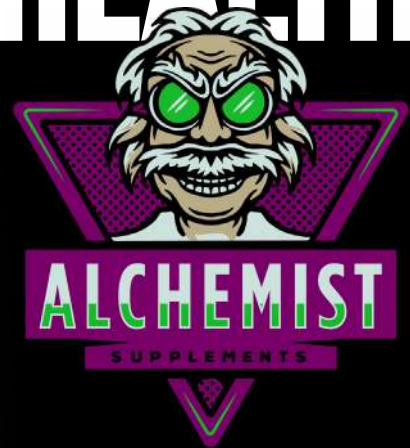


FINISH



# 10 HABITS FOR OPTIMUM HEALTH





**1** EAT A WHOLE FOOD DIET BASED ON 40/30/30 (C/P/F) MACRO BREAKDOWN.

**2** FILL HALF YOUR PLATE WITH COLORFUL VEGGIES.

**3** EAT PROTEIN WITH ALL YOUR MEALS (AIM FOR 0.8 TO 1.0 G PER LB).

**4** CONSUME 1 SERVING OF HEALTHY FATS PER DAY (AVOCADOS, NUTS, BUTTERS, FISH OILS).

**5** DRINK A MINIMUM OF  $\frac{1}{2}$  YOUR BODYWEIGHT IN OUNCES OF WATER PER DAY.





**6** CHOOSE A BALANCED MEAL OR PROTEIN SMOOTHIE FOLLOWING YOUR WORKOUTS.

**7** SLEEP 7-9 HOURS PER DAY.

**8** STAY AWAY FROM LIQUID CALORIES (JUICES, SODA, AND DIET DRINKS).

**9** EAT REAL FOOD AS MUCH AS POSSIBLE. LESS PROCESSED FOODS (IN CANS AND BOXES).

**10** BE AWARE OF YOUR PORTION SIZES AND CARBS WHEN EATING OUT.



**ALLOW YOURSELF TO  
BREAK THESE HABITS  
10% OF THE TIME (90/10).  
BE SMART ABOUT IT.**

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