

# Lifestyle Resolution

Resolve once and for all!



Health & Fitness  
Enterprises

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## Helpful Health Info

### Super Foods

Your meals will never go wrong if created from this list!

#### Protein

- Lean red meat
- Salmon
- Omega-3 eggs
- Low-fat, plain yogurt
- Protein Supplements

#### Veggies and Fruits

- Spinach
- Tomatoes
- Cruciferous vegetables

(broccoli, cabbage, cauliflower)

- Mixed berries
- Oranges

#### Other Carbs

- Mixed beans
- Quinoa
- Whole oats

#### Good Fats

- Mixed nuts
- Avocados

-Extra virgin olive oil

- Fish Oil
- Flax seeds

#### Drinks/Other

- Green tea
- Liquid exercise drinks (quickly digested carbohydrates/protein)
- Greens+ (vegetable concentrate supplement)

H<sub>2</sub>O

How much each day?

The formula for daily intake:

Bodyweight/2 = #oz.

### Common Supplements

Talk to your doctor BEFORE taking ANY supplements

| Name                            | Form       | Function   |
|---------------------------------|------------|--|
| protein                         | powder     | facilitates muscle repair  |
| BCAA- Branch chain amino acids  | liquid     | burns fat, prevents muscle break down  |
| r-ALA (right alpha lipoic acid) | pill       | improves insulin sensitivity and reduces insulin response to meals. "r" form is most effective |
| Multi-vitamin                   | pill       | prevents nutrient deficiency   |
| omega-3 fish oil                | pill       | prevents heart disease   |
| high EGCG Green Tea             | drink/pill | stimulates metabolism  |

### Sleep

The best way to get the most out of your exercise sessions, besides a nutritionally balanced diet is to get enough sleep. Our bodies use sleep time to repair and recover vital components. Make it a priority to get 6-8 hours of sleep every night.

#### Wake-up, stay up

Sleep works in cycles and they vary slightly from person to person. Once our body completes a full cycle (avg. 6-8 hrs for adults), we feel rested and automatically wake up. Choosing to go back to sleep tells our body to initiate another sleep cycle. This is fine if you have another 6-8 hours to complete it. Every time we interrupt a cycle we interrupt the recovery work that is being done and causes system confusion; leaving us feeling more tired than we did before going to bed. If you happen to wake up earlier than planned- don't go back to sleep! Wake-up, stay up!

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