

FIT BODY
STRONGER TOGETHER
C H A L L E N G E

PROGRAM GUIDE

WELCOME TO THE

FIT BODY

STRONGER TOGETHER

C H A L L E N G E

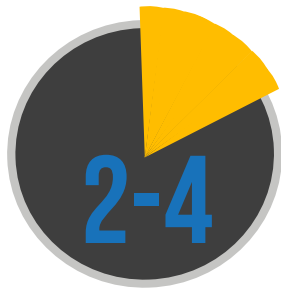


The goal of this 28-Day program is to instill in you exercise and nutrition habits that promote a reduction of body fat and an increase in muscle. Maintaining this fitness lifestyle is the key to achieving a stunning and lasting body transformation.

Here you will find an easy, doable guide for eating in a way that promotes optimal fat loss. The program is flexible and customizable, with target amounts of protein, complex carbs, and vegetables to include in each meal. You're certainly not going to go hungry with this fat-burning meal guide! As you'll see in the following pages, the plan includes 3 meals and 3 snacks each day.

FOLLOW THIS FAT BURNING MEAL GUIDE

To experience the most success with this meal plan, it's important that you plan ahead. Every. Single. Day. Get used to carrying around a small cooler filled with containers of chicken, broccoli, brown rice and sweet potatoes. Each meal is small, so restraint is required.



MEAL TIMING

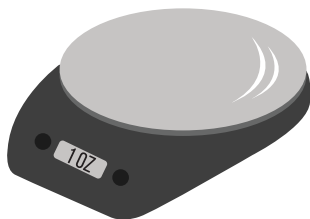
When you eat is a factor with this meal plan. Your meals are ideally eaten 2.5 hours apart, in order to keep your metabolism going strong. While the exact time you start your meals is up to you, be sure to keep yourself on the eating-every-2.5-hours schedule from the time you eat your first meal. This means waiting until the appointed time to eat. Mindless snacking, or grabbing a muffin just because it's there, is out of the question. This reduces overall calories, which is key to weight loss and helps expedite your results.

You shouldn't feel hungry with this meal plan. By fueling up every 2-3 hours you should never feel deprived. Energy levels are steady and high due to the constant supply of wholesome calories. Fat loss results are steady, and, when done with an exercise plan, muscle is maintained.



MEAL CONTENT

The content of each of your small meals is very important. Your meals contain lean proteins, fiber-filled veggies, and limited complex carbs. Meals early in the day contain lean protein, fiber-filled veggies and a small portion of complex carbs, while meals later in the day are smaller and do not contain any complex carbs. All meals are low in fat.



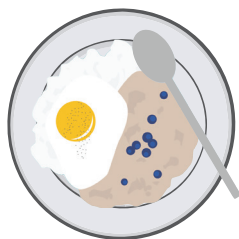
MEAL SIZE

This meal plan also focuses on the size of your meals, which makes sense since you are eating six times each day, and excess calories would quickly add up. You'll see a guideline on page 4 for ounces of protein and measurements of complex carbs and vegetables. As you pack your meals for the day use a food scale to ensure that you have exactly the right amount of lean protein, and use measuring cups for portions of complex carbs and veggies. It is not necessary to count calories on this program, simply use the portions of protein, complex carbs and vegetables as outlined on page 4 as a guide to finding your personal, optimal portions.

MEAL PLAN GUIDE SHEET

BREAKFAST

Includes protein from egg whites and complex carbohydrates from oats.



WOMEN

1 cup egg whites and 1/3 cup oats, both measured before cooking.

MEN

1 ½ cup egg whites and 1/2 cup oats, both measured before cooking.

SNACK #1

Includes protein, complex carbohydrates and vegetables.

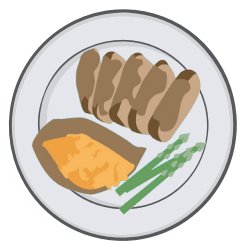


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

LUNCH

Includes protein, complex carbohydrates and vegetables.

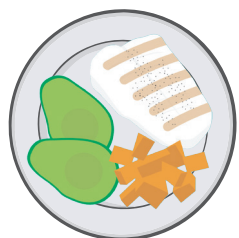


2-3 ounces protein, 1/3 cup complex carbohydrates and 4 ounces vegetables, all measured after cooking.

4-6 ounces protein, 1/2 cup complex carbohydrates and 6 ounces vegetables, all measured after cooking.

