


Life Habit
Weeks 1 & 2



Life Habit

Week 1



Drink 12 Cups of Water Per Day & Eliminate Sodas

What does water do?

Lubricates your joints

Flushes toxins from your body

Increases your metabolism (you burn more calories)

Gives the “dewy” fresh-face look by plumping up the cells in your skin so lines are less visible

Gives you a sense of well-being (AHA)



When We are Dehydrated

- Weight loss slows down or totally stops
- Digestion suffers (constipation, mal-absorption)
- Experience “fake” hunger
- Loss of energy and motivation to exercise
- Water retention (puffiness and weight gain)
- Mental “fog”
- Irritability
- Infertility
- Acne
- Dry skin



Ask an Expert

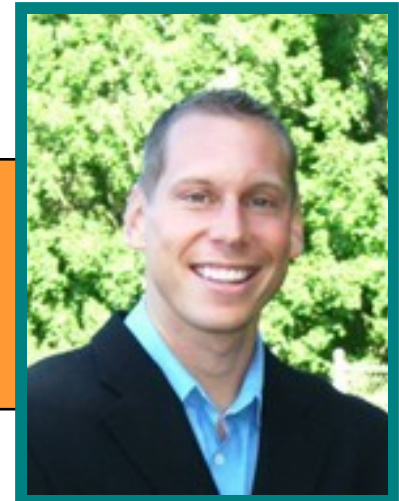
“What difference do you see water makes?
How about cutting out soda and sugar-based drinks?”

Matt Warren, CPT

B.S. Nutrition, The Ohio State University

NSCA Certified Personal Trainer

Personal Training Director, Ultimate Fitness, Grand Junction, CO





What Counts as Your 12 Cups?

Water
Herbal Tea

All other drinks don't "count." (Coffee, soda, Spark, shakes)

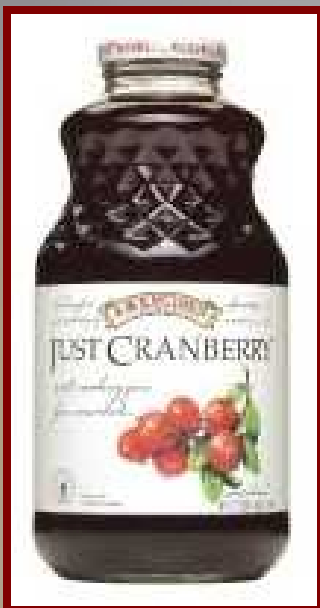


Hazardous to Your Efforts





One Idea: Cranberry Water



4 oz PURE cranberry juice
+ 28 oz water
= 32 oz "Cranberry Water"
(Do this twice each day!)

Make it Happen

A woman with blonde hair in a ponytail, wearing a dark tank top and red boxing gloves, is seen from the back, flexing her biceps. She is in a gym setting with punching bags visible in the background.

1. Plan ahead: carry a water bottle with you everywhere.
3. Spread your water intake throughout the day, rather than drinking several cups at once.
4. Instead of nibbling on food, reach for your water bottle first.

Point Rules

1 POINT

Each day that you drink
a minimum of 12 cups of water
and/or tea.

0 POINT

If you drink less than 12 cups of
water and/or tea
or If you drink a soda!



Life Habit

Week 2



Eat a Small Meal Every 2-3 Hours

Small Meal ~ 300 calories





Examples of 200-300 Calories

1. Half Turkey Sandwich (light “insides”)
2. 2 Eggs with Yolks + 1 slice whole grain bread (no butter)
3. Light yogurt + 1 Tbsp. natural peanut butter
4. “Open face” sandwich with meat, veggies, light mayo
5. AdvoCare Meal Replacement Shake
6. AdvoCare Bars (many varieties)
7. ½ Cup Brown Rice (cooked) + 3 oz. chicken
8. ½ Cup oatmeal (no milk, butter, or sugar) + 1 scoop of Muscle Gain Powder
9. 3 oz. tuna fish (no oil) + 6 small whole grain crackers
10. 3 oz. ground turkey meat + ½ cup whole grain pasta
11. 25 raw almonds + 1/2 piece of fruit + 1 scoop Muscle Gain Powder
12. 3 oz. salmon
13. 3 oz chicken + ½ cup grapes
14. 2 hard boiled eggs + low-fat mayo + mustard + 1 piece whole grain bread
15. 1 small apple + ½ cup low-fat cottage cheese

