

# Fitness 101

Let's get back to the Basics & Make it Fun Again



## Getting Past the Road Blocks

The biggest mistake you can make is not giving full effort towards your goal.

Being in the fitness industry 4+ years, I've

noticed that most of our health struggles can be simplified through improving nutrition and increasing daily activity. Don't put all your faith into products & fad diets because once they fade away, so does your progress. Rather, place accountability on yourself to succeed. Here's a few tips to assist you on your journey to becoming a better you.

- 1) Follow a plan and stick with it - our body transformations require time. Don't expect things to change overnight.
- 2) Keep track of progress- trust me, the scale will never make you happy. Weight fluctuations are a part of weight loss, and it's important to make sure your approach is working by tracking your progress through various methods. (scale, measurements, bodyfat scanners)
- 3) Celebrate the results- Small accomplishments are just as important as big victories.

1

### PROTEIN

Proteins are essential to build and repair muscle tissues in the body

2

### FATS

Fats are essential to helping protect vital organs, absorbing vitamins, and maximizing metabolism

3

### CARBS

Carbs are essential for energy (main source) for the body and helping prevent muscle loss

### Cardio



I recommend doing cardio for at least 30mins, 2-4 times a week.

### Weight Training



I recommend doing weight training for at least 30 mins-1hour, 2-4times a week

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