SNACK #2

Includes protein and vegetables.

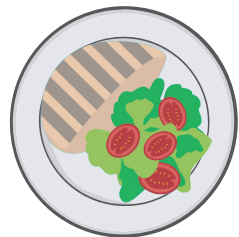


2-3 ounces protein and 4 ounces vegetables, both measured after cooking, and 1/4 an avocado.

4-6 ounces protein and 6 ounces vegetables, both measured after cooking, and 1/2 an avocado.

DINNER

Includes protein and vegetables.



2-3 ounces protein, and 4 ounces vegetables, both measured after cooking, and a teaspoon of olive or coconut oil.

4-6 ounces protein, and 6 ounces vegetables, both measured after cooking, and 2 teaspoons of olive or coconut oil.

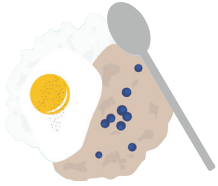
DESSERT

Includes protein powder and Greek yogurt.



1 scoop high quality protein powder mixed with 2/3 cup nonfat, plain Greek yogurt.

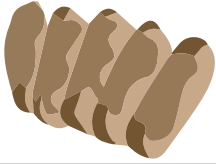
2 scoops high quality protein powder mixed with 1 cup nonfat, plain Greek yogurt.



BREAKFAST

Include protein and complex carbs.

This program was written with eggs and oats as the primary breakfast options. You could stick with the meal plan guide by enjoying egg whites and oatmeal each morning or choose from the breakfast category in the 28-Day Stronger Together Cookbook. It's also worth noting that you could use any other protein or complex carb source included in the program for breakfast if eggs and oats aren't something you enjoy.



PROTEIN

Try these high quality, lean, natural protein sources.

There are many quality, lean natural protein sources to choose from. The protein category in the 28-Day Stronger Together Cookbook includes recipes with chicken, turkey, beef, pork, lamb, tuna, salmon, halibut, catfish, shrimp, tofu, beans, lentils, cottage cheese and Greek yogurt. A high quality protein powder can also be used as the protein source in meals, however stick with whole, unprocessed protein sources whenever possible for optimal results. Be sure to reference the food/shopping list for a complete list of protein options.



COMPLEX CARBS

Include a small portion of complex carbs in half of your meals.

There are several options when it comes to complex carbs. The complex carb category in the 28-Day Stronger Together Cookbook includes recipes with oats, quinoa, brown rice, spaghetti squash, sweet potatoes, green beans, butternut squash, and parsnips. Be sure to reference the food/shopping list for a complete list of complex carb options.



VEGETABLES

Fiber is an important part of any successful meal plan.

You will see vegetables included as part of most of your meals. The key here is to stick with vegetables that are low in sugar and high in fiber. As a rule of thumb, green vegetables are consistently low in sugar and high in fiber, whereas more colorful vegetables, such as carrots or beets, are higher in sugar. When in doubt, eat more green vegetables!

The recipes in the vegetable category in the 28-Day Stronger Together Cookbook include asparagus, broccoli, brussels sprouts, cabbage, spinach, arugula, fennel, zucchini, cucumber, green beans, cauliflower, mushroom, lettuce and kale. Be sure to reference the food/shopping list for a complete list of vegetable options.



DESSERT

If you have a sweet tooth then try these low impact desserts.

It's possible to come up with a few sweet treats to enjoy while still being successful with your body transformation, however these are very strategic desserts. The best one is to simply combine plain, nonfat Greek yogurt with high quality protein powder. It's surprisingly satisfying and pudding-like. You could also sprinkle a handful of berries over this pudding. There are a few other options in the dessert category in the 28-Day Stronger Together Cookbook.



WATER

Drink plenty of water each day on this program.

You should aim to drink half of your bodyweight in ounces of water every day.

Your body functions best when fully hydrated, plus the process of burning fat happens most efficiently when properly hydrated. This will also reduce water retention under the skin. Also, an added benefit of extra water is that it will help detoxify your body over the next 28 days. Body fat can store toxins, and when you are burning fat at a high rate, you are also potentially releasing more toxins.

And keep this in mind: While drinking more water will not make you burn more fat, not having enough water will prevent your body from burning fat.

