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# HEALTH & FITNESS MEAL GUIDE

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MODERATION & LIMITATION

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2. Each individual's health, fitness, and nutrition success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.
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To increase your fitness and become healthier, it is important to find the balance between training and eating. Getting proper nutrition is key because as you train, your body loses nutrients needed to recover, build strength, and improve performance. In order to get the right nutrients, you must eat the right foods at the right times. The bottom line, you need a balanced fitness training plan and the proper eating habits to align as one.

***You can not have one without the other.***

Just as staying motivated when it comes down to fitness training, implementing healthier eating habits can be difficult. Eating healthy is not a diet plan, these are two totally different things which produce different results.

- ▶ A diet plan removes specific foods from your life in order to assist with weight loss. It is a good concept, but it can be dangerous if not done properly because it puts you at risk of losing needed nutrients and vitamins.
- ▶ Practicing healthier eating habits is just that, basically instead of removing specific foods from your life, the idea is to set limitations on the foods you eat, thus allowing you to enjoy your meal and improve your fitness.

We believe we have designed a meal guide which anyone, anywhere can use to help build and/or improve their fitness. Yes, we say guide not plan. Our meal guide is not based on calorie intake, or the idea of cutting carbs, it's not about drinking more water to eat less, nor is it about intermittent fasting or any of the other trends in the world.

Our meal guide is just that, a guide. Basically, you do not have to a plan for something which we do every single day of our life, eating. The truth, each one of us already have a meal plan, it's comprised of breakfast, lunch, snacks and dinner, the key is not the plan, but instead the foods we eat and the implementation.

***Our fitness guide is simple, effective, and easily implemented into your current eating lifestyle.***

# TWO KEY COMPONENTS

## **MODERATION** and **LIMITATION.**

### MODERATION

The point to practicing moderation is simply, it assists with stopping excessive consumption. Eating moderately could help with weight loss, weight control, hypertension, diabetes, cholesterol and help you stay healthy. Eating in moderation can include anything from scaling back portion size, pushing away your plate when feeling full, limiting sweets, adding more nutritional variety to your meals, or any combination of these options. The great thing about practicing moderation when eating, it allows us to continue to eat the foods we love.

### LIMITATION

Eliminating certain unhealthy foods could lead to weight loss and allow more room for essential nutrients. Getting healthy nutrients supports a healthy skeleton, heart, brain, digestive system and boosts our immune system.

Too much sodium, sugar, certain fats, and processed foods contribute to an increased risk of diseases and weight gain. Cutting these foods out could significantly reduce risk of these chronic health conditions.

# ADDRESSING THE ISSUES

**Our fitness meal guide lays out recommended information which could help to build or improve fitness and overall health. The guide addresses four issues which we believe stops a person from being successful when it comes to eating properly.**

**Those four issues are:**



## TIME

We all have everyday tasks which take up a large percentage of our time affecting our ability to stay disciplined. This leads us to eat unhealthy. Most quick and easy meal options are unhealthy fast food options.



## MONEY

Whether you are buying healthier foods to create your meals, registered for a food meal plan system or just eating out, it can be expensive. This at times could discourage us from focusing on healthier meal options.



## PREFERENCES

One of the problems with eating healthier is finding healthy foods to enjoy, especially if you are a picky eater. Many times healthy foods do not provide the same taste or flavor we find in unhealthy food options.



## MOTIVATION

Last but NOT least, the biggest challenge of all, motivation. We all have our moments where eating healthy all the time just feels depressing and boring.

**THE FIX:**

**STAY CONSISTENT || STAY MOTIVATED || STAY DISCIPLINE**

# Guiding You to Success!

GO HARD, FINISH STRONG, has identified the following three elements which we believe will guide anyone to be successful.

# Element #1:

## *Finding the Balance*

The first element focuses on identifying the right foods. Below are six things we have identified to help support healthier eating habits.

### **1. Avoid processed foods and focus on whole foods**

There are two types of processed foods chemically and mechanically. The one which is bad for you are the foods that are chemically processed, basically the foods are altered to make them more convenient, shelf-stable, and/or flavorful for consumers. The alterations could be simple as adding coloring or flavoring, or it could be worse by adding actual chemicals which could be considered toxic.

Examples of these chemicals are Artificial Sweeteners, Sodium Benzoate and Potassium Benzoate.

