



THE WELLNESS, FITNESS & NUTRITION GUIDE

YOUR PATH TO A STRONGER LONGER LASTING LIFE & HEALTHY BODY



The Wellness, Fitness & Nutrition Guide

Your Path to a Stronger Longer Lasting Life & Healthy Body

**Tips & Guides
for
Nutrition
Health & Wellness
Weight Loss
Fitness & Exercise**

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DID YOU KNOW.....Page 426-436

Section 1

NUTRITION

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THE RIGHT DIET

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BALANCED PLATE

30% carbs
*percentage = calories

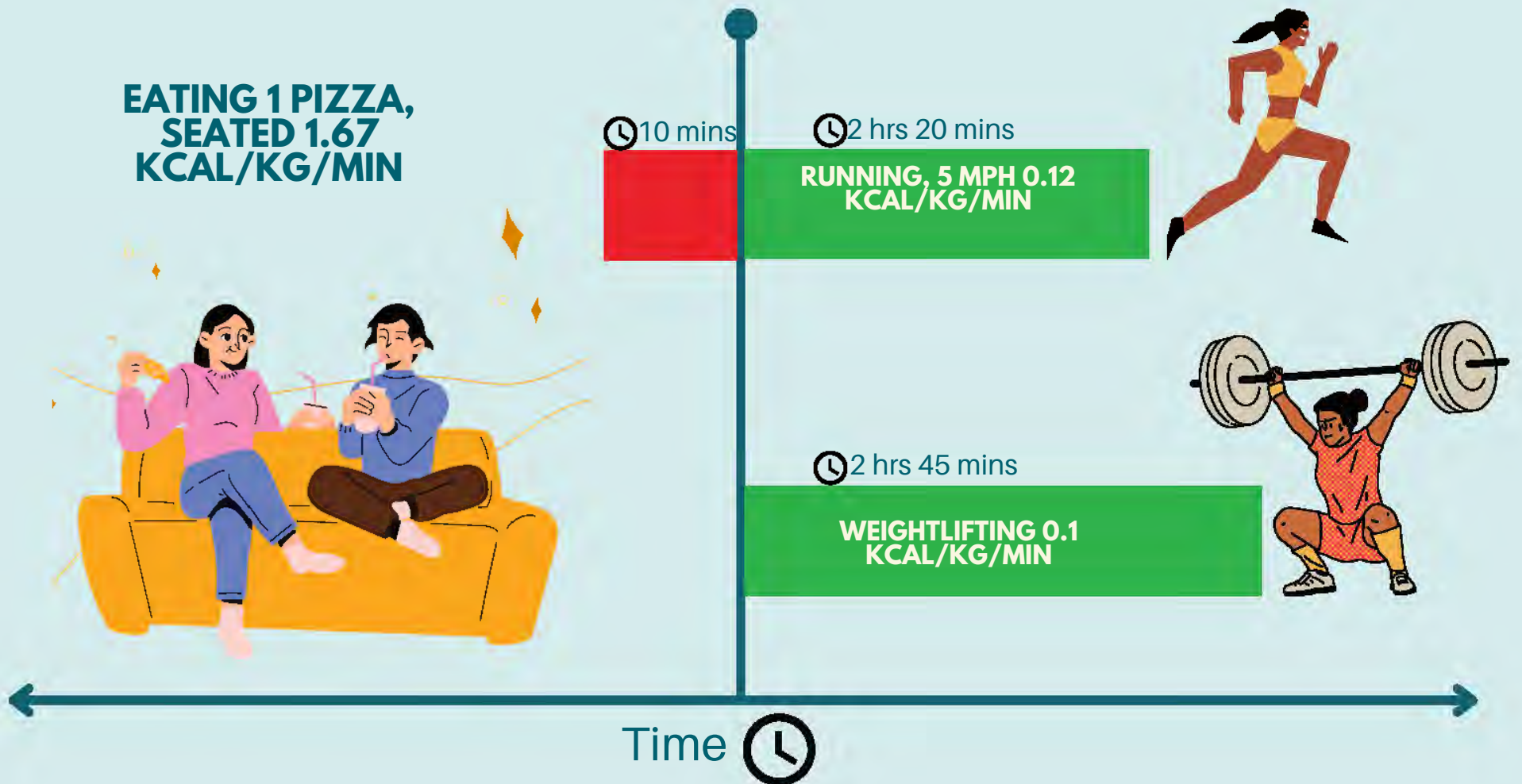


30% & 15%
Protein & fats

25%
Vegetables

YOU CAN'T OUT-TRAIN A BAD DIET

TIME SPENT EATING OR BURNING OFF 1000 CALORIES



IMPORTANCE OF MEAL FREQUENCY

TWO MEALS

750

750

1500 kcal

THREE MEALS

500

500

500

1500 kcal

FIVE MEALS

300

300

300

300

300

1500 kcal