MAKING THIS GUIDE WORK FOR YOU

If you are comfortable in the kitchen, and love the idea of new recipes, then the 28-Day Stronger Together Cookbook has corresponding sections of protein, complex carb, and vegetable recipes to choose from. It's advisable to meal prep once or twice a week, and to package all of your meals and snacks in containers in the fridge, for easy grab-n-go access.

However, if you'd rather not cook that's just fine too. There are many ways to meet the nutritional goals of this program, even without doing any cooking. Simply use these tips...

THE LITTLE-OR-NO-COOKING METHOD

1. Reduction in Variety: Doing little to no cooking will require that you give up a lot of the variety that the plan as written provides. This will be less about flavors and more about practicality.

2. Finding Ready-To-Eat Foods: A good deli or meat market, along with a few healthy restaurants will help make this possible:

- *Purchase cooked brown rice from your local deli (and use 1/3 cup for your complex carb in your lunch)*
- *Purchase roasted, shredded chicken from your local deli or restaurant (and use for the protein in your lunch and dinner)*
- *Purchase steamed green veggies from your local deli (and use as the veggie in your lunch and dinner)*

3. Sticking with Super Easy Recipes: Some of the recipes in this program are so simple that you can certainly make them, even with little to no kitchen experience. Rely on these super easy recipes. Use them again and again! Hint: if you don't yet have a slow cooker, this will be your biggest ally in making simple, healthy recipes.

- *Amazing Roasted Broccoli*
- *Lemon Blanched Asparagus*
- *Hummus Tuna Salad*
- *Marinated and Grilled Chicken Breast*
- *Marinated and Grilled Flank Steak*
- *Braised Cuban Flank Steak*
- *Slow Braised Beef*
- *BBQ Carnitas Lettuce Wraps*
- *Baked Sweet Potato*
- *Roasted Spaghetti Squash Rings*
- *Tangy Mashed Sweet Potatoes*
- *Chicken En Papillote*
- *One Pan Garlic Salmon*
- *Frozen Dessert Bark*
- *Chocolate Protein Pudding*

In addition to eating clean, minimally-processed whole foods for 28 days, the Stronger Together program incorporates healthy habits you'll want to follow every day to feel your best.



EXERCISE FOR 30 MINUTES 3 TIMES A WEEK

Countless health studies and decades of research indicate that physical activity decreases the risk of developing health problems including: depression, heart disease, weight gain, cancer, type 2 diabetes and even premature death.



DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER EVERY DAY

Yes, you can do it. No, you won't drown or spend every waking moment in the bathroom! Water is essential to your health and incredibly important to shedding body fat.



GET 6-8 HOURS OF RESTFUL SLEEP EVERY NIGHT

Sleep is not a luxury. It's essential to your health. If you want to burn more fat, prevent disease, have clearer skin and function better at work and home, get more sleep!

TIPS AND TRICKS



EXERCISE

Schedule 3 boot camp sessions as can't-miss appointments. Enter your workouts on your calendar just as you do important work meetings or kids' events. Block the time so no one can schedule over your workout times.

Find a time that works for you. Think you don't have time to work out? Typically, no one demands your time at 5:00 a.m.!



WATER

Drink 8-16 ounces of water as soon as you get up, even before your morning coffee!

Buy a fun, refillable water bottle that you enjoy drinking out of.

Commit to drinking water every hour. Set an alarm to help you remember!



SLEEP

Get into a nighttime routine. Do things that relax you. Don't check email, social media or anything that can cause you stress or anxiety.

At the end of the day, plan your next day. This will ensure your mind isn't racing or worrying about the next day.

Limit blue light (think TV, phone, tablet, laptop) 90 minutes before shuteye. Blue light suppresses melatonin which is required to get into deep, restorative sleep.

Throughout the Stronger Together program, we're going to educate you on the health benefits of adopting these habits. Be sure to also read the information on pages 24-28 for more information on the benefits of working out, staying hydrated and sleep.

HOW TO PROGRESS FOR CONTINUED RESULTS

As you progress through this program, and wish to accelerate your results, here are ways to progress. These modifications should not be made until the program has been followed for a minimum of two weeks, and you should never use extreme calorie deprivation as a method of weight loss. Women should maintain a minimum daily caloric intake of 1,200 and men of 2,000. Always consult a qualified nutritionist and your doctor before making any significant changes to your diet or exercise routine.

- Reduce, but do not eliminate, the portion of complex carbs in your first three meals
- Swap the yogurt + protein dessert for protein + water shake.
- Increase the intensity of your workouts.
- Include white fish as a protein in at least one of your meals each day.
- Trim all visible fat from your protein before eating.
- Stick with green vegetables.
- Increase your water consumption.

