



Hot Tips for Turning your Weak Sauce into HOTT Sauce!

If at first you don't succeed,
refer to what your trainer told you in the beginning.

Clients who have the greatest success are the ones who listen to the advice of their trainers. To maximize your success, we recommend adhering to the following hot tips:

1. **EAT!** It is beyond our scope of practice to write meal plans. That being said, it is integral that you fuel your body properly. When you begin any new exercise program, you must accommodate this with fuel. Starvation or severely restricting your calories will not help you to achieve your goals. You want to build muscle to increase your metabolism and fuel your body enough to maintain your new muscles.

Of course, over eating also works against you. We recommend keeping an online food diary. In order to streamline our work efforts, we suggest www.myfitnesspal.com. This is also available in an app for most smart phones. After you set up your initial account, go to your settings to adjust your calories to **MORE** than your RMR. A good rule of thumb is your weight times 12 for steady weight loss. For example, if you weigh 150, your suggested caloric **NET** intake should be 1800. Do not be afraid to fuel your metabolic fire. We highly recommend keeping track of your macros as well (Carbs, Fats, Proteins). Textbook recommendations say that you should eat a minimum of 1 gram of protein per pound of lean body weight. For example, if you weigh 150 pounds and you have 30% body fat, your lean body weight would be 105 pounds, you should strive to take in 105 grams of protein per day.

What is **NET** calories? This is the amount of calories you take in, less the amount of calories that you burn through exercise. You should **ALWAYS** eat back your exercise calories so that your **NET** caloric intake matches your caloric goal. For example. If your caloric goal (intake) is 1800 and you eat 1500, your net calories for the day is 1500. If you exercised 300 calories, that would further reduce your net calories to 1200. Thus, you still need to eat 600 more calories. Total caloric intake for the day would be 2100 calories, but your **NET** would be 1800.

Quantity AND Quality! You should choose foods that are organic and as close to nature as possible. Avoid processed foods and refined sugars as much as possible. Choose lots of lean meats, and fresh fruits and vegetables.



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2. **DRINK WATER!** According to the Mayo Clinic, water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.
3. **REST!** Rest is so important to recharged your body and recover from your workouts, as well as the stress from daily activities. Shoot for about 7–8 hours per day. Naps are included!
4. **DO YOUR HOMEWORK!** Two to three hours a week in the gym will help you achieve your weight and fitness goals, but you have to do your homework. This means exercise on your non–lifting days and eat properly. Textbook recommendation for exercise is at least 30 minutes most days. This could be bicycling, walking, swimming, tennis, jogging, etc. Do what you like and like what you do!
5. Your trainer will guide you in achieving the best you that you can be to achieve your goals. 😊