FREQUENCY DOES NOT MATTER, TOTAL CALORIES MATTER

WHAT TO DRINK

Page 48 - 59

DIET SMARTER NOT HARDER

JUICE BAR MANGO
SMOOTHIE



>\$8.00
435cal

DIY MANGO YOGURT
BOWL



< \$3.00
145 cal



BENEFITS OF DRINKING WATER



Prevent
headache



Helps in
weight Loss



Energizes
muscles



Maintains
the balance
of body fluids



Keeps skin
healthy



Protects our
Joint and
cartilage

CARBS AFTER

8PM

7:59 pm



100 calories

8:01 pm



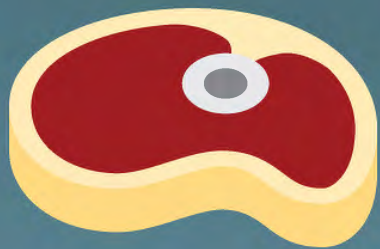
19253 calories just kidding.
It's still 100 calories

It's best if you eat your dinner before 8PM

HOW TO LOOSE FAT

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HOW TO HANDLE YOUR HUNGER



**PRIORITIZE
PROTEIN**



**EAT MORE
FRUITS**



**DRINK MORE
WATER**



**EAT SOME
HEALTHY FATS**



**EAT MORE
FIBER**

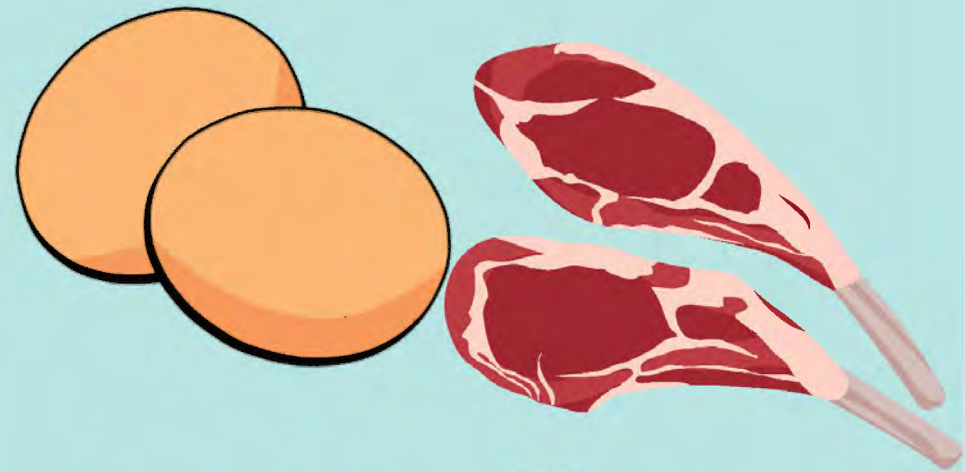
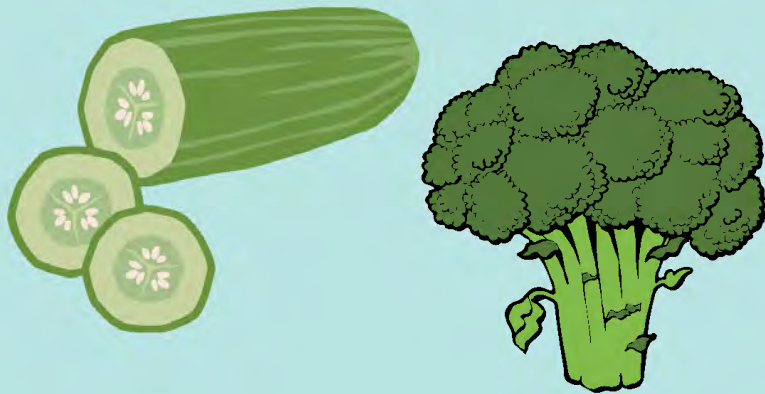
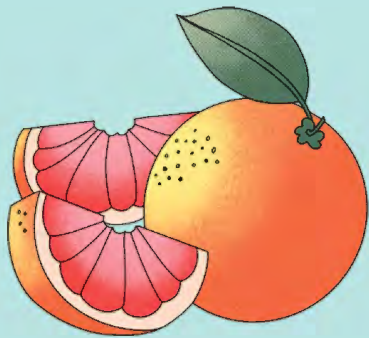


