



10 Steps to a Healthier Life



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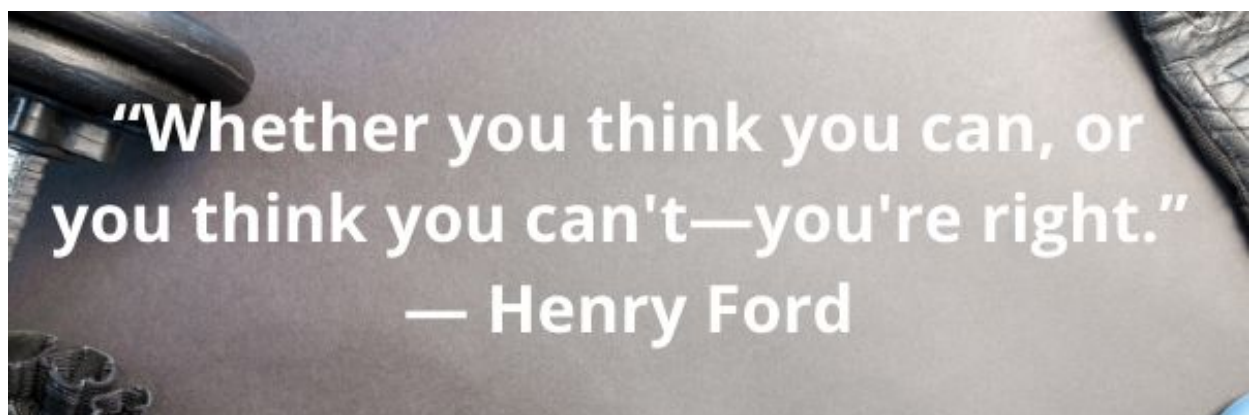
START WITH MINDSET

Success starts in the mind.

Having a healthy lifestyle starts with believing that you are worth it!



You are completely worth the investment of a healthy lifestyle. Start choosing to believe that you can live a healthy life, and reinforce that belief with the habits (see the next pages) that ***make a healthy lifestyle your reality.***

Your next step: Write down at least one positive affirmation to repeat to yourself when you have self-defeating thoughts. (*Example: “I’m committed to living a healthy life.”*)



CHOOSE HEALTHY FATS

Healthy fats keep your brain fed and blood sugar stable!


 FATS TO EAT <i>Best options: organic and unprocessed nuts/seeds, cold-pressed oils, and pasture-raised butter/ghee.</i>	 <i>Items below may be allergenic, inflammatory, or heavily processed.</i>
Nuts <i>Includes walnuts, cashews, almonds, macadamia, brazil, and hazelnut.</i>	Peanuts / Peanut oil
Seeds <i>Includes sunflower, pumpkin, chia, flax, and hemp.</i>	Soy / Soybean oil
Olives	Cottonseed oil
Olive oil	Canola oil
Coconut oil	Rapeseed oil
Ghee	Crisco
Avocado oil	Vegetable oil
Butter	Corn oil

Your next step: Decide which healthy fat you are going to buy and incorporate into your meals. *(PRO TIP: Start with a small goal. Once you accomplish something small, you will have a sense of accomplishment which builds momentum to the next WIN!)*

CHOOSE HEALTHY PROTEINS

Healthy proteins do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

They are the body's building blocks so if they're healthy we can build strong tissues and organs that are resistant to disease.

 PROTEIN TO EAT <i>Best options: grass-fed meats, pasture-raised poultry, and wild-caught Atlantic fish.</i>
Beef
Bison
Chicken
Turkey
Eggs
Fish: salmon, tuna, sardines, tilapia
Venison
Lamb

Your next step: Add a healthy protein to your grocery list.

CHOOSE HEALTHY CARBS/FIBER

Eating high quality carbs provides the body with fiber and water which help the body feel full. Carbs also serve an important role in fat/protein digestion.

THE BEST CARBS

- Fruits
- Vegetables

CARBS TO AVOID

- Processed sugars (*Includes white sugar, cane sugar, corn syrup, agave, concentrated fruit juice, and more.*)
- All artificial sweeteners (*Includes aspartame, erythritol, xylitol, sucralose, and more.*)
- Flour (wheat-based) products (*Includes bread, tortillas, chips, crackers, etc. These products are inflammatory for many people.*)
- Energy drinks (*These can contain processed sugars or sugar alcohols which are problematic. READ LABELS!*)

Your next step: Choose one carb in your current menu to replace with a healthier option.

FIND ACCOUNTABILITY

How can you experience a **95% success rate in your health goals? Find accountability, namely, a Specific Accountability Appointment.**

The [American Society of Training and Development](#) conducted a study about accountability and found the following success rates for completing goals.

