

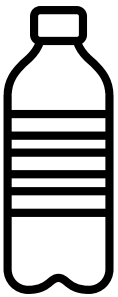


General Health Tips



Get Your Sleep!

Sleep is a key component in the body's recovery process when building muscle. It can also influence hunger and satiety, energy production, and motivation for physical activity. Getting a good night's sleep is helpful for everyone.. An adequate sleep schedule of seven to nine hours per night can maintain physical, emotional, and mental health.



Stay Hydrated!

In relation to fitness and exercise, water can...

- Naturally suppress hunger because thirst, which is triggered by mild dehydration, is often mistaken for hunger by the brain
- Stimulate your metabolism
- Increase activity due to hydrated muscle cells
- Help the body remove waste
- Burn fat
- Improve motivation and reduce stress

Track Your Food!

It is important to know exactly what you are consuming and where your current caloric intake stands. Many find that they don't eat enough (or vice versa)!



Download the app: [myfitnesspal](#)

And start tracking!

We recommend tracking for approximately one to two weeks to get a solid idea of where you're at.

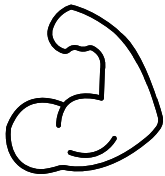


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Eat Whole Foods!

Take care of your body by choosing to fuel it with whole foods.

- Read ingredient labels - If you can't pronounce an ingredient, it probably isn't good for you. Stick to single ingredient, non-processed foods as much as possible.
- Limit sugar intake.
- Be cautious of liquid calories! This includes, but is not limited to - sugary coffees, sauces/dressing, and alcohol. These calories can add up fast!



Prioritize Protein!

Aim for a daily protein intake between .73 and 1 grams of protein per pound of body weight.

Ex. If you weight 120 lbs, you should aim to get at least 87.6 grams of protein per day!

Keep Tracking!

As you make diet changes, continue tracking using your daily food log. This allows you to identify what foods may or may not be working in your favor.