**GET ENOUGH
SLEEP**

FAT LOSS

VS

MUSCLE GAIN



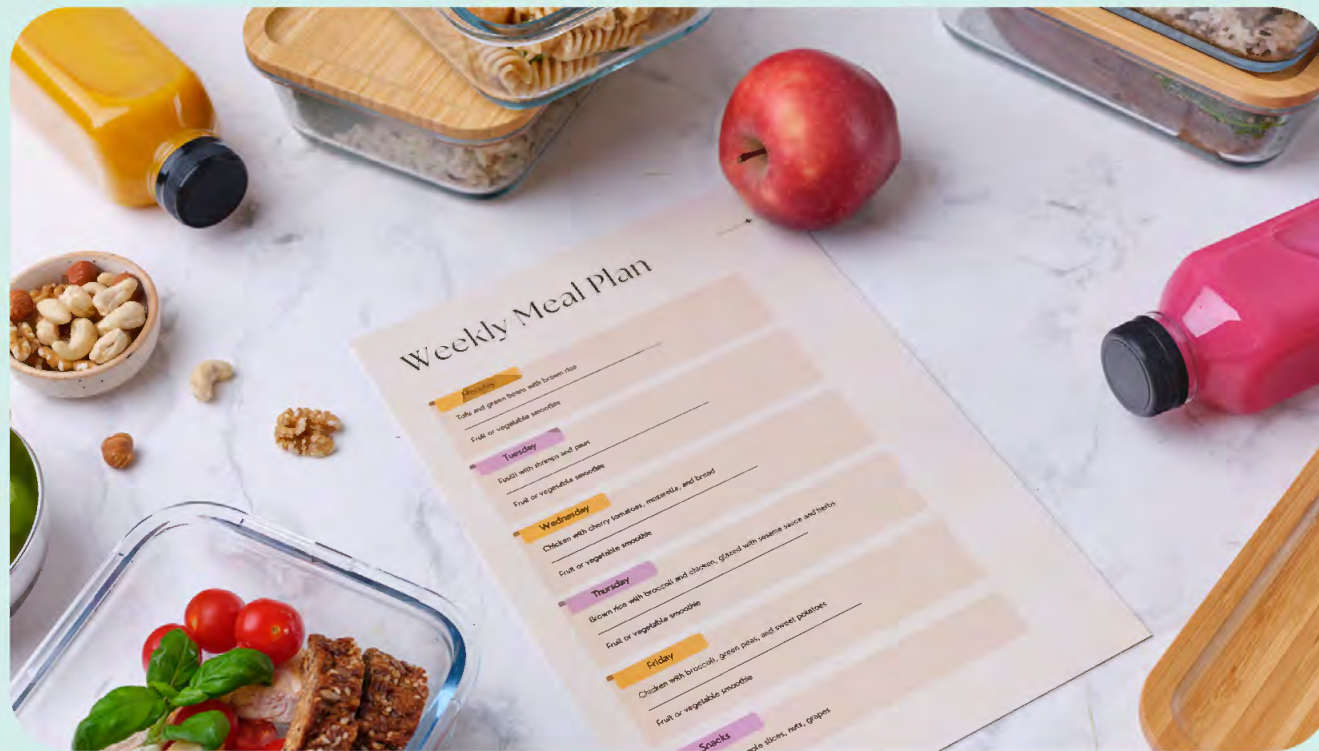
294 calories

653 calories

INTERMITTENT FASTING

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INTERMITTENT FASTING



Fasting

Eating

Fasting



11am - 7pm

7pm - 6am

6am - 11am

SUPPLEMENTS & NUTRIENTS

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WHAT'S THE MEANING OF SUPPLEMENT ?

Something that completes or enhances your diet.

Contains one, or more dietary ingredients.

Intended to be taken by mouth
Labeled on the front panel as a
dietary supplement .

Categories: health -
performance - weight loss.

Forms : tablets, capsules,
powders, drinks, energy bars.



3 REASONS TO CONSIDER TAKING DIETARY SUPPLEMENTS

1. Deficiency
2. Performance enhance
3. Convenience

Fruits and veggies
replacement
Protein replacement

E.G. - whey, vitamins and
minerals, antioxidants, and
enzymes etc.



VITAMINS

Page 94 - 113

A woman with long, wavy blonde hair is shown from the waist up, wearing a white sports bra. She is flexing her right bicep, with her right hand clenched into a fist. She is wearing a silver bracelet on her right wrist and a black smartwatch on her left wrist. The background is a white wall with horizontal siding.

UNDERSTANDING THE ROLE OF VITAMINS AND PROTEINS IN THE BODY

- » Learn about the different types of vitamins and proteins and their roles.
- » Research how vitamins and proteins work together for optimal body function.
- » Find out what happens when your body lacks certain vitamins and proteins.
- » Understand the signs of vitamin and protein deficiency.

UNDERSTANDING THE ROLE OF VITAMINS IN IMMUNITY

- Get to know vitamin E's antioxidant properties.
- Understand the importance of vitamin A for the immune system.
- Discover the benefits of vitamin D for immune health.
- Learn about the role of vitamin C in immunity.



UNDERSTANDING VITAMIN SUPPLEMENTS VS. WHOLE FOODS



Compare the vitamin content in supplements vs. whole foods.



Learn when vitamin supplements may be necessary.



