

# L A T T

## Client Recommendations

*“You get out what you put in.”*

Fitness training is a partnership, and success is guaranteed only if both the client and trainer do their part with commitment and accuracy. Upon initial session, baseline measurements are strongly suggested, but not required. To track fitness progress, the client has the option to continue on with regular measurements.

### Exercise

Exercise recommendation is 30 minutes for 5 days a week, which includes:

- 150 minutes of moderate intensity exercise, or
- 75 minutes of vigorous intensity exercise, or
- A combination of the two

If a client trains 3 sessions a week, the client is expected to work on their own an additional 2 times a week.

### Nutrition

Regular exercise and good nutrition go hand and hand.

In order to see results, more calories must be burned than taken in.

A healthy diet consists of (portion sizes):

- Vegetables (1 - 2 fists)
- Meats (deck of cards)
- Nuts (small handful)
- Fruits (1 - 2 fists)

In a healthy diet, please avoid:

- Sugars
- Carbohydrates

In a healthy diet, please also avoid:

- Processed food, and
- Packaged food

Drink plenty of water. Drinking half your bodyweight in ounces is optimal.

For example:

- 200 lbs of weight = 100 ounces of water
- 100 lbs of weight = 50 ounces of water

Please stay away from **Alcohol** as it is an empty calorie. An empty calorie means you are intaking calories with no nutritional value.