

Nourish. Perform. Accomplish.

5 Strategies for Nutrition Success!



“ Get healthy, and stay healthy with proper nutrition and exercise!”

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1. It's not All or Nothing

Don't aim to be perfect all of the time. In fact don't ever aim to have a perfect diet. Most of the time we look at nutrition as all or nothing which results with us giving up at the first sign of falter. Try to follow an 80:20 principle, meaning you will aim to eat properly 80% of the time, and cut yourself some slack the rest of the time.

Start small, change is hard!



2. Set Goals

Setting long term or dream goals, weekly goals and daily goals will set you up for success. Write your goals down and review them at the end of each week. Make sure they are quantifiable, so you can make measurable changes.

3. Food Journal

Keeping a food journal as tedious as it is, is one of the best ways to keep you honest and accountable. Review it at the end of the day and at the end of each week to show yourself what you really did eat. Base your next weeks goals off of your food journal.

“Its important to prioritize your nutrition to be successful at implementing changes”

4. Eat Breakfast

Your breakfast set your metabolic tone for the day. Aim to include protein and fat in your meal and minimize carbohydrates (unless you are heading out for a long training session). Eggs, nuts and seeds, avocados, and coconut oil are great breakfast starters.



5. Hydrate

Staying hydrated is one of the best ways to stay healthy and energized. Without proper hydration our nutrients can't be transported to our cells, our wastes can't be eliminated and it's harder to maintain core body temperature. Water is also critical pre workout to ensure your muscle fibres slide well.

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