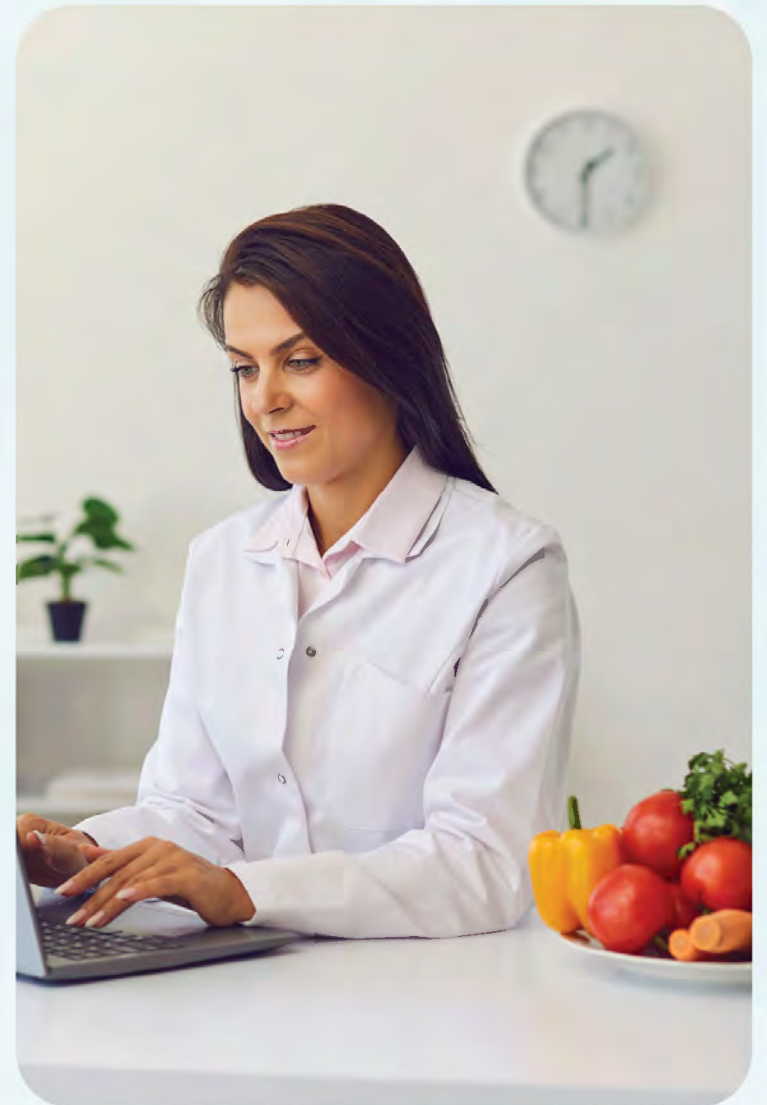
Understand the importance of getting vitamins from whole foods.



Learn about the benefits and drawbacks of vitamin supplements.

BALANCING VITAMINS AND PROTEINS IN YOUR DIET

- » Learn to read food labels to track your vitamin and protein intake.
- » Understand the concept of 'eating the rainbow' for a variety of vitamins.
- » Plan your meals to ensure a balance of vitamins and proteins.
- » Learn about the recommended daily intake of vitamins and proteins.



HIGH-PROTEIN FOODS

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BEST TIME TO EAT PROTEIN

UPON
WAKING



AFTER
TRAINING



BEFORE
BED



THE IMPORTANCE OF PROTEIN FOR EXERCISE AND RECOVERY



Learn how to make protein-packed, post-workout meals and snacks.



Discover the best post-workout protein foods.



Learn how to balance protein intake with your exercise routine.



Understand how protein aids in muscle recovery and growth.

HIGH-PROTEIN FOODS

FOR WEIGHT LOSS

- » Learn about the role of protein in satiety.
- » Discover high-protein foods that are low in calories.
- » Understand how to balance protein intake for weight loss.
- » Learn about the role of protein in muscle building and metabolism.

PLANT BASED & VEGAN DIET

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WHAT PEOPLE THINK PLANT BASED DIET IS



Leaves



No protein



No taste

What vegans actually eat



Variety



Protein



Not just leaves

WHAT PEOPLE THINK VEGANS EAT



WHAT ACTUALLY VEGANS EAT



Section 2

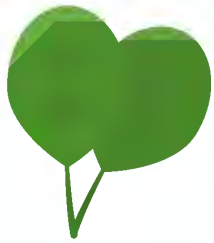
HEALTH & WELLNESS

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FOODS TO IMPROVE HEALTH & WELLNESS

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9 FOODS TO IMPROVE BRAIN HEALTH



