

RAPFITNESS

REACH ABSOLUTE POTENTIAL

HEALTH AND FITNESS LIFESTYLE TIPS

Please consult a physician or a nutritionist before making changes to your diet or adding supplements. Here are some helpful diet/health/lifestyle tips:

- When you have a piece of food in front of you, as yourself: "30,000 years ago, could I have gotten this in my hands? Was it caught in the ocean? Was it a land animal? Did it fall from a tree? Was it picked from a bush? Did it come from the ground? Was it a bird?"
 - » If it doesn't qualify, then DON'T EAT IT.
- (Most cereals do not qualify. Some organic and very low sugar cereal is okay, though.)
- Keep ingredients lists at a maximum of THREE ingredients, preferably 1 or 2.
 - » If there is a long list of ingredients you can't even pronounce, it's best to stay away from it. Food items that say "sugar free," "enriched," "vitamin ___ added!", and other similar phrases will probably contain either artificial sweeteners or unnatural processed food additives.
- Eat from the earth, not from a box!
- AVOID TABLE SALT:
 - » Best salt to use: Colored Sea Salt (You can get these at Whole Foods)
- Grey Celtic, Black Hawaiian, or Pink Himalayan sea salt (These salts will not be bleached and will have natural vitamins and minerals)
- Counting calories is no way to live. Not all calories are created equal. Go by the QUALITY of calories, NOT the quantity. It is nearly impossible to keep an accurate count. Eat until you're not hungry. Do NOT eat until you're STUFFED!
- Keep your plate COLORFUL. Protein, carbs, fruits, vegetables, and health fats.
- Buy organic fruits and vegetables if you can. If you are going to buy conventional fruits, buy THICK skinned fruits.
- THIN skinned fruits should always be bought organic. (Link below is a good list of foods to buy organic)
- <http://www.goodhousekeeping.com/recipes/healthy/dirty-dozen-foods#slide-1>
- Avoid (realistically, minimize) GLUTEN and DAIRY. (At your own discretion, try this for a month and see how you feel)
- BEFORE workout (2:1, carbs: protein)
- AFTER workout (2:1, protein: carbs)
 - » When you work out, your glycogen stores become depleted. Replenish them with a piece of fruit ASAP after your workout, preferably before the sweat on your forehead dries off then have main post workout meal
- The only fluid that should go in your body is WATER. ***Drink half of your body weight in ounces per day!***
- If you fry, fry with Extra Virgin Olive Oil or Extra Virgin Organic, non-hydrogenated** coconut oil
- Do research on what types of animals/plants were found on the land where you originally came from and choose foods as similar to that as possible and find those foods locally. These foods will be more bioavailable to you.
- IMPORTANT: Do your best to SLEEP 8-9 hours a night and by 10:00 PM!***
- High fat high protein in the morning for breakfast*** that will jumpstart your metabolism for the day!
- After a large meal, don't just sit on the couch and watch TV afterwards! Go for a walk to stimulate your metabolism!

Add 1-3 lifestyle changes every week, every 2 weeks or even every month. Choose a pace that is good for you. Making these lifestyle changes should never be overwhelming. If it's ever overwhelming for you, then you are trying to change too much too fast. People who do that typically end up quitting almost every time. DON'T GO COLD TURKEY. I'd recommend starting with drinking more water and cutting down the meals ate out (COOK!!!). Add more FRESH fruits and vegetables to your diet, preferably ORGANIC. Add the others later on.

Eat every 2.5- 3 hours! Let me know if you have any questions!