

Edgy Girl Fitness

“How to become Successful with your Program”

1. **Remind yourself of why you started:** To look better, feel better, and live a healthy lifestyle.
2. **Stick to your meal plan:** Reminder as long as you stick to BAKED OR GRILLED, lean proteins you can switch things up. Increase veggies and fruits. Drink at least a gallon of water a Day.
3. **Mix up your Meals:** Eating the same meals over and over can become boring so I recommend Healthy Recipes from magazines, different proteins, and meal replacements with juicing or supplements.
4. **Clean out Refrigerator:** Throw away all bad unhealthy food and replace with healthy food that is on your meal plan. (You cannot eat bad food if you do not buy it)!!
5. **Grocery Shopping:** Make sure you shop every week so you can always have healthy meals to cook and prepare. Also be sure to buy small containers to carry your meals wherever you go.
6. **DON'TS:** Do not cheat until you exceed your goals. Stay away from white bread, white sugar, cheese, sweets, chips, candy, and unhealthy foods.
7. **DO'S:** Switch up meals, eat clean, replace brown for white items, reduce bread much as possible, and Drink lots of water.
8. **Training:** Do additional cardio and strength training when you are not with your trainer.
9. **People:** The Company you keep is also important in getting positive results. Fitness minded people support each other. Non fitness people can sometimes slow up your progress.
10. **Alcohol and Sleep:** Please reframe from drinking or if you have to drink Red Wine Only. Sleep is also extremely important in helping you recover from workouts. Try to get 7-8 hours a sleep per night depending on your schedule.