Spinach



Broccoli



Beetroot



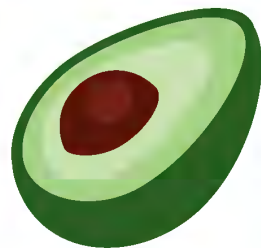
Rosemary



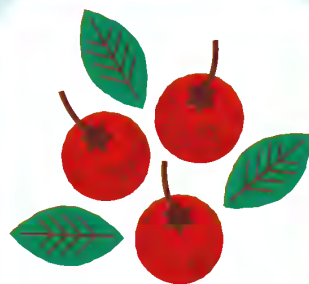
Onions



Turmeric



Avocados



Cranberries



Whole Grains

PLANS FOR A HEALTHY DIET

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EFFECTES OF A BAD DIET



HEADACHE



BAD MOOD



FAT FAIN



LOW ENERGY

WHY TOO MUCH SUGAR IS BAD



**MAY INCREASE
RISK OF DEPRESSION**



**HAS BEEN LINKED
TO ACNE**



**MAY CAUSE
WEIGHT GAIN**



**INCREASED RISK OF
HEART DISEASE**



**IT DRAINS YOUR
ENERGY**



**MAY ACCELERATE
SKIN AGING**

PLANS FOR A HEALTHY LIFESTYLE

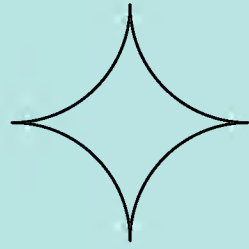
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11 HABITS FOR A HEALTHIER LIFESTYLE

FROM OPTIMISM TO NUTRITION AND EXERCISE

1. Be Optimistic Be positive
2. Don't Eliminate FAD diets
3. Dinner before 9 PM is a MUST
4. Follow 80:20 Ratio
5. Remove alcohol from your Diet
6. Grab Enough Sleep
7. More and more water
8. Diversify your Exercises
9. Take Coffee
10. Consume Citrus fruits daily
11. Take Fiber and protein with each meal

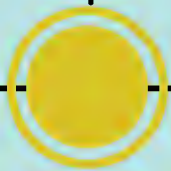




HEALTHY DAILY ROUTINE



Wake up early
in the morning



Exercise
regularly



Get away from the
computer every 30
minutes



Go to bed early
(By 10 pm)

Section 3

WEIGHT LOSS

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WEIGHT LOSS HABBITTS

Page 214 - 226

VS **WEIGHT LOSS** **FAT LOSS**



**JUST EATING
LESS**



**ONLY DOES
CARDIO**



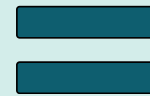
**GET
SKINNER**



**HAVING A
PROPER DIET**



**FOCUS ON RESISTANCE
TRAINING**



**GET
LEANER**

MORNING HABITS THAT Help You Lose Weight



Get Some Sun



Eat a High-Protein Breakfast



Practice Mindfulness



Drink Plenty of Water



Pay attention to your portions.