#### *Issues with chemically processed foods:*

- May raise cancer risk
- Loaded with added sugar, sodium, and fat
- Designed to promote addictive eating habits
- Low in nutrients and fiber
- High in carbohydrates

#### *Below are examples of what chemically processed foods are:*

- Processed meats
  - Example: deli meat, bacon, hot dogs, and sausages.
- Sodas and sweetened beverages.
- Quick meals.
  - Example: jarred, canned, frozen, and microwavable foods.
- Commercially baked goods.



## 2. Meals and snacks should be built around vegetables, fruits, and whole grains products.

Nutritional research consistently shows a balanced diet of fruits, vegetables, grains and legumes brings about a ton of health benefits. The benefits of whole food lowers the risk of heart disease, cancer and type 2 diabetes.

*Eating whole foods, vegetables and fruits:*

- Provides essential vitamins, minerals, and other nutrients
- Promotes a heart healthy lifestyle
- Is high in fiber
- Is low in sugar
- Is high in healthy fats
- Contains needed antioxidants



## 3. For meats, focus on eating lean meats.

Eating lean meats, poultry, fish, beans, eggs, and nuts:

- Is rich in protein and has a good source of nutrients.
- May help reduce the risk of heart disease.
- Reduces the risk of developing dementia in older adults.
- Reduces the risk of cardiovascular disease, stroke.





#### 4. Limit saturated and trans fats, sodium, and foods which have a high concentrations of sugars.

- ▶ If you consume too much of saturated fat it could raise levels of cholesterol (LDL) in the blood thus increasing internal inflammation.
- ▶ Too much sodium increases blood pressure thus potentially increasing risk of stroke, heart failure, osteoporosis, stomach cancer and kidney disease.
- ▶ Sugar is not in itself bad for you, however too much or over consumption can cause many problems and issues. According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are:
  - ▶ Men: 150 calories per day (37.5 grams or 9 teaspoons)
  - ▶ Women: 100 calories per day (25 grams or 6 teaspoons).
  - ▶ There are many types of sugars and syrups which are added to foods or beverages when they are processed or prepared.

#### 5. Portion size management.

Whether you want to lose a few pounds or just maintain a healthy weight, eating proper portions is as important as eating the right foods. Portion and serving sizes are often used interchangeably, but actually, there is a difference. A portion is the total amount of food that you eat in one setting. Benefits of portion control are:

- ▶ Better digestion
- ▶ Balanced Blood Sugar
- ▶ Weight Loss
- ▶ Saves Money

**You want success, live by this each day!**

*One of the most important aspects for this meal guide is moderation, no matter the meal or the snack focusing on proper portion sizes.*

## 6. Try to only consume foods prepared in the following manner:

- ❑ Steaming is a good cooking method because you use water and it helps food maintain its nutrients.
- ❑ Stir frying or sautéing in healthy oils creates healthy clean meals.
- ❑ Roasting allows the ability to eliminate added fat due to drip away.
- ❑ Grilling is a health option as well, but it is recommended to not do it all the time.
- ❑ Microwaves cook food quickly, helping foods to maintain its nutrients. However it is very important to use glass or ceramic dishes to cook food in the microwave as plastic could release nasty chemicals in your food.
- ❑ Baking requires little or no added oil and it helps retain the nutrients of the foods being cooked.



## Element #2:

### *Design A Meal Guide*

A good way to stay on track with eating the proper foods and practicing the **LIMITATION** concept is to design a schedule for your eating habits. Having a schedule keeps you on course, it keeps you motivated, committed and provides you with a goal.

Below is a recommended meal schedule we have created which is based on our two key concepts **MODERATION** and **LIMITATION**. There are four unique choice to choose from, starting from someone who is new to fitness and want to eat better to someone who is already at a high level of fitness but haven't found the right meal guide. The meal schedule is broken down into a full week (7 days). Following this plan is simple , see below:

**Begin the Growth** - for someone who is new to fitness, helps to ease into healthy eating. Changes will occur but at a slower pace.

- 3 Days Strict
- 2 Days Modified
- 2 Day Uncontested

**Strict**– *means all your meals and snacks for the day are healthy.*

**Modified**- *means one meal or one snack for the day can be unhealthy.*

**Uncontested**– *means one meal and one snack for the day can be unhealthy.*

**Advance the Growth** - for someone who in high fitness and wants to maintain their current level or see minor improvements

- 4 Days Strict
- 2 Days Modified
- 1 Day Uncontested

**Maintain the Growth**- for someone who is moderately fit already, but want to see better results.

- 3 Days Strict
- 3 Days Modified
- 1 Day Uncontested

**Conquer the Growth**- for someone who wants to see major results over a condensed time frame.

- 5 Days Strict
- 2 Days Modified



***WELLNESS, BUILT TOGETHER!***

