



10 Tips To Get Started

1. Set a SMART Goal	6. Positive Behaviors
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3. Get those Z's	8. Keep a Record
4. Stay Hydrated	9. Stay Off the Scale
5. Don't Stress Out	10. Let It Go

1. Let's get started and set a SMART goal! A goal should be specific, measurable, attainable, relevant, and timely. Instead of saying, I want to lose some weight, write down "I want to lose 5 pounds in the next 3 weeks". Working towards something specific will motivate you to achieve your goal that now appears within reach. Goals do not have to be focused on weight loss. Examples are: "I want to be able to do 1 or 2 full pushups with perfect form in 2 weeks; I want to run 1 mile, without walking, in 3 weeks; I want to make it through a full, circuit workout with only the prescribed rest in 3 weeks".
2. Give your body the fuel it needs to accomplish your daily tasks. Calories are units of energy you need in everyday life and vary by person and activity level. MACROnutrients (protein, fats, and carbohydrates) are key "tanks" to fill as you choose the right fuel and also varies across individuals. Knowing these requirements and getting them each day is vital to your health, wellness and optimum performance. You can calculate individual calories

and Macros (macronutrients) needed here: <https://www.calculator.net/macro-calculator.html>

3. Sufficient sleep is essential for our bodies and minds and not enough can keep you from reaching your goals. The National Sleep Foundation recommends adults get 7-9 hours of uninterrupted (this is hard for moms and dads) sleep each night. While you are sleeping, your muscles repair and regenerate tissue and grow. These repairs have you burning calories while you sleep! Even after all of your hard work, your body is still digesting those last carbs and storing them as glycogen for your fresh start in the morning.
4. DRINK WATER! Water is a critical component of our bodies! Proper hydration aids regulation of body temperature, facilitates proper brain function, lubricates our joints and tissue, eases digestion and nutrient absorption, improves blood circulation, and so much more! Women should consume about 2.7 liters of water per day but may need more due to warmer climates or high intensity activities.
5. Stressors are inevitable in our lives, even if they are not our own, but our reactions make all the difference. Extreme or chronic stress can cause headaches, upset stomach, high blood pressure, chest pain, anxiety, depression, and eventually require medical interventions or treatment. Staying stressed raises your level of a hormone called cortisol. Sustained high levels of cortisol can lead to an increase in appetite, weight gain, high blood pressure, irritability, insulin resistance and more. Great tools to combat stress are exercising regularly, eating a well-balanced diet, maintaining a consistent schedule, making time for hobbies, meditating or praying daily, and focusing on the positive. In my opinion, laughter still proves to be the best medicine and a little bit goes a long way!
6. We all develop habits or routines that may prove to hinder progress towards our goals. What continues to keep you from being your healthiest? Is it a sweet tooth? Is it a demanding job? Is some other excuse de jour? You have the power to make small changes that can correct your course to the path of progress. Avoid the snack food aisle, meal prep over the weekend, or reduce your alcohol intake. Increase the positive behaviors and

reduce the negative to maintain forward momentum. “Insanity is doing the same thing over and over again and expecting a different result”. Progress, over perfection, is the ideal result.

7. Insert your workout to your daily schedule. Once you have it in a time slot, keep it there and do it without thought or hesitation! If you make it a part of your daily routine, it will get easier to do. Believe or not, if you miss your workout, you may even start to miss it and the rush or endorphins you feel after accomplishing your daily goal! Prioritize your health and know, you owe yourself a daily workout!
8. Keep a food journal and an exercise journal. It is a great way to track your intake and keep yourself accountable. That day of meals may look quite a bit different on paper than you remember. Exercise journals will help you with recording Personal Bests with weight, repetitions, speed, etc. and will prevent you from becoming stagnant with your progression. You can look back on these and see what worked or did not work and adjust as necessary. Hold yourself accountable and be prepared to show off your progress, with the numbers to prove it.
9. Seriously, I mean this...**STAY OFF THE SCALE!** Your weight will fluctuate throughout the day and day-to-day. Getting on the scale daily will likely be a distraction and discourage you each time you fail to see those numbers moving in the right direction. If you must, you can weigh yourself no more than once a week. Be sure to do it first thing in the morning, before eating, to give a more consistent weight and the most accurate numbers.
10. What happens if you backslide into your old habits or you have a week of unhealthy choices; if you experience a trauma in your life or health issues arise? When something sends you flying off the path of progress on your health and wellness journey, just remember, It’s okay! Let go of the guilt of letting yourself down. Let go of the barriers and excuses your mind manifests amidst this setback. Let go of the negative thoughts of lost goals and the doubts of recovering. **LET IT GO!** Now, get back on track and remember my mantra, “Progress, not Perfection”!