

How to get maximum results from your fitness and nutrition program

10 keys of fitness and weight loss success

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Diet, alone, is not enough, according to the US Food and Drug Administration

1. Set goals

Start by defining your goals. Set both process and outcome goals. *Process:* I'll walk 3 days this week for 20 minutes. *Outcome:* I want to reduce my body fat by 5%.

2. Find your starting point

Once you know where you want to go, you've got to then learn where you're at. Measure that which you wish to improve, *i.e. strength, endurance, measurements, body composition, etc.*

3. Make a plan

Once you know where you want to go, and where you are, the next step is to create a "roadmap" of what is required to achieve your goal.

4. Begin with nutrition

The foundation of health is nutrition. It's also the key to increasing your energy, improving your sleep, and better health overall. With a solid foundation, exercise is easier to begin and will deliver better results. This will increase your self-confidence and motivation to continue.

5. Balance meals

For stable energy and increasing metabolism, each meal should contain a balance of protein, carbohydrates, and essential fats.

5. Eat frequently

Small meals, every 3-4 hours are essential to stabilizing blood sugar and keep the internal "metabolic fire" stoked.

7. Drink lots of water

Water is essential for cleansing toxins from the body and releasing fat stores.

8. Take a vitamin supplement

Fewer than 1 in 50,000 surveyed by the FDA achieves complete nutrition from their diet alone. Take a quality vitamin-mineral supplement consistently every day.

9. Commit to change

Studies show it takes 21 days to create a new habit. Follow through until it becomes automatic.

10. Use a coach

A coach will provide accountability and support as you work your plan, seeing you through to the finish line.

For more information

Call Sean Greeley at 407.574.6406 or e-mail Sean@WakeUpTraining.com for help customizing a fitness and nutrition program to achieve your goals.



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