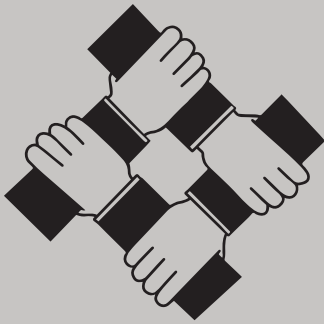
WE'LL BE WITH YOU EVERY STEP OF THE WAY.



COACH

You will be assigned your own coach who will check in with you each week and ensure you are on track.

Your coach is also a certified personal trainer who will ensure your safety while pushing you to give your best during the work out sessions that you'll be attending 3 times each week.



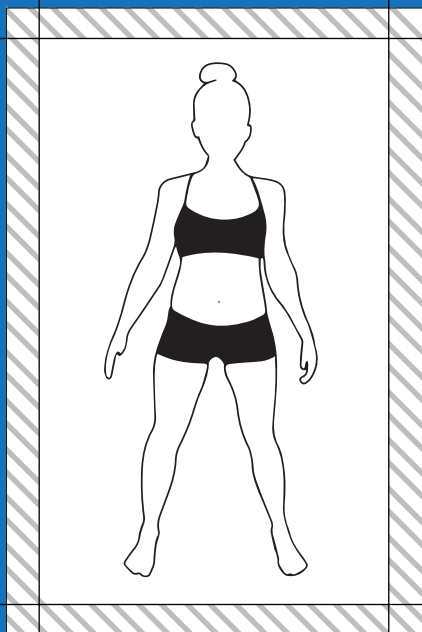
COMMUNITY

Did you know? Being part of a community is important to losing weight and keeping it off.

At Fit Body Boot Camp, our community is second to none.

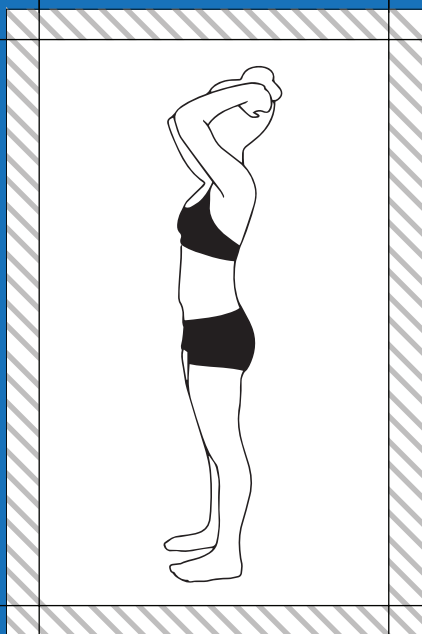
Our passionate, dedicated coaches will help you reach your goals, while other boot campers will motivate, support and encourage you.

You will never feel alone because you're not joining a gym, you're joining our fit family.



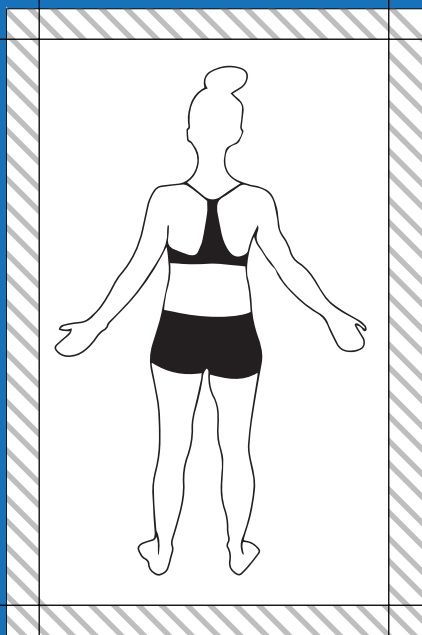
FRONT

Stand with your feet shoulder width apart. With your shoulders rolled back, your arms should be inline with your legs and slightly away from your body.



SIDE

Stand with your feet shoulder width apart. Turn to the side (same side each photo set you take) and place your hands behind your head.



BACK

Stand with your feet shoulder width apart. Face the wall, roll your shoulders back, and slightly bring your hands away from your body.