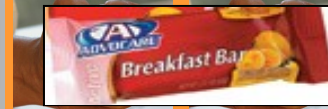


An Example of Your Day

7am



10am



12pm



3pm



6pm



8pm



Veggies are "free"



Sauces are NOT "free"

Spark is "free"

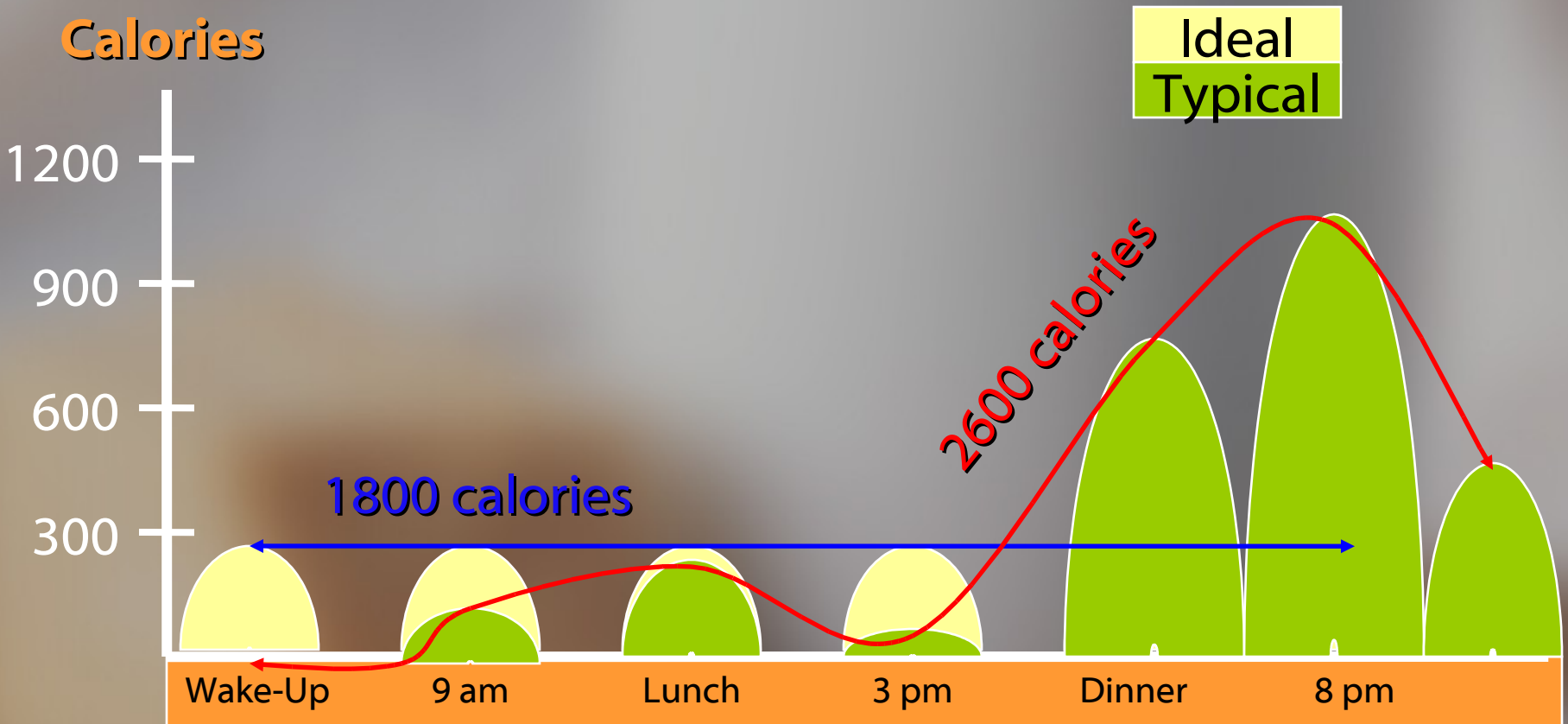


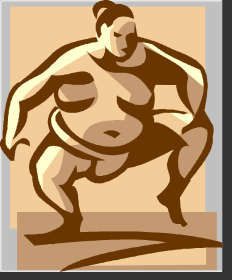
6th Meal is optional for females





What Does One Day Look Like?