Pack Your Lunch

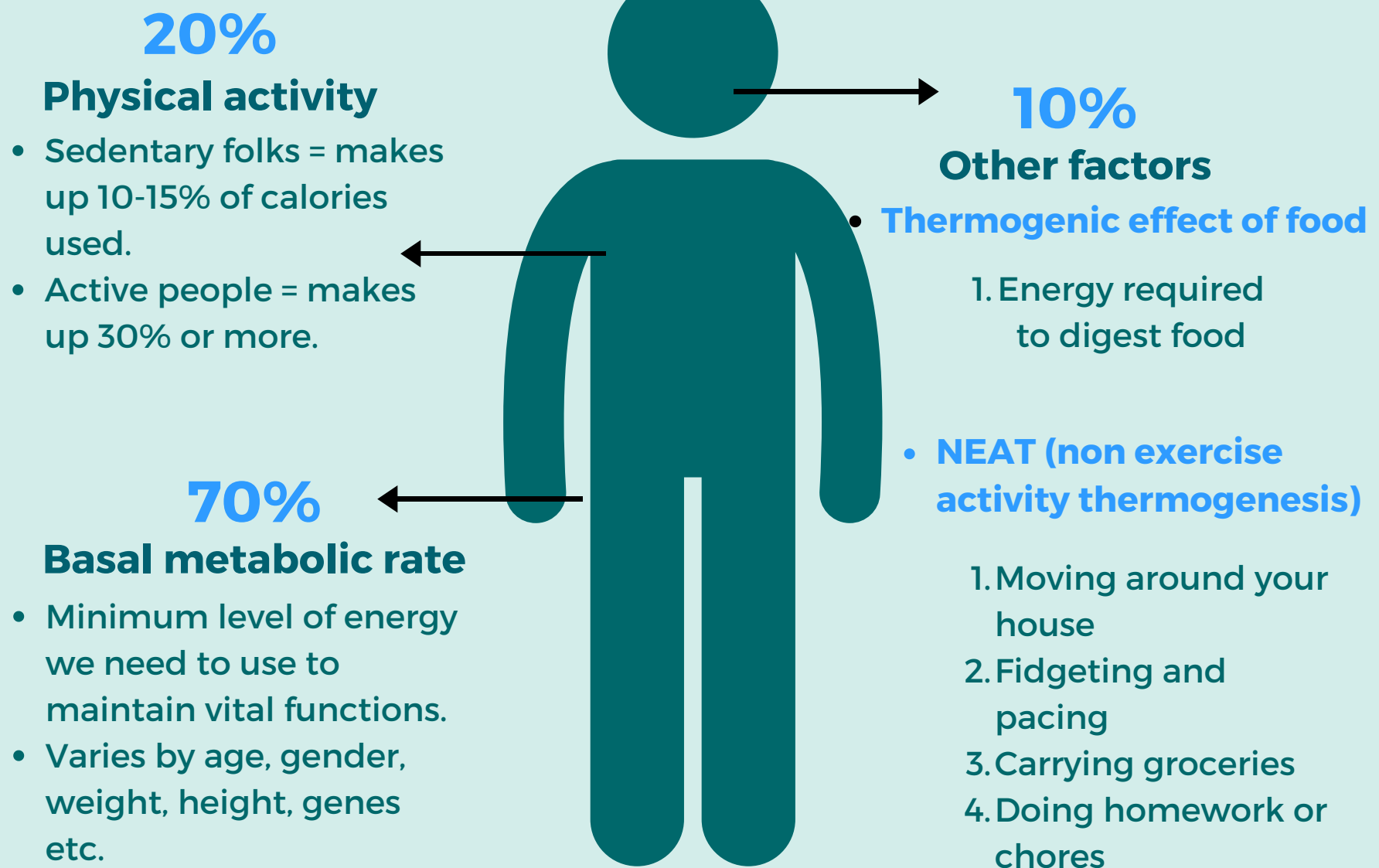


Squeeze in Some Exercise

HOW YOUR BODY REACTS

Page 228 - 250

HOW TO USE CALORIES



Keeping us alive is hard work!

WHY CALORIES MATTER FOR WEIGHT LOSS?

Calorie deficit



Calories "IN"



Calories "OUT"

=

Lose weight

Calorie maintenance



Calories "IN"



Calories "OUT"

=

Maintain weight

Calorie surplus



Calories "IN"



Calories "OUT"

=










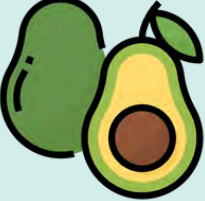














Gain weight

WEIGHT LOSS DIET FOR EATING

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DIETING MINDSET



DIRTY	CLEAN	BALANCE
 	 	 
 	 	 
		 
 	 	   

A CALORIE IS NOT A CALORIE

300 CALORIES



Insulin spikes and blood glucose raises fast

Void of any nutritional value

Hungry again in an hour which can lead to overeating

300 CALORIES



Steady insulin response and blood glucose increase

Full of nutrients your body can use

Full for at least 2-4 hours which keeps total calories under control

Food quality will always matter more than calories

WEIGHT LOSS DIET FOR DRINKING

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LIQUID CALORIES CAN HINDER WEIGHT LOSS

With liquid calories



600 calories



150 calories



700 calories



250 calories



800 calories



300 calories

2800 calories

Without liquid calories



600 calories



0 calories



700 calories



0 calories



800 calories



0 calories

2100 calories

WHICH MILK IS BEST FOR WEIGHT LOSS

COW

(8 ounce)



Cal - 150

Fat - 8.1 g

Protein - 8 g

Sugar - 12 g

SOY

(8 ounce)



Cal - 110

Fat - 4.5 g

Protein - 8 g

Sugar - 6 g

ALMOND

(8 ounce)



