



20 Healthy Lifestyle Tips & Tricks

1. Buy your nuts raw or lightly salted. Make your own mix. Use a gallon Ziploc bag or glass container, and mix your cashews, walnuts, almonds, pecans, etc. This will last a long time and is an easy snack. Be careful not to over eat on these, however!
2. Weight-loss tip- Drink two glasses of water (or a protein shake) BEFORE every meal. Eat your protein first. Vegetables second. Lastly, the other carbs if you're still hungry.
3. Eat until you're 80% full. Eat slower. Enjoy your food. This helps with not overeating. A simple trick is to use a smaller plate or bowl to help control portions.
4. Have snacks ready that aren't filled with empty calories. (Think 'bags', not 'barcodes').
5. Set aside a couple hours a day, one or two days each week for preparing your meals. Grill all of your meats, cut your veggies, mix your salads, make your potatoes, etc. Buy plenty of food storage containers. This is a HUGE time saver and will help creating consistency in your healthy eating lifestyle.
6. Consume as much unprocessed, high-quality foods as possible. Grass-fed beef and steak, cage-free eggs, fresh-water fish, fresh fruits and vegetables that haven't been drenched with chemicals and pesticides.
7. Use coconut oil to cook with and swap natural, almond or other nut butters, for the processed peanut butter.
8. Have more carbs on training days and limit them on non-training days. *See PSTS Nutritional Food Table* for quality carb options.
9. Aim to Limit- baked goods, pop, fast food, candy, and chips.
10. Allow yourself some "guilt free" eating. This can be easily programmed to fit your eating lifestyle without affecting your goals.
11. Limit alcohol to one, maybe two days per week if you must. Stay away from mixed drinks with a bunch of sugar. Mix drinks with diet soda or diet tonic to cut back on hidden calories. Alcohol will limit muscle gain and fat loss. It's very detrimental to your goals and hard for the body to recover from. It can also lower blood sugar so you'll feel hungry and snack on any food around you. Use in moderation or not at all.

POWER STRENGTH

TRAINING SYSTEMS

12. Drink more water. Drink 16-24oz immediately after waking up each morning. Aim for 100oz minimum each day.
13. Add more greens to your diet. Eat a salad every day. Spinach, kale, broccoli, green beans, green peppers, etc. Try a greens supplement with your protein shake every day or add one (we have Dr. Greens for purchase!). You can also add frozen spinach to your shakes. You can't taste a difference!
14. Make the sacrifices in your eating habits and training ahead of time so you can enjoy some guilt-free meals 3-5x per week.
15. Watch out for sneaky, garbage calories in beverages, condiments, and cooking sprays!
16. Win each day! Did you eat properly for your goals today? If not, make sure to do so tomorrow to make up for it. Take it one meal at a time – those victories add up!
17. Create a food journal to log what you eat. Even if you just consistently track one or two meals per day. This will help you stay accountable and you can use it to see what is working and what needs improvement.
18. Big weekend, event, or night of eating (and/or drinking) ahead? Add in some extra walks, intervals, or workouts during the week. Maybe even drop the calories during the day beforehand as well in preparation for the big calorie intake.
19. Supplements that may be beneficial for general health and performance while training - fish oil, protein powder, vitamin D, daily multi-vitamin. *Check out the quality supplements we have in-house!
20. Sleep! I know it's obvious and hard to come by for many of our busy schedules yet it's vital for a healthy and active lifestyle. The quality of your sleep is just as important. Darken the room, limit electronics before bed, practice proper breathing, and/or write down your thoughts before bed to clear your mind. The quality and quantity of your sleep will play a large role with your results in the gym!

****Remember, you aren't dieting. All diets are failures since you eventually stop or feel guilty when you "cheat". You're working towards making a lifestyle change in the way you eat. Less thinking, less guilt, better health, and better results... for LIFE!***