The “Sumo Wrestler” Diet

Fasting raises fat-producing enzymes.

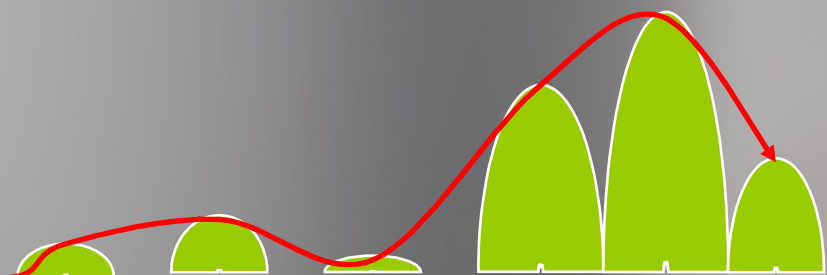
(Starvation Response)

sleep

wake-up

20 hours of **VERY LOW** calories (fasting)

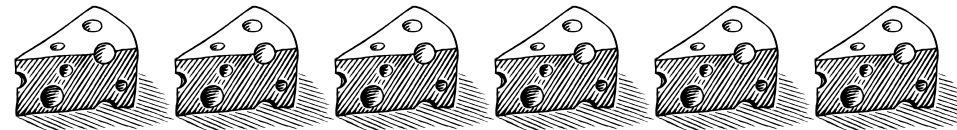
4 hours of **VERY HIGH** calories (bingeing)





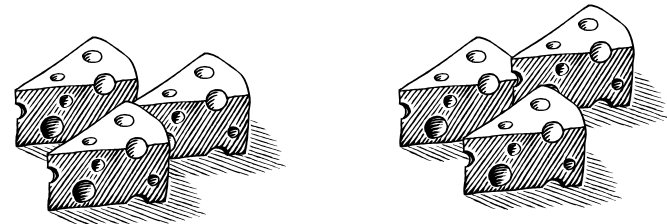
“Starvation Response”

GROUP A



Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6

GROUP B



Meal 1

Meal 2

1. After 6 weeks, fat-producing enzymes **DOUBLED** in group B rats.
2. After taking group B back to 5 or 6 small meals, the fat-producing enzymes went back to normal after 90 days.



How do you keep your metabolism
burning HIGH all day?



***The same
way you
keep a fire
burning!***



Ask an Expert



Matt Warren, CPT

B.S. Nutrition, The Ohio State University

NSCA Certified Personal Trainer

Personal Training Director, Ultimate Fitness, Grand Junction, CO

“Is there really that big of a difference between a client who eats a small meal every 2-3 hours and a client who eats slightly bigger meals 2 or 3 times a day?”

Make it Happen

A woman with blonde hair in a ponytail, wearing a dark grey tank top and red boxing gloves, is seen from behind with her arms raised in a celebratory gesture. She is in a gym setting with punching bags visible in the background.

2. Plan ahead: write out a meal plan for the week.
3. Make a grocery list and stock up on exactly what you'll need. (Feed your family this way too!)
4. If you are going to work, pack your meals.
5. Eat within one hour of waking up so that you can fit all of your food in (plus it will enhance your results!)
6. At first, you might have to eat "by the clock" to break old habits, especially during the first half of the day.



Point Rules

1 POINT

1. Eat at least 5 small meals.
2. Space meals 2-3 hours apart.
3. Eat no more than "1.5 to 2 fists" at each meal.

0 POINTS

1. Go longer than 3 hours between meals.
2. Eat sooner than 2 hours after your last meal.
3. Eat less than five meals.
4. Eat more than "1.5 to 2 fists" at one sitting (not including veggies.)

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pass code: spark

(See you next time for “Life Habit Week 3 & 4”)