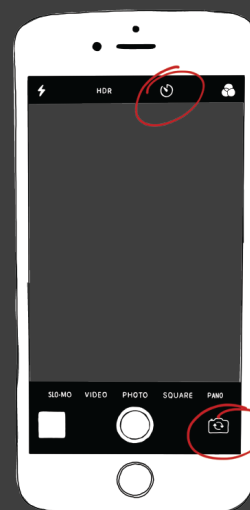
HOW TO TAKE PROGRESS PICTURES

Sometimes, the scale doesn't tell an accurate story of the progress you're making. Be sure to take your before and after pictures and your measurements.

Take your photos as shown here, standing against a neutral background or door. We recommend that women wear a sports bra or tight-fitting tank top and shorts or a bikini. Men, a pair of workout shorts, no top.

DON'T HAVE SOMEONE TO TAKE PHOTOS FOR YOU?

Follow these steps to set a timer on your iPhone



STEP 1: Touch the icon to open the menu and choose 10s.

STEP 2: Touch the icon to flip the camera towards you.

Set the phone on a dresser/shelf, with a stack of books to prop it up.

HOW TO TAKE PROPER MEASUREMENTS

Recording your starting and ending measurements is another way to measure your progress. Be sure to measure your chest, waist, belly button, hips, arm and leg as shown below.

- Make sure your measuring tape is taut but not too tight.
- If you are measuring yourself, wrap the tape around you and stand in front of a mirror to view the back. Make sure the tape is parallel to the floor and not angled up or down.

START DATE: _____ INITIAL WEIGHT: _____ INITIAL MEASUREMENTS:

CHEST _____

NATURAL WAIST _____

BELLY BUTTON _____

ARM X2 _____

HIPS _____

LEG X2 _____

CHEST

Measure around your chest, inline with your nipples.

NATURAL WAIST

Measure around your waist. Stand straight, and lean slightly to the right. Where you naturally bend is your natural waist.

BELLY BUTTON

Measure around your body inline with your belly button.

ARM X2

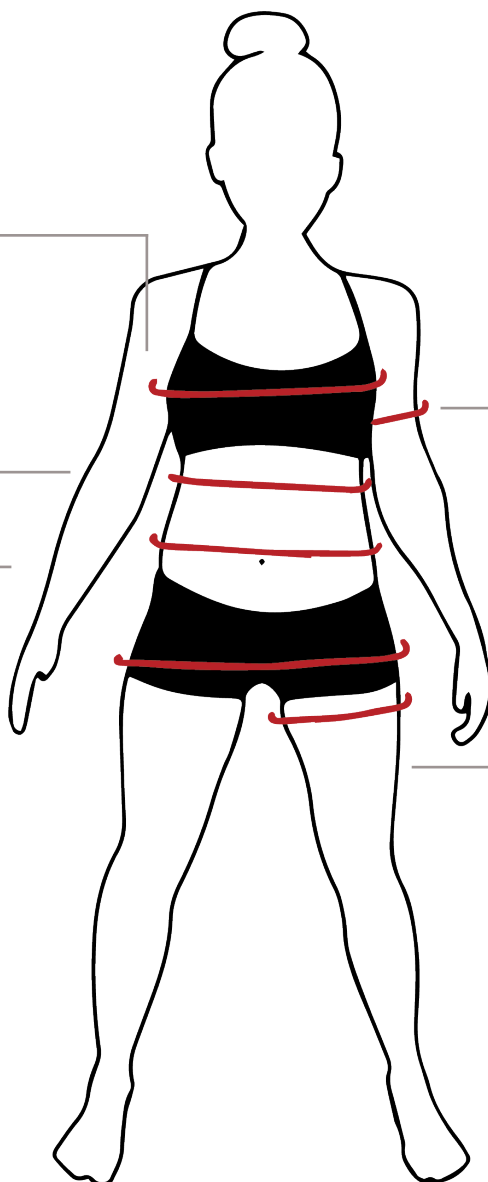
Measure around the arm, at the midpoint between your elbow and shoulder.

HIPS

Measure around your body at the widest part of your hips.

LEG X2

Measure around your leg, about an inch below your butt.



SELF-CONFIDENCE IS EARNED BY KEEPING PROMISES TO YOURSELF.

Think about it.

Have you ever committed to do something: work out, eat healthy, read more, watch less TV, clean your house and then not followed through? How do you feel? LOUSY!

We've all done this. Breaking a promise to yourself crushes your self-confidence and self-esteem.

