



MYFIT

PERSONAL TRAINING



NUTRITION

GUIDELINES



DECREASE

BODY FAT %





MYFIT NUTRITION PACKET

INTRO

Getting Started

Thank you so much for showing interest in the myFIT training program. You are entering the critical "get up and get going" time where you not only establish new nutrition and workout habits, but also an improved mindset that will inspire and motivate you to your absolute best self.

The **myFIT** weight management program is about embracing a new, healthy lifestyle. You'll set goals, gain confidence, and build a healthier body.

Before You Worry About Nutrition



Get Mentally Ready

Reaching your fitness goals requires **commitment**. Unfortunately, old habits are hard to break and changing your lifestyle takes serious effort. You will get stronger physically, but more importantly, your willpower will strengthen in ways that will transfer into all areas of your life.

Even though we are seeking physical adaptation, your mind will be the determining factor for your progress. It may be challenging at first to find the time and discipline to adhere to something new. As long as you utilize the resources myFIT will provide and incorporate the support from friends and family members, you will be ready for any obstacle.

Make the commitment to realize what you are capable of achieving. At the end of the program, you'll have found a new emotional outlet, a healthier body, and a new found respect for yourself.



MYFIT NUTRITION PACKET

MACROS

What are they?

Macronutrients are nutrients that the body needs in large amounts.

Macronutrients also provide the body with energy (calories)

PROTEINS

4 Cal/Gram



FATS

9 Cal/Gram



CARBS

4 Cal/Gram



What is their role in your body?

Growth & repair of muscles, tissues & cells

Making essential hormones & enzymes

Energy when carbs are not available

Preserving lean muscle mass

Acts as energy reserve

Protects vital organs

Transports fat soluble vitamins

Regulates Hormone Production

Body's main source of fuel

Allows other macros to be used for their specific jobs

Fuels Central Nervous System (Brain)

.....
myFIT nutrition programs center around using these macros in proper and safe amounts

There are hundreds of crash diets out there that focus on drastically limiting either fats or carbs. These macros play their specific role in your body and are necessary in the right amounts. Now being completely honest, these crash diets do "work" as you will lose weight slightly faster now... but at a high price. This weight loss is not long term and will result in either making it more difficult for you to lose weight in the future or preventing it all together.

With myFIT we are always focused on your health now **and** in the future. We will never give you a diet or routine that will make *us* look really good short term, at the expense of *your* long term. Follow our guidelines and you'll be in better shape, year after year, with the process getting easier, rather than more difficult as you age.



MYFIT NUTRITION PACKET

SCIENCE

Why this will work?

There is way more to nutrition than this packet has room to explain.

This strips nutrition down to its most basic principle in order to make it easy to understand.

We live in society where we have more access to information on a daily basis than we can possibly consume. The issue with this is there is an abundance of false information out there. This makes it really difficult to tell if you are reading a useful article, or if someone is just bending the truth to either sell you something or try to make themselves stand out. Fortunately, the basics are always true.

CALORIES IN vs CALORIES OUT

In it's simplest terms, if you burn more calories a day than you take in, you will lose weight. Likewise, if you consume more calories a day than you expend, you will gain weight. The biggest issue, is we usually don't realize how many calories we actually take in. And on top of that, most jobs and hobbies keep us stationary and burn next to zero calories (desk jobs, driving, netflix, scrolling through instagram, etc).

$$\text{EXERCISE} + \text{CALORIES} = \text{BODY FAT} \ \& \ \text{LBM}$$

Our goal is to safely reduce your calories by choosing foods high in nutrients but low in calories, and increasing your calorie expenditure through exercise. This will allow us to decrease your body fat percentage and increase your lean body mass (LBM).

For weight loss, our goal will be a calorie deficit of between 500 and 1000 calories a day. This will allow us to lose between 1 and 2 pounds of fat a week in a safe and controlled manner to set you up for long term success.



MYFIT NUTRITION PACKET

WARNINGS

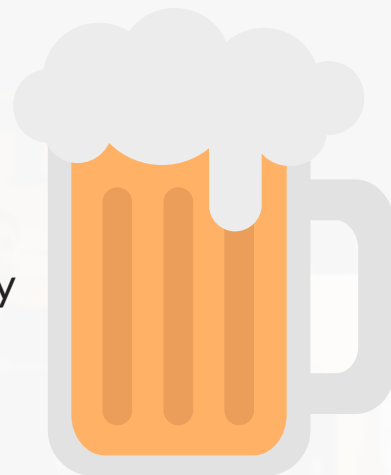
What to avoid?

There are things that can ruin the goals you've been working towards all week. These should be avoided as much as possible.

Always ask yourself, what do you want more? This drink? This dessert? Or the satisfaction of hitting your goal?

ALCOHOL

- Contains calories and steals nutrients to metabolize
- Inhibits circulation of glucose which the body uses for energy
- Inflammes pancreas and halt transportation of nutrients
- Lead to dehydration and prolong muscle recovery
- Diminish protein synthesis, preventing the repair of damaged muscles



SUGAR

- Empty calories while containing zero essential nutrients
- Causes dopamine release in brain resulting in it being addictive
- Raises cholesterol and can lead to heart disease
- Can cause insulin resistance and lead to metabolic syndrome and diabetes



WEEKENDS

Obviously you can't avoid weekends, but what happens on the weekends can make or break your progress for the week. If you plan ahead you can avoid a lot of the situations that will mess up your goals. For example, if your friends going out drinking, volunteer to be the designated driver. Or if you are going out to eat, check with us for a healthy option wherever you are. You can also plan fun but active outings, like hiking, so you can socialize and not burn calories. If you plan in advance, nothing will get in the way of your goals.



MYFIT NUTRITION PACKET

FOODS LIST

What can you eat?

This list does not contain every single acceptable item, nor does it mean you can eat as much as you want of anything on here.

When modifying your meals substitute with something that falls within the same category and with a similar portion size.

FATS CARBOHYDRATES PROTEINS

Meats

Chicken

Turkey

Pork

Ham

Beef

Turkey Bacon

Lamb

Eggs

Seafood

Salmon

Shrimp

Cod

Trout

Scallop

Tuna

Halibut

Legumes

Beans

Lentils

Grains

Rye

Oats

Brown Rice

Wheat

Quinoa

White Rice

Vegetables

Low Starch

Asparagus

Celery

Leafy Greens

Sprouts

Broccoli

Cucumber

Mushrooms

Tomatos

Cabbage

Garlic

Onions

Cauliflower

Kale

Peppers

Moderate Starch

Beet

Eggplant

Radish

Turnip

Corn

Jicama

Squash

Zucchini

High Starch

Artichoke

Sweet Potato

Potato

Carrot

Fruits

All Are Ok

Berries

Melons

Pears

Apples

Grapes

Peaches

Tomatos

Nut/Seeds

Almond

Coconut

Pecan

Cashew

Pistachio

Peanut

Oil/Fats

Avocados

Oils

Butter



MYFIT NUTRITION PACKET

CONCLUSION

Concluding thoughts

Congratulations on completing the myFIT nutrition crash course!

Thank you for taking the time to read all the way through to the end. This information may not have been the most interesting stuff you've read this week, but what you learned in this packet may keep you from making some bad choices in the future. Education is a key component of sustainability. So lets keep you learning and continuously taking steps towards a healthier and happier future together.



If you want to learn more, follow us on instagram: [@myfitpt](https://www.instagram.com/myfitpt)