivation**
 - For the simple love of it
 - A challenge = a chance to become a better person
 - Satisfaction of success
- **Extrinsic Motivation**
 - External reward (tangible); Envision rewards coming to fruition & use it to find strength
- Understand what works best for you!

Attitude: The Perfectionist

- “If I don’t eat correctly all the time, I feel like I’ve failed. It sets me back mentally in my confidence to achieve a healthy lifestyle. How can I achieve a long-term weight loss goal when I’ve failed so many times before using so many different methods?”
- **Take a second to think about this: *In what other areas of your life are you perfect?***
- I’ll wait...
- The answer is **NONE**. Not a single one of us is perfect in any area of our lives. So why do we have these expectations?

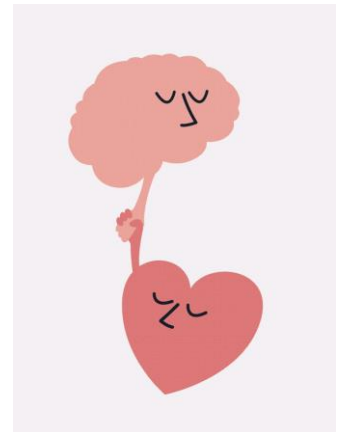
Self-Compassion



- **Self-Compassion:** Rooted in acceptance.
 - Relies on oxytocin (“love” hormone): Released in order to reduce stress, anxiety, depression, & induce feelings of love or connection
 - Released during labor, breast feeding, hugging, kissing, giving away \$, laughter, & self-compassion
- **Self-criticism:**
 - Relies on norepinephrine, which is involved in fight or flight responses
 - Activated through physiological changes due to a stressful event

Self-Compassion

- When compared to self-criticizers, people who practice self-compassion:
 - Perform better on mental & physical tasks
 - More resilient & able to bounce back from adversity quicker
 - Less depressed & anxious
 - Less egocentric
 - Have more emotional intelligence
 - Less afraid to fail

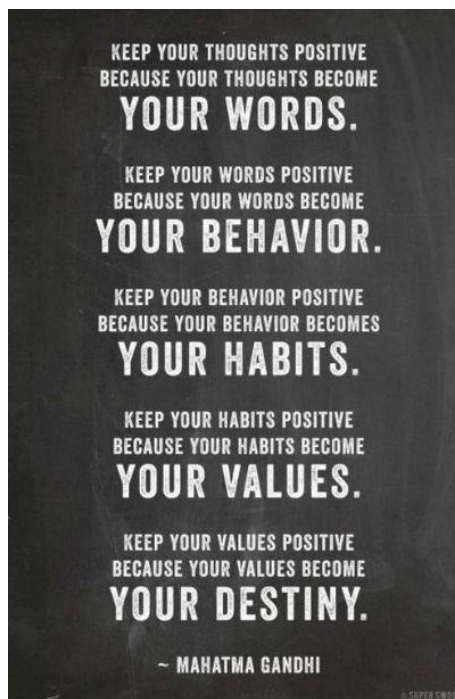


Self-Compassion

- How to practice self-compassion:
 - **Mindfulness:** Nonjudgmental; accept your faults & limitations; get in touch with your emotions, thoughts, & behavior
 - **Self Kindness:** Treat yourself with some decency; focus on successful exceptions, not the failing norm.
 - **Common Humanity:** Understand that you're part of a greater whole & that other people have the same problems you do.

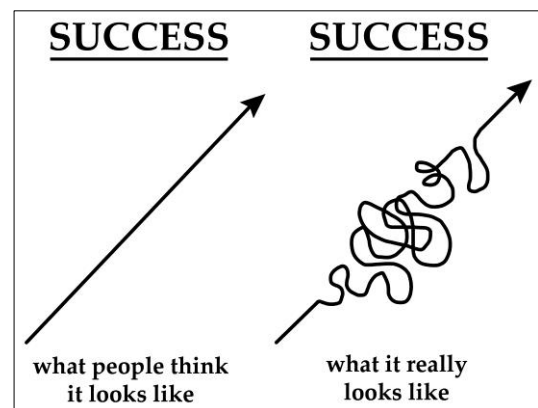


Self-Compassion



Enjoy the Process

- Far too often, we get wrapped up in **ONLY** the results
 - Don't lose sight at how much fun, exciting, & personal growth the journey can bring
- Most only see success as **events** that can be achieved & accomplished
 - E.g., "If I lose 20lbs, I'll be in shape."
- **Success isn't a single event**
 - It's a commitment to the process that truly defines success



Enjoy the Process

- If you want to see results, **fall in love with the process** (healthy eating & exercising consistently)
 - Measure your progress; Meet your goals
 - Remember why you started
 - Practice self-compassion
 - Keep a positive mindset; Reframe the question
- **Same philosophy extends beyond health & wellness; it moves into all areas of your life**

Fall in love
with the
process,
and the
results
will come.