Fortunately, the 28-Day Stronger Together program is designed to break this cycle by ensuring you experience consistent wins, day after day after day.

You're going to gain self-confidence like never before, but first, you have to lose your but (no, this isn't a typo!)

TO CHANGE YOUR LIFE'S STORY, YOU MUST CHANGE WHAT YOU THINK AND SAY AFTER THE BUT:

I want to lose weight but...

I want to pay off debt but...

I start off strong when trying to lose weight but...

I want to save money but...

I want a promotion at work but...

I want a better life but...

I want to be a better spouse / parent / friend, etc. but...

THE TRUTH IS, YOU MUST ELIMINATE YOUR BUT!

Your buts - the reasons and excuses WHY you can't reach your goals - are preventing you from living the life you are capable of.

To write a new future, you must stop living in the past. You must eliminate your reasons, excuses, and rationalizations.

When you feel yourself adding a but (we all do it), replace it with WHY you can accomplish it. Envision yourself achieving your goal instead of envisioning why you can't achieve it.

You can decide whether you move toward or away from your goals by eliminating one, three-letter word.

You have the power. You have the control. You are the captain of your ship and the CEO of your life.

To write a new future, you must stop living in the past. Your past has no bearing on your future unless you allow it. The next chapter of your life is ready to be written, the pen is in your hand... now it's up to you to decide what story you write.



YOU'VE MASTERED THE 28 DAYS. **NOW WHAT?**

If you're like most people who try our program and then decide to join our fit family long-term, we'll continue to help you reach your goals.

Then, we'll focus on the really hard work – maintaining your hard work to ensure you keep moving forward.

Together, we'll set goals and then meet to review your action plan and ensure you're on track to reach your goals.



KNOWLEDGE IS POWER

BENEFITS OF GRASS-FED BEEF

One sirloin steak from a grass-fed steer has half the amount of fat as a similar cut from a grain-fed steer. What's more, a 4-oz serving of grass-fed beef contains 500-800 milligrams of CLA (conjugated linoleic acid), approximately three times greater than the amount found in non-grass-fed beef. CLA is a fatty acid made from linoleic acid, an omega-6 fatty acid commonly found in food. However, CLA is unique in its chemical structure, and this uniqueness is associated with an increasing list of health benefits, including: immune and inflammatory system support, improved bone mass, improved blood sugar regulation, reduced body fat, reduced risk of heart attack, and maintenance of lean body mass.

Grass-fed beef is also higher in omega-3 fatty acids. Omega 3s from this food source, and others found in fish, nuts, and seeds, play a vital role in the cells in your body. And, people who have ample amounts of omega 3s:

- Are less likely to have high blood pressure or an irregular heartbeat
- Are 50% less likely to have a serious heart attack
- May reduce their risk of cancer. In animal studies, these essential fatty acids have slowed the growth of a wide array of cancers and kept them from spreading.
- Are less likely to be afflicted with depression, schizophrenia, attention deficit disorder (hyperactivity) and Alzheimer's disease.

RED MEAT

Red meat is higher in saturated fats, which raises LDL ("bad") cholesterol levels when consumed in excess. Therefore, we recommend varying your protein sources on the 28-Day Stronger Together program (chicken, turkey, fish, eggs, red meat, etc.). If consuming red meat, grass-fed beef is preferred.

CAGE FREE / FARM-RAISED

Take a walk down the dairy aisle and it's easy to be confused by the labels on eggs: cage-free, hormone-free, farm-raised, free-range, organic. When deciding what to buy, consider this:

Cage-free means that the hen that laid the eggs did not live confined to a cage, however, what you don't see on the label is that cage-free only means that the hen has space to stand upright. They do not necessarily have room to turn around, spread their wings or move freely. For eggs to be labeled cage-free, only an approximate 8" x 8" square is required per hen.

Free-range chicken refers to birds that have access to the outdoors each day. This may mean that chickens live most of their lives outdoors, or it can simply mean that the birds spend all of their time in indoor pens, with a small door opened to the outside for just a few minutes each day. Today, USDA rules for "free range" only applies to chickens (not their eggs), making the designation somewhat meaningless.

If poultry is part of the **Humane Farm Animal Care (HFAC)'s Certified Humane** program, you'll know that the chickens spend at least six hours a day outdoors (weather permitting) and have at least two square feet per bird in their pens. Better yet?

