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*Habits  
that are  
Fit for Life*

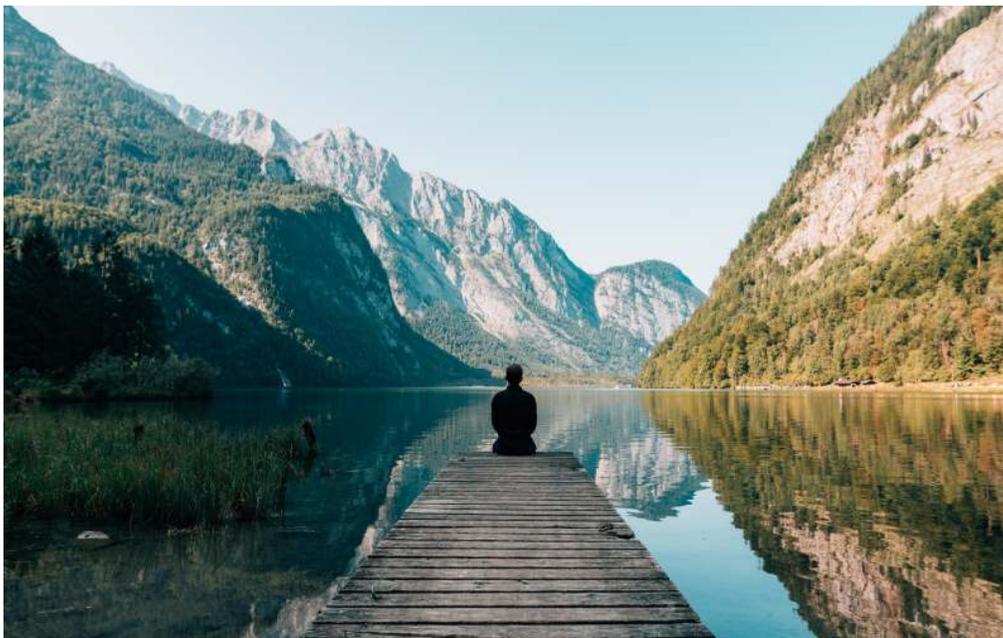
### Organize Goals into 3 categories:

- **Setting Goals** - if you have an idea of what you want to achieve but don't know how, it's time to take control of your life and start setting goals to achieve your dreams. There is power and motivation that comes from setting goals and each time you accomplish one you build more self confidence in your abilities.

Short term - whether it's within the next week or next year, and can be a small part of a bigger, longer-term goal. This helps being overwhelmed. Ex. losing 10 lbs. a month or losing 2lbs in a week.

Long term - Things you want to accomplish in the next 2-5 years. This takes planning and can also be broken down into short term goals. Ex. Losing 150 lbs., breaking down into monthly, weekly, daily goals

Lifetime - Gives you the "big picture" are major targets that you would like to accomplish throughout your life. Ex helping your loved ones, kids going to college, getting married to girl of your dreams, job promotion.



## Habits that are Fit for Life

### Set SMART Goals Specific -

**Set** - precise goals which have been broken down as much as possible. Ex. Instead of saying i hope to get a job, apply for the jobs you want and set up interviews

**Measurable** - by putting times, dates, places, and amounts, you will be able to measure how long a goal should take and work toward completing it within the allotted time Ex. Learn how to train, track nutrition, intuitive eat etc.

**Attainable** - set goals you can achieve, identify the obstacles that can stand in your way or the possible difficulty you may face. Ex. staying on top of nutrition, getting all workouts in

**Relevant** - all your goals are relevant to what you want to eventually accomplish. Ex. I am learning how to do this properly now so I can be around when my kids grow up.

**Time bound** - give yourself a deadline to accomplish your goal will give you the motivation you need to get on your feet and get it done. Ex I will be fully prepared how to do this in 6 months - 1 year



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## Habits that are Fit for Life

1. **Start your morning off with Breakfast** - Remember learning that breakfast was the most important meal of the day? While I believe that all meals are important, breakfast is a meal you shouldn't consider skipping. Studies show that eating breakfast helps to improve focus, satiety, and energy levels throughout the day. So what does that mean for you? You'll be more productive at work, will work harder during your workouts, and you may have reduced your cravings and hunger later in the day. Sounds like a win, win, win to me!



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2. Dedicate time to your mental health - Whether you practice yoga, write a journal, meditate, see a therapist, or have another way of dedicating time to your mental health, it is just as important to make time for this type of exercise as it is to make time to go to the gym. Having a healthy mental state will help you stay on track with your fitness goals and will allow you to balance your busy and crazy life with ease. Find the method that works best for you and stick to it.



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**3. Take your workout with you** - Many people travel frequently for work, to visit family, or for vacation. While traveling can make it less easy to fit in your workout, it's not an excuse to slack off in the fitness department. Let your clients talk with you about a travel workout option, pack a resistance band or TRX strap, or make an on the go workout for them that doesn't require any equipment at all! There are endless resources for fitness on the go; it just takes a little planning ahead of time.



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**4. Drink Plenty of Water-** The body is made up of 60% water! Drinking plenty of water throughout the day will help maintain your body's fluid balance so that nutrients can be transported throughout the body. That means you will more quickly reap the benefits of the healthy foods you eat! Drinking water throughout the day helps you feel full. It may sound crazy, but many people mistake thirst for hunger and end up overeating. It's also important to drink water because when you stress and work your muscles in the gym, they are losing water. If you aren't drinking enough water, your muscles will get tired faster and you may not be able to work as hard. So drink up, buttercup!



**5. Crack down on Procrastination** - This happens to the best of 'em, trainers included. "If you're like me, sometimes you sit around and delay going to work out,". "You watch a little more TV, scroll through Instagram, and say you'll work out in a bit. But sometimes you delay so long that it's too late and you have to skip your workout completely." (Sound familiar?) Procrastination can seriously interfere with your fitness hustle. While it's easier said than done, the best thing you can do is push through the urge to lie on your bed in your workout gear. "Make an effort to ignore that little voice in your head that tells you to wait a while,". "Don't even give it a chance to talk. Just get up and [go]! The more you flex your willpower muscles, the stronger they get." And this goes for making and breaking all fitness habits



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- 6. Love your Veggies** - Fiber, potassium, folic acid, vitamins A and E – by themselves, veggies are packed with beneficial nutrients that help dramatically lower the risk of almost every common health issues you can think of, from high blood pressure and heart disease to cancer and diabetes. If you're just learning to love flexible dieting, a carrot grated directly onto your chicken breast sandwich will make it impossible to resist. Or slices of tomatoes in your sandwich (This could be any fun way to incorporate veggies).
- 7. Build a routine** - Habits are essentially developed by building and sticking to a routine. Particularly when first starting out in the fitness world, individuals should make it a habit of getting active each day, including a quick, 30- minute morning workout before work. We are creatures of habit, we like routine and we do better off by having guidelines and advice. On the flip side most of us don't do well with strict rules.



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# Take control of your life and habits.

Fit for Life Transformations is a Nutrition, Health and Mindset coaching company that has helped many 100's of people change their lives.

Mainly due to:

- Proper eating habits and education
- Healthy Mindset Training and Support
- Workout programs that fit their goals and life
- Educated, Responsive and Dedicated Coaches that get RESULTS!

If you would like information on how to change your life, check us out at the link below.

[www.fitforlifetransformations.com](http://www.fitforlifetransformations.com)

