

The Ideal 6

If you want to have 6 easy ways to start living closer to your ideal here is the Ideal

6. Keystone habits that will contribute to moving your life toward a healthier one!

1) Eat 3-5 Balanced meals made up of mainly nutrient dense whole foods

- Meals should be based off of personal preference and nutritional needs in a diet style you and maintain while getting results.
- Proteins, veggies, carbohydrates and fats all have their place in a healthy diet

1) Practice Mindful eating

- Slow down, chew to a paste, put your utensils down between bites
- Eat till your satisfied, not stuffed, at most meals
- Eliminate distractions while eating
- Be mindful if you are hungry or craving.

1) Be dialed in 80% of the time... don't stress the 20%

- 80%+ of your food and beverages should be getting you closer to your goal
- 20%- of your food and beverages should be nourishing to your soul
- Limit sweets, treats and caloric beverages to 2-5 times per week

1) Be active most days for 30-75 minutes

- 3-5 days of High intensity physical activity
- 2-3 Moderate intensity physical activity
- 1-2 days of light intensity or recovery/play style physical activity
- Have a mix of activities that you love doing and that you need to do. Bonus if they are the same activity!

1) Understand your "nutritional budget" and eat for your body's needs

- Losing fat, gaining muscle, maintaining your current status all have different nutritional demands
- Resting Metabolism, daily activity, digestive function, exercise, stress, sleep and age will influence nutritional needs
- Your current nutritional budget will change if any of the above factors change
- Think of this like saving money. If you have an awesome week and blow it on the weekend your still at 0 progress.

1) Practice ample amounts of recovery

- Get 7-10hrs of sleep most nights
- Take time for both mental and physical recovery most days
- Participate in "enjoyment" activities weekly

**These are all labeled "1" because one is no more or less important than the other. Neglecting one area could result in major health issues and could make it harder to stay on top of the other areas.*

Follow these 6 steps (80% of the time) and you will be on your way to a more ideal, healthier, happier body!