Cal - 30

Fat - 2.5 g

Protein - 1 g

Sugar - 0 g

HOW TO MAKE FAT LOSS EASIER



Limit highly
processed foods



Minimize
liquid calories



Eat more fruits
and veggies



Eat protein with
each meal



Stay active

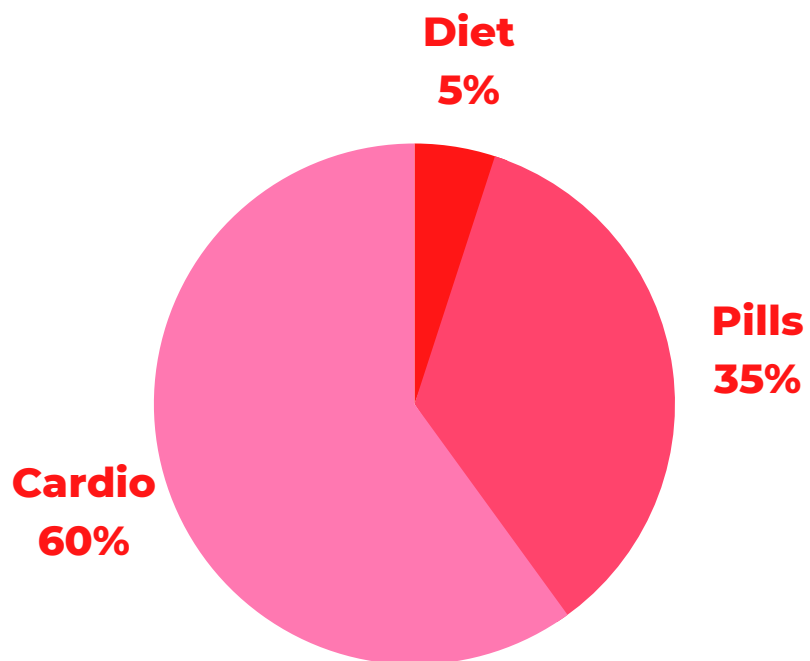
HOW TO LOOSE WEIGHT

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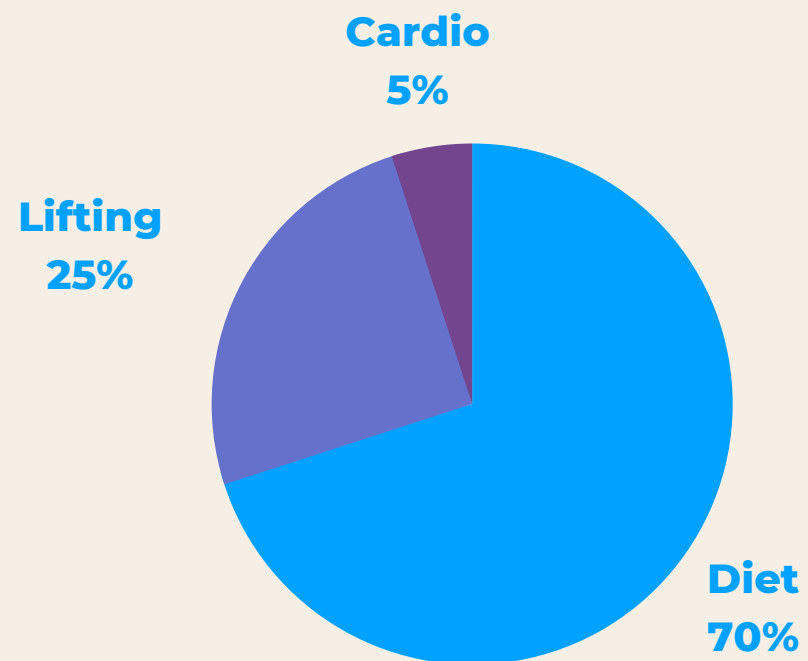
HOW TO LOSE FAT?



What most people do



What to actually do



HOW TO LOSE BELLY FAT



THE STUPID WAY



- ➔ Training mainly abs to spot reduce belly fat
- ➔ Doing cardio instead of weight training
- ➔ Cutting carbs because they are "bad"
- ➔ Looking for shortcuts



THE RIGHT WAY



- ➔ Getting stronger on compound movements
- ➔ Consuming lots of protein
- ➔ Eating in a calorie deficit
- ➔ Being patient and doing it for the long term

WAYS TO BURN CALORIES

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HOW TO BURN 100 CALORIES



Walking the dog - 26 min



Bike ride - 15 min

Mow the lawn - 20 min



Deadlifting - 11 min



LOSE FAT BY WALKING

- ➔ Burn calories without much of an appetite.
- ➔ Catch up with friends and family.
- ➔ Listen to a podcast or audiobook.
- ➔ Relieve stress.
- ➔ Think and reflect on life.



Section 4


FITNESS & EXERCISE

Page 311 - 424

FITNESS

Page 312 - 322

FITNESS IS NOT JUST FITNESS



**FITNESS IS PERSONAL GROWTH.
FITNESS IS TRANSFORMATION.
FITNESS IS ACCOUNTABILITY.
FITNESS IS MENTAL GROWTH.
FITNESS IS CONFIDENCE.
FITNESS IS STRENGTH.
FITNESS IS THERAPY.
FITNESS IS PEACE.**

FITNESS IS SO MUCH MORE THAN JUST FITNESS.

Running beats walking



FITNESS MYTHS

Since walking and running target the same muscle groups, just at different intensities. They come with similar health results when you compare overall energy burn

Fact



BALANCED TRAINING AND NUTRITION

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EFFECTIVE WEIGHT LOSS THROUGH BALANCED TRAINING AND NUTRITION



Focus on compound training With ab isolation 2x per week



Focus on a conservative caloric Deficit with sufficient protein



Emphasis on weight training With some added cardio



Too many situps and trying To spot and reduce fat



Eat well on weekdays and Binge on the weekends



Too much cardio and overly Restricting calories



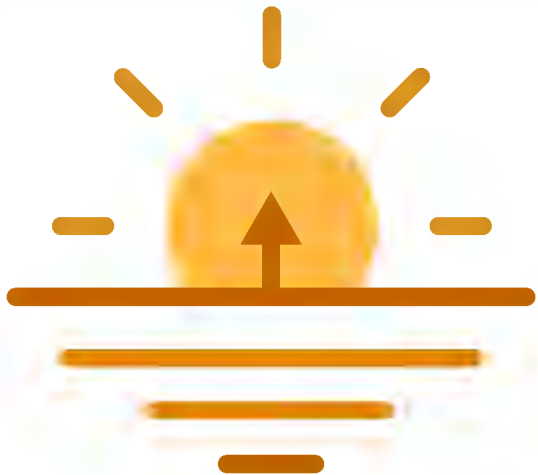
GET SLIM

- ◆ Do workout
- ◆ Drink more water
- ◆ Have vegetable with every meal
- ◆ Limit processed foods
- ◆ Multi-vitamins for breakdown of macros
- ◆ Sleep 8 hours
- ◆ Track calorie deficit with an app
- ◆ Eat fruits

FITNESS & EXERCISE PLAN

Page 337 - 352

WHEN IS THE BEST TIME TO TRAIN?