10% You have an idea or a goal

25% You consciously decide you will achieve the goal

40% You decide when you will achieve the goal

50% You plan how you will accomplish the goal

65% You commit to someone that you will achieve the goal

95% You make an accountability appointment with a person to whom you've committed

Your next step: Decide how you're going to be held accountable. (Examples: Partner with a friend. [Schedule sessions with a Nutrition Coach.](#))

FIX THOSE CRAVINGS

Cravings are normal. Use them to propel you forward in your health!

Everyone has cravings. The question is, ***what are you craving?*** If you're craving unhealthy highly processed foods, it can be an indicator that you need intentionality in your food choices to **change** your appetite. It takes time to change the appetite, but the sooner you improve your daily menu, the sooner you will have cravings for healthier options.

Understand your cravings. What are you craving? Are you craving potato chips? Maybe you're under stress and the body is losing minerals so your body needs minerals replenished. A good form of salt (Himalayan pink salt is a great choice!) will contain some of those minerals. Find a better source of satisfying salty snacks to reach your goals faster!

Your next step: Start writing down what you're craving and why.

A VEGGIE A DAY...

Most everyone will benefit from consuming more vegetables.

But sometimes they don't taste that amazing. Or do they? When food is prepared well, it can taste incredible. And the same applies to vegetables. Here are tips to make veggies taste better and incorporate more into your menu!

- When cooking vegetables, saute them in butter, Himalayan pink salt, and garlic.
- For salads, use a healthy and yummy salad dressing. Primal Kitchen is a brand that has great ingredients.
- For raw veggies, dip them in hummus.
- Plan: Stock your fridge at the beginning or end of the week, and set a simple goal to start each meal eating at least one vegetable.
- Create a smoothie and blend in frozen spring mix or spinach. A good smoothie will include healthy fat, protein, and carbs. Try a blend with almond milk, frozen spinach, frozen banana or pineapple, cacao powder, and sunflower butter or hemp seeds.

Your next step: Choose which tip above you will start with this week.

EFFICIENT FOOD PREP

Preparing food is probably the most time-consuming aspect of meal planning, besides planning. So here are a few strategies.

- Use a slow cooker.
 - Simplify your recipes so there aren't a million ingredients.
 - Buy frozen organic fruits and vegetables since these can be better quality options than fresh in the store AND they're already cut up!
 - If you're overwhelmed, think simple.
 - ◆ PROTEIN sources: fish, poultry, eggs, or beef.
 - ◆ FAT sources: avocados, olives, and the butter/oils you use to cook.
 - ◆ CARB sources: fruits and root vegetables.
 - ◆ FIBER sources: fruits, vegetables, and tubers.
- Choose 1 ingredient from EACH category above to build a meal. Here are 3 examples:
 - **Breakfast:** 3 eggs cooked in 1 tbsp of Extra Virgin Olive Oil paired with roasted sweet potatoes.
 - **Lunch:** sliced turkey breast on a bed of lettuce topped with homemade dressing and sliced strawberries.
 - **Dinner:** grass-fed burger with Paleo mayo on a bed of lettuce paired with broccoli sauteed in butter and garlic.

Your next step: Decide which strategy you will start with.

HYDRATE OPTIMALLY

Since most people are dehydrated and the body and brain contain more fluid than anything else, optimal hydration is important!

- Drink at least half your body weight in ounces. So if you weigh 150 pounds, drink at least 75 ounces of water daily.
- If you drink a dehydrating beverage (coffee, caffeinated teas, some herbal teas such as peppermint, soda, alcoholic beverages, and packaged fruit juices), increase your daily water intake...here's the ratio: If you drink an 8-ounce dehydrating beverage, add 12-16 ounces of water to your daily intake to re-hydrate.
- **Water isn't enough.** Add a healthy form of electrolytes (minerals) to your water so your cells can absorb and use the water. One simple electrolyte option is to add 1/4 teaspoon of Himalayan pink salt per 4 cups of water.

Your next step: Start tracking your daily water intake.

READ LABELS

Reading labels can sometimes feel like a foreign language, but with a little education, you will become a pro. Here are a few tips to help you out!

- If you can't **pronounce** an ingredient, don't buy it.
- Don't eat **Sugar-Free**. If it's sugar-free, why is it sweet? Usually, it's because of artificial sweeteners like xylitol, erythritol, or aspartame. Artificial sweeteners should be avoided.
- Avoid **MSG** (monosodium glutamate) which is a [neurotoxin](#).
- Don't eat **Low Calorie**. What's most important is nutrient density. Are the foods we're eating whole and as unprocessed as possible? If so, they will be filling enough that calorie counting won't be necessary.
- Avoid **Fat-Free**. Why are we avoiding fat? We don't need to. Fats are an important macronutrient and to absorb the fat-soluble vitamins like vitamins A, D, E, and K, it's vital to consume healthy fats like avocado, olives, butter, and coconut.

Your next step: Read a package label and decide whether it's a healthy option to keep in the pantry.
