



Inverness Boot Camp

42 Tips for Success

Nutrition – Exercise - Lifestyle

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Nutrition Tips

1. Your diet begins in the supermarket

2. Eat smaller meals throughout the day
3. Start to avoid any foods with a list of ingredients – eat as close to natural as possible
4. Try making high quality protein the focus of each meal (meat, fish and poultry)
5. Choose high fibre carbohydrates such as vegetables, fruit and high fibre unrefined grains*
6. *Avoid all white, refined grains and keep whole grains to a minimum (corn is a grain)
7. For fruits choose berries and fruits you can eat with the skin on
8. Limit potatoes and foods made with potatoes
9. Eat a high protein breakfast every morning. This will stabilize your blood sugar and get you off to a good start
10. Snack on nuts and seeds
11. Avoid processed foods, artificial sweeteners, preservatives and added sugar
12. Avoid trans fats – no partially or fully hydrogenated oils. Get healthy fat from lean proteins, eggs, wild fish, olives/olive oil, coconut oil, avocados and nuts
13. Change your white table salt for unrefined Celtic Sea Salt or Pink Himalayan Salt **immediately**
14. Seriously restrict your alcohol intake . . . sorry!
15. Stay well hydrated all day. Drink 2 – 3 litres of water daily
16. Use the Glycemic Index for easy meal planning
17. **Don't try to change everything all at once. Take small steps on a daily and weekly basis and you will soon see the benefits in terms of fat loss and improved health**

Exercise Tips

18. Consult with your doctor before beginning any new exercise or diet regimen
19. Try to exercise every day. If nothing else go for a brisk walk for 15 – 20 minutes
20. Long, slow cardio is not only boring, it's ineffective
21. Train hard, train fast . . . then rest
22. If done correctly high intensity training is faster, more effective and less likely to result in overuse injuries
23. Don't try to lose weight . . . lose fat
24. To change your body shape, build muscle. The creation and maintenance of muscle within the body burns calories, thereby helping to keep you lean
25. For maximum fat loss use compound muscle and full body exercises. The more muscles you use the more energy you burn
26. To build huge muscles, or train as a bodybuilder you need to lift weights. To get a fit, lean, athletic, well-defined body you can do it with no equipment at all, just your own bodyweight
27. Don't do the same thing every time you train. Your exercise sessions must be **varied** and **progressive** to get the best results
28. Do not overtrain. It is neither necessary nor advisable to do intense strength training every day. Alternate with rest days or cardio sessions (can be intense as you like)
29. Always keep well hydrated when training
30. Do what interests you and put in maximum effort every time. You are there for **your** benefit, not mine

Lifestyle Tips

31. Follow the Fit 'n' Lean Exercise and Nutrition Tips
32. Don't try to change everything at once. You will get overwhelmed and give up before you've even started
33. What is your ultimate dream? **Write it down!**
34. Now set yourself long term, medium term and achievable short term goals which will take you step by step to your dream. Write them down!
35. Get enough quality sleep every night. Poor sleep encourages fat gain and muscle loss
36. Laugh. Laughter encourages the release of endorphins, which can help reduce appetite and cravings. It also helps lower cortisol, which again will help your fat loss efforts
37. Imagine the person you want to be. **Be that person.** Are the actions you are taking the actions that person would take?
38. If you keep doing what you've always done, you'll keep getting what you always got
39. Exercise to maintain or build muscle. Eat to lose fat
40. Plan. Plan your meals, plan your exercise, plan what you gotta do. You might not always stick to the plan but you have a far better chance of success than if you just wing it every day
41. Learn from those who have done what you want to do
42. Remember this is not a quick fix solution. This is a new fit and healthy lifestyle. **ENJOY IT!**