



Finn Fitness & Wellness

Lose weight, increase energy, and achieve health and fitness for the rest of your life.



EIGHT STRATEGIES TO A BETTER BODY

When I first thought of writing these strategies I wanted to write it all in one quick tip. As I was writing I began to realize how important each strategy was and that I could not do justice to each without expanding them all into separate strategies. While each one is just as important as the next, it is the implementation of each of them that creates a better looking, feeling, and functioning body.

Here are my top eight strategies to a better body:

Intensity and Goals: Intensity, along with a goal, is where it all begins. If you want to have a better body (the goal) you must have an inner drive to achieve. Intensity encompasses many areas; when you wake up every day you must possess intensity to work smart and work hard. You must have intensity when it comes to your nutrition, exercise, and rest to see the changes you want. You must decide what you want and go after your goals with all you've got in all realms of your life. Ask yourself; do my actions match my goals?

Make your Food Work for You: The big question when eating is, will your food provide you with valuable nutrition or empty calories? If the food is high in sugar, salt, bad fats or simple carbohydrates, then you are paying for a food that will make you tired, overweight, and quite possibly ill. You are what you eat. On the other hand if you are eating foods that have the best sources of carbohydrates (organic fruits and veggies), good fats and proteins (organic beef, chicken, eggs, turkey, and wild fish), fiber (organic and raw fruits, veggies, and nuts), then they will work hard to keep you energetic, full, healthy, and satisfied. You must also be eating the correct balance of proteins, fats, and carbohydrates for your genetic type. All of us look different genetically on the inside just like we all look different on the outside. We all require a different balance for good nutrition. Finally, all these "hard working" foods are low in calories and help build an efficient, lean, and better looking, feeling, and functioning body! And remember, you can't exercise hard enough to counter a bad diet!

Recovery and Regeneration: Sleep. This is the most neglected and most important aspect of recovery and regeneration. You will severely limit the ability to achieve your goals based on the number of hours of sleep you get each night. Everyone needs between 7-9 hours of sleep each night for optimal health benefits. In 1910, Americans averaged 4300 hours of sleep a year. Today Americans average less than 3000 hours a year. What would your boss say if you missed 1300 hours of work