

Instead of thinking about what you need to STOP, or do LESS of...

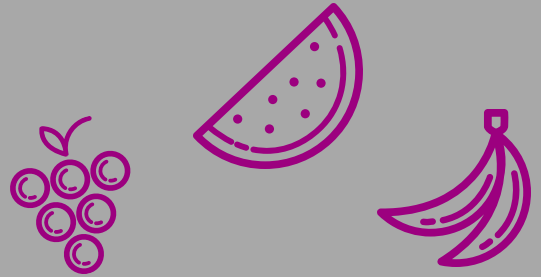
What could you START, or do MORE of, to reach your goals?

I can't...



When based on a list of things you CAN'T do or eat, your health and fitness journey becomes a very negative, punishing place, full of restrictions. Why not create a lifestyle full of things that you CAN do?

TIP 01



I must stop...

Instead of saying "I have to stop eating white flour/sugar/fruit" try adding MORE fiber filled foods to your regimen

TIP 02



I eat too many...

Instead of "I eat too many carbs, I have to cut them out"- try adding MORE protein.

TIP 03



I ate so bad...

As you make a conscious effort to add *more* real and nutritious foods, you'll naturally take in less of the other stuff without effort. And when the time comes that you DO have something that you'd have formerly deemed "bad" it's really not that big a deal..

I HAVE to...



Same with workouts, or any other habit that you want to change. Flip it into a positive and decide what you can add (not restrict) to get you closer to your goal. Remember that if you can't live that way for LIFE, it's not a "lifestyle"

TIP 04

TIP 05