Morning

- Start the day good
- Less people in the gym
- Increased metabolism
- Higher testosterone levels



Evening

- More energy to train
- Have a better sleep
- Great stress reliever
- Finish the day off strong

YOGA & CARDIO

Page 353 - 362



3 REASONS **WHY YOU SHOULD** DO CARDIO



Cardio improves
cardiovascular health

Cardio can help with weight
loss

Cardio can improve mental
health

WHEN TO DO CARDIO?



Before lifting weights



High intensity (HIIT) day
before training legs



After lifting weights



On your rest day



Same day, but separate session

EXERCISES

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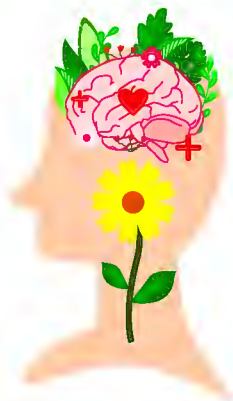
BENEFITS OF EXERCISE



Physical strength



Healthy heart



Overall mental health



Strong joints

THE SOLUTION TO ALL YOUR WISHES



**WANT MORE
MUSCLE?**



**LIFT
WEIGHTS**



**DO YOU WANT
TO LOSE FAT?**



**LIFT
WEIGHTS**



**WANT TO LIVE
LONGER?**



**LIFT
WEIGHTS**



**IMPROVE YOUR
HEALTH**



**LIFT
WEIGHTS**

BUILDING MUSCLES

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BUILDING MUSCLE

COMPOUND VS ISOLATION

80%
COMPOUND



**BETTER FOR
OVERALL STRENGTH**

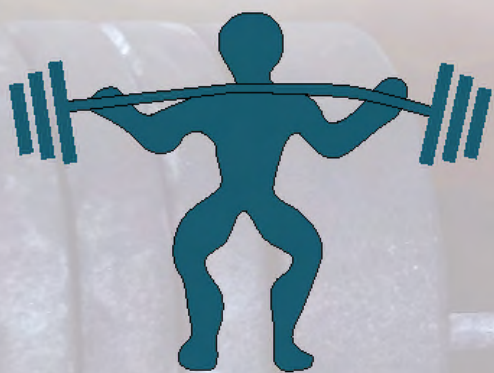
20%
ISOLATION



**BETTER FOR
HITTING SPECIFIC MUSCLE**

VS

COMPOUND ISOLATION



COMPOUND MOVEMENTS

- ◆ TRAIN SEVERAL MUSCLES AT THE SAME TIME
- ◆ MOST EFFECTIVE FOR STRENGTH AND SIZE GAIN
- ◆ A LOT EASIER TO MAKE PROGRESS OVER TIME



ISOLATION MOVEMENTS

- ◆ FOCUS ON ONE SPECIFIC MUSCLE AT A TIME
- ◆ GREAT FOR FIXING MUSCLE IMBALANCE
- ◆ EFFECTIVE WAY TO BUILD MIND MUSCLE CONNECTION

HOW TO BUILD MUSCLE

WEIGHTS



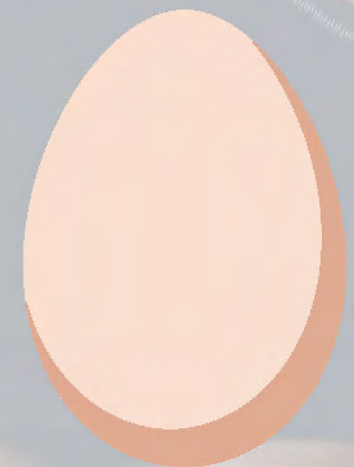
Demand/Load
Progressive Load

CALORIES



Caloric Surplus
BW (LB) x 16-20

PROTEIN



Bodyweight
0.8-1g/LB

BEST REASONS TO HIT THE GYM

1. Build muscle
2. Get stronger
3. Reduce depression
4. Look better
5. Confidence increase
6. Burn fat



Section 5

DID YOU KNOW

Page 425 - 436



Did you know?



Eat an orange before a workout, you
Will experience less muscle soreness
And they help you stay hydrated



DID YOU KNOW?



HUMAN BRAIN

Your brain uses 20% of the total oxygen and blood in your body.

DID YOU KNOW?

You are probably sitting right now on your biggest muscle, the gluteus maximus.



THE END

**THANKS FOR READING
& WATCHING**

TIPS

FOR YOUR
BODY