Pasture-raised HFAC certification requires 108 square feet per bird, and requires that the chickens be outdoors year-round in rotating fields, with shelter to protect them from inclement weather and predators.

NITRATE/NITRITE-FREE DELI MEAT

Choose nitrate/nitrite-free. Here's why:

- Nitrates/nitrites have been shown to contribute to a number of cancers, including: stomach, pancreatic, and colorectal.
- Children born to mothers who consume high quantities of meat cured with nitrates/nitrites during pregnancy have 2-3 times the risk of developing brain tumors than those born to mothers who do not consume cured meat.

THE DIRTY DOZEN & THE CLEAN 15

Every year, The US Department of Agriculture (USDA) and Environmental Protection Agency (EPA) work together to identify fruits and vegetables that contain the least and most pesticides.

The foods on the Dirty Dozen list contain the most pesticides, and the foods on the Clean 15 list contain the least.

To reduce the amount of pesticides you ingest, we recommend purchasing organic versions of fruits and vegetables on the Dirty Dozen list.

THE DIRTY DOZEN

- 1 Strawberries
- 2 Spinach
- 3 Nectarines
- 4 Apples
- 5 Grapes
- 6 Peaches
- 7 Cherries
- 8 Pears
- 9 Tomatoes
- 10 Celery
- 11 Potatoes
- 12 Sweet bell peppers

THE CLEAN 15

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbages
- 5 Onions
- 6 Sweet Peas
- 7 Papayas
- 8 Asparagus
- 9 Mangos
- 10 Eggplant
- 11 Honeydew
- 12 Kiwi
- 13 Cantaloupe
- 14 Cauliflower
- 15 Broccoli

BEST OILS FOR HIGH-HEAT COOKING (350 DEGREES AND ABOVE)

- Coconut oil
- Avocado oil
- Sesame oil
- Grapeseed oil
- Walnut oil
- Cottonseed oil

BEST OILS FOR LOW-HEAT COOKING (350 DEGREES AND BELOW) AND SALAD DRESSINGS

- Extra virgin olive oil (EVOO)
- Flax oil
- Safflower oil
- Sunflower oil
- Hemp seed oil

RAW CHEESE

Raw (unpasteurized) cheese is preferred as it contains naturally occurring, beneficial enzymes (aka, good bacteria). To be sold in the United States, raw cheese must be aged for at least 60 days to destroy any harmful pathogens that it may contain. In contrast, the pasteurization of cheese, heating it to high temperatures, kills harmful pathogens **and** beneficial bacteria. You can find raw cheese in the specialty cheese section of most grocery stores. Most other cheese in this section is acceptable as well; just be sure to avoid highly-processed cheese products such as Kraft Singles.

SLEEP

If you want to burn more fat, prevent disease, have clearer skin and function better at work, get more sleep! Lack of sleep is associated with:

- Anxiety
- Depression
- Forgetfulness
- Heart disease
- Heart attack
- Heart failure
- Impaired judgement
- Irregular heartbeat
- Obesity
- Stroke
- Type 2 diabetes
- And much more!

Scientists are just beginning to investigate the relationship between sleep and cancer. Since disrupted circadian rhythm and reduced immunity are direct results of sleep deprivation, it's no surprise that preliminary research seems to indicate that people who don't get enough sleep are at increased risk for developing certain kinds of cancer, including colon and breast cancer.

If you've ever felt forgetful after a restless night, there's a reason! Sleep disruptions can lead to structural changes in the brain that are associated with impaired long-term memory. As early as 1924, researchers discovered that **people who slept more forgot less.**

Need more reasons to get better shut-eye?

- People who sleep less than 5 hours a night show **increased signs of skin aging** (HYDRATION AND SLEEP ARE YOUR SKIN'S BEST FRIEND).
- People who don't sleep 6-8 hours each night are **3x more likely to catch a cold** when exposed to it compared to those who get 8 hours of sleep.
- Lack of sleep increases our body's production of cortisol, also known as the stress hormone.
- Your body heals during sleep, which is why fitness advocates always emphasize that **sleep is essential for getting into shape.**

SLEEP

Here are some strategies for getting better sleep.