Enjoy the Process

- Researchers have found that exercise is affected by:
 - How **you feel toward your intention** to exercise (goal)
 - Your **attitude toward your intention** to exercise
 - Make it positive! If you hate it, you'll only do it for so long
 - Your social network's feelings about your exercising
 - Surround yourself with people who approve & believe that you should be exercising
 - Your **feelings of competency**



Enjoy the Process

- What if I don't like to workout?
 - Not a valid excuse
 - We like to do things we're good at. Get better at working out. Work on your form, your endurance, your strength.
 - Brainstorm ways to make it fun:
 - Hike
 - Walk the dog
 - Rock climb
 - Dance
 - Play basketball
 - Throw a football with the kids
 - Rise your bike





Enjoy the Process

- Brainstorm ways to make it fun:
 - Take more classes (Crossfit, circuit, intervals)
 - Good music/playlist
 - Watch inspirational videos
 - Look over your workout logs, body measurements, progress photos
 - List the benefits you'll receive from this pursuit: energy, ability to play with your kids, confidence to do that thing you've always wanted to do



Enjoy the Process

- Get a workout buddy
 - Behavior is **contagious**
 - Get someone else involved so you can **reinforce each other**
 - Knowing you need to workout is good. But, having a partner waiting for you at the gym will **hold you accountable**
 - Friends always make things **more enjoyable!**



What Else Can You Do?

- Preparation!
 - Space your meals out & build them around your protein
 - Rather than thinking about 3 meals & 3 snacks per day, consider consuming 6 mini meals
 - Always pair your carbs with a protein
 - Keep key items on your grocery list
 - Prepare snacks & quick go-to's ahead of time
 - Have a meal prep day



What Else Can You Do?



- Look ahead, anticipate **'food boredom'**
 - Use the book to help you get new ideas
 - Healthy Food List + Snacks (pgs 59-71)
 - Breakfast (pgs 96-103)
 - Lunch (pgs 104-112)
 - Dinner (pgs 113-121)
 - Use the book to help you create a meal plan for the week
 - Use the book to pick a new fibrous vegetable or lean protein to try
 - Read Fuel For Fitness: 8 Key Nutrients (thumb drive)
 - Read Top Foods for Peak Performance (thumb drive)
 - Read Anti-Inflammatory Foods to Add to your Shopping Cart (thumb drive)

What Else Can You Do?

- Re-read the following chapters in your book:
 - Find Your Why (pgs 266-288)
 - Triggers (pgs 289-304)
 - Alcohol (pgs 332-346)
 - SMART Goal Setting (pgs 399-409)

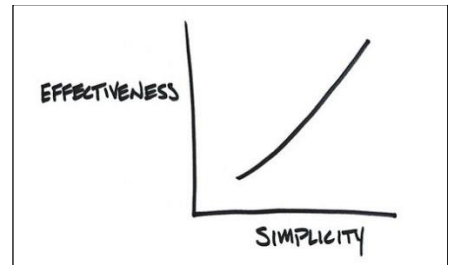


Experiment & Have Fun

- Our recommendations let you be flexible, enjoy the high-quality foods you love, & adjust your intake to your own experience, goals, & unique needs.
 - Don't like rice? Fine. Try another carb source.
 - Don't like beef for your lean protein? How about eggs?
 - Need more carbs to support your athletic performance? Cool. Add another few servings and see how it goes.
 - Curious about balancing your blood sugar by dialing back the carbs just a little bit?
Great — give it a go, monitor your glucose levels, & see how you feel.
- **YOU are unique. Your body is unique**



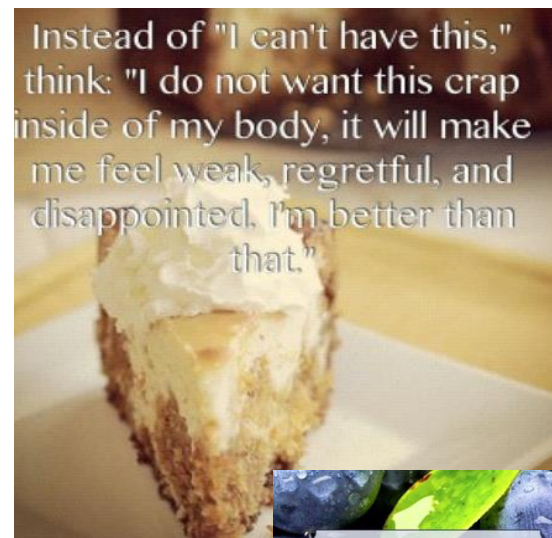
Keep It Simple



- **Variety is key**
 - Enjoy a wide variety of minimally processed, whole and fresh foods.
- **Observe how you look, feel, & perform**
 - Decide what to do based on the data you collect about yourself, not on what you think you “should” do.
- **The only “rules” come from *your* body & *your* experience.**
 - Don’t follow a dietary prescription for anyone else’s body.

Remember:

- Exercise because you love your body, not because you need to punish it for eating a treat
- Eat a well-balanced diet not to restrict calories, but to nourish your body & to honor this embodied gift
 - It's not merely about how much you eat, it's also about what you eat




Practice & Participate

- This will take time. **Be patient & keep going.**
- **Practice** your way into a new mode of thinking.
- Choose to **actively participate**
 - A day or two or even a week won't help you achieve the results you desire. You have to use your efforts to consistently practice.
- Unless **WE** change, our **ACTIONS** won't
 - Change at the core level
 - Define yourself as someone who gets things done, not someone who makes excuses



IT'S A PROCESS,
IT'S A PROCESS,
IT'S A PROCESS;
CHANGE TAKES TIME.



**Habits change
into character.**

– Ovid