

FIT KIT EP. 1

How to Get Fit & Stop Yo-Yoing

Small changes that will add up to make
a big difference



[CLICK HERE TO WATCH THE VIDEO](#)

Things to keep in mind to improve your...

RELATIONSHIP TO HEALTH

RELATIONSHIP TO FOOD

- Work towards seeing food as fuel for your body
- Don't feel guilty about eating junk
- Click on these videos below for more detail



Good Vs Bad Relationship with Food



How to Fix your Relationship with Food

RELATIONSHIP TO YOUR BODY

- Appreciate your body for what it CAN do
- Comparison is the thief of joy. Work to be the best YOU that you can be, rather than working to look like other people
- If you strive for health and fitness, aesthetics will follow but if you strive for aesthetics, there are many things that can go wrong

RELATIONSHIP TO EXERCISE

- Exercise should be done for the positive benefits, not as a punishment
- View it as a way to get closer to your goals, not to compensate for the food you ate

Small changes to make to improve your...

PHYSICAL HEALTH

NUTRITION

Positive Changes

- More vegetables
- More fiber
- More protein
- More fruit
- More healthy fats
- More whole, unprocessed foods
- Increase number of home cooked meals
- Increase water intake
- Increase variety of food
- Be more mindful of your food. Take 10 seconds to think about what you're about to eat before you eat it (even if it is healthy). This can help create a positive relationship with food because you can appreciate the good fuel you are putting in your body

Negative Changes

- Decrease processed foods
- Decrease sugar intake
- Cut back on soda
- Cut back on serving sizes of dessert/days with dessert
- Decrease "cheat meals"
- Decrease number of times per week you eat out
- Choose healthier alternatives to junk
- Decrease caloric intake (if applicable)

Small changes to make to improve your...

PHYSICAL HEALTH

EXERCISE

Positive Changes

- Increase number of steps per day
- Go for a 10 minute walk in the morning
- Go for a 10 minute walk after work or school
- Increase days at gym per week by 1-2
- Increase exercise time by 10-20 minutes
- Increase NEAT

Negative Changes

- Decrease time being sedentary by getting up every 30 min to stretch or move around
- Stop doing your favorite mode of exercise and try something new
- Stop looking at your phone between sets

Small changes to make to improve your...

PHYSICAL HEALTH

SLEEP

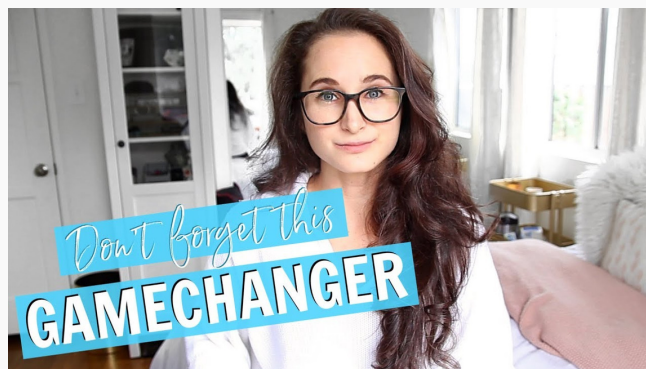
Positive Changes

- Drink warm tea
- Take a warm shower
- Do some light stretching
- Read a book before bed
- Try ashwaganda or reishi

Negative Changes

- Stop looking at your phone for 1 hour before bed
- Don't have caffeine after noon
- Cut down on screen time before bed
- Don't stay up late bingeing youtube videos or Netflix
- Go to bed at the same time every night
- Wake up at the same time every day

Check out this video for more info on how sleep can impact your progress & for more tips on how to improve sleep quality



Small changes to make to improve your...

PHYSICAL HEALTH

STRESS

Positive Changes

- Make lists to organize thoughts and tasks
- Meditate
- Do 60 seconds of deep breathing 3 times throughout the day
- Take long, slow, meditative walks
- Get enough sleep
- Try stress reducing adaptogens like ashwagandha, reishi, and turkey tail

Negative Changes

- Reduce and/or cut out stimulants like coffee
- Spend less time on phone to give yourself more time to work
- Cut out things that stress you out--friends, family, etc.
- Eliminate foods you are intolerant to
- Limit intense exercise

Check out this video for more info on how stress can impact your progress & for more tips on how to improve your stress levels