- Have a set bedtime and start your night-time routine 9 to 9 1/2 hours before your morning alarm is scheduled to go off.
- Do things that help you relax before bed. Take a bath. Read a book.
- At the end of your work day, plan the next day. This will help ensure your mind isn't racing or worried about what you must do the next day. Close the open loops.
- Make your bedroom a sanctuary (no TV or work) and keep it dark. Your skin has photo receptors that are designed to recognize day and nighttime.
- Keep your room cool. To get into deep sleep, your body temperature must decrease. Keep your room between 62-68 degrees.
- Wake-up and go to bed at the same time. Ideally, you should be able to wake up without an alarm clock.

DO NOT:

- Hit snooze. You'll only wake up groggier than if you didn't. Here's why: Your body's sleep cycles are 90 minutes long. When you hit snooze instead of coming out of a light sleep, you may have just gone into a deep sleep, but only for a few minutes, leaving you in an even worse state than when you woke up because your body couldn't go through the natural cycle. You're better off setting your alarm for later than hitting snooze.
- Use blue light 90 minutes before you go to bed. Blue light suppresses melatonin which is required for deep, restorative sleep.
- Check email or engage in any activity that can raise your stress levels.
- Consume caffeine 8 hours before bedtime.

EXERCISE

Our 30-minute, high intensity interval training workouts, when done 3 times a week, can have a dramatic impact on your overall health.

With high intensity interval training (HIIT), you alternate short bursts of very intense exercise (for example 36 seconds of high knees, burpees, etc.) with periods of lower-intensity work like walking, crunches, etc.

The higher-intensity periods create a metabolic demand that is very effective for long-term fat loss and overall conditioning.

The lower intensity periods allow you to recover.

Here are some benefits of high intensity interval training, no matter what your goal is:

- Lose body fat and build lean muscle mass
- Strengthen the cardiovascular system
- Increase mental toughness
- Work out for a longer time
- Increase strength, power, and speed

Here are a few ideas to keep you moving while on the days you're not at boot camp.

- **Walking**- Walking is a great way to get extra activity, spend active time with your family and friends, and to get out and enjoy the weather. It's not strenuous enough to interfere with recovery.
- **Leisurely biking**- Don't go out and bike up and down a steep hill and convince yourself it's leisurely. Similar to walking, it shouldn't significantly get your heart rate up or cause you to lose your breath. Just get out and enjoy the great outdoors!
- **Playing with your kids** - Go to the park, play catch, dribble a basketball, kick the soccer ball around, or play a game. This will get you moving - quickly at times, but is likely not strenuous enough to push you over the edge.

WATER

If you're struggling to drink half your bodyweight in ounces of water each day, consider this. Staying hydrated:

- **Promotes Weight Loss** – Drinking a glass of water before a meal can help control your appetite and keep you from overeating. Water also helps remove by-products of fat and revs up your metabolism; all very important aspects of overall health and fat loss.
- **Increases Energy & Relieves Fatigue** – Increasing your water intake will help your brain function at a higher level. This will increase alertness, concentration, and even change your energy levels.
- **Flushes Out Toxins** – Getting rid of waste through sweat and urination can improve your overall gut health. Not only that, but it can limit your risk of urinary tract infections as well as kidney stones.
- **Improves Skin Complexion** – Water is one of the best ways to keep your skin looking young, soft and smooth. In fact, water is one of the best anti-aging treatments around!
- **Aids Digestion** – We all know how important digestion and regularity are for a healthy body. Water promotes a healthy digestive tract, which can reduce your risk of many gut disorders.
- **Boosts Immune System** – A person who drinks more water is less likely to get sick because of their improved immune system.
- **Natural Headache Remedy** – Some headaches are caused by dehydration. Can you guess the remedy for those? Water can also help relieve and prevent back pain!
- **Puts You in a Good Mood** – And if none of these other benefits resonated with you, increased water consumption has been shown to help your body function at its very best. This will make you feel great and increase your happiness. Who doesn't want to always be in a good mood?

Staying properly hydrated is imperative, especially when you're working out. If you're not properly hydrated, chances are you will not perform very well. The workout will be very difficult, and you will not be able to recover as quickly.

Here are other benefits of staying properly hydrated when you're working out:

- Helps to regulate your body temperature.
- Helps to regulate blood pressure, heart rate, and therefore, manages stress on the body during training and recovery. If not adequately hydrated, it can cause excessive stress and lead to inflammation. This can interfere with both performance and recovery.
- Helps in the movement and transport of essential energy nutrients. In addition, fluids help to remove the metabolic waste that is produced during intense exercise.
- Aids in optimal performance. The body can perform more efficiently.

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