

Being healthy

A guide to being healthy and
supporting your body to thrive

RESULTS inc

A guide to living
healthily.

Let's make a
start!

Remember...

*"Show up.
Be safe.
Work hard.
Progress."*

Coach Joe,
Founder & CEO **RESULTS** inc

What's in this guide?

- Top tips to help you succeed at being healthy
- Guidance on nine core areas:
 - ◆ Activity
 - ◆ Stress
 - ◆ Sleep
 - ◆ Supplements
 - ◆ Alcohol
 - ◆ Hydration
 - ◆ Macronutrients
 - ◆ Micronutrients
 - ◆ Fibre
- Home truths
- What to do if you get stuck or mess up

The human body can thrive on a variety of diets and nutritional styles. **There is no perfect diet.** What matters more is following core concepts. Being healthy is all about looking after yourself!

First things,
first.

**Be kind to
yourself** and
make it easy to
succeed.

Being healthy should be fun. If it isn't then it's not going to be easy to maintain.

Before we dive into the nine core concepts, here's six key points that you should consider carefully and remember!

**It doesn't matter
how many meals
you eat each day.**

If you want to alter
your weight, total
calories consumed
is what matters,
not meal frequency.

Eat breakfast if:

- you like it OR
- it helps you to make smart food choices for the rest of the day.

Skip it if you want to!

Rigidity is correlated
with losing *less*
weight and an
inability to maintain
any weight lost.

Be kind to yourself
and **be flexible.**

Prepping ahead of time can make everything a lot easier.

Take time to figure out what works best for you.

Carbs are evil? Fats are awful? **Nope.**

There's no need to demonise a particular macronutrient.

Pick a style of eating that you enjoy.

Create a **supportive network** of people around you.

Do your friends and colleagues help you with your goal?

Being healthy is
all about
looking after
yourself

Be active

Aim for 2-3 workouts per week, every week.

Be active daily - walk, cycle, stretch. Do whatever you enjoy!

Try not to sit down too much. Break up extended periods of sitting wherever possible.

Manage stress

Be kind to yourself.

Find your favourite way of unwinding. Walks, a relaxing cup of tea, whatever you enjoy!

Try meditation, the Headspace app is great!

Sleep

Aim for 7-9 hours of sleep each night & be consistent with your bedtime.

Don't use electronics or screens 1-2 hours before bed.

Keep your bedroom cool and dark.

Avoid caffeine after 2pm.

Supplements

Use wisely to supplement healthy eating & not to replace it.

The following can be worth considering:

- Protein powders
- Vitamin D3
- Fish oil

Use [examine.com](https://www.examine.com) to review information about supplements

Alcohol

Drink less.

Pick lower calorie options.

Don't let alcohol influence
your food choices (plan
ahead!)

Hydration

Drink plenty of water (2-3 litres a day).

Carry a water bottle with you.

Add fresh lemon or lime for taste.

The three
macronutrients
are protein,
carbohydrates
and fats.

Protein

Eat plenty from varied sources.

Eat more – fish, eggs, protein powders, beans, lentils and meat are all rich sources of protein

Eat less – fried and processed foods.

Carbohydrates

Eat more carbohydrates if you enjoy them and you are more active.

Eat more - fruit, vegetables, rice.

Eat less - pastries, crisps, sweets.

Fats

Eat a range of healthy fats.

Eat more - nuts, avocados, oily fish, hummus.

Eat less - fried foods, processed meats, cakes.

You should completely avoid trans fats.

They can be found in some refined foods, pastries, margarines and cakes.

Fibre and micronutrients

Vitamins and minerals help you to thrive.

Make sure you eat plenty of fruit and vegetables (they are also low calorie and fill you up!).

You can use a multivitamin or greens powder if needed.

**Home
truths (are
you ready?)**

If you want to
make progress you
will have to make
changes.

This may include
making some
sacrifices.

Don't be surprised
if you make slow
progress if you eat
and drink to excess
at weekends.

Be honest with
yourself and
remember social
media doesn't
always show you
real life.

There is no quick
fix.

It takes consistent
effort and time.

Messed up? Do
not worry! Just
get back on
track as soon as
possible.

No waiting till
Monday...

**and no
quitting.**

*"Live the
healthiest life
you can enjoy,
not the
healthiest life
you can
tolerate."*

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