

The *FAST-TRACK* Guide to a Healthy Lifestyle

Food & Fitness Quick Reference Sheet

The Five Daily FOOD CHOICES that will transform* your diet

When it comes to your food choices and daily diet, here are the popularized “BIG FIVE” that if you will replace, have the potential to do astounding things for your health:



Instead of REFINED SUGAR:

100% Stevia, 100% zylitol (make sure no corn added), Raw organic local honey, Organic grade B maple syrup (if fighting cancer or other diseases the honey and maple syrup should be eliminated for a time.)



Instead of GLUTEN:

Gluten-free items (gluten-free doesn't mean sugar-free), For grains, use non GMO, organic and sprouted. Alternatives to grains and gluten are nut flours, rice flours, garbonzo bean flour, quinoa, gluten-free oats. If you love pasta, consider “spiralizing” zucchini, carrots or yellow squash instead.



Instead of DAIRY:

Organic goat, sheep and non dairy milks (nut milks, hemp milk). Organic ghee (clarified butter). Organic butter. Organic goat and sheep cheeses.



Instead of CAFFEINE

Organic herbal teas. If doing caffeine **in moderation** make sure its organic (there are so many pesticides, herbicides and mold on “regular” coffee)



Instead of ALCOHOL

Alcohol's sugar content is incredibly high. And it is filled with “empty calories” which hinders weight loss. Yes, there are proven beneficial properties, but cancer and/or other diseases trump the beneficial properties.

The Three Daily FITNESS CHOICES that will transform* your body



ACTIVITY:

Make the decision that you are going to get up and get fit. Great fitness activities you can start today are: walking, weight-training, HIIT (High intensity interval training - google it), spin class, hiking, cycling, dance, Holy Yoga, pilates, skiing, swimming to name a few.



CARDIO:

Your resting heart rate is very important. A healthy resting heart rate is around 60-80 bpm. Well-trained athletes may be as low as 40-60 bpm. Depending on your specific health goal, your approach to cardio should vary.



TIME:

If you want results, then working out a minimum of 3 days a week is a great start. However, if you want to see even greater results, then 5-6 days a week should be your goal, with a *minimum* of 15 minutes per day.

Winning Wisdom:

When it comes to food: it's all about choosing the right foods

When it comes to fitness: think A.C.T. (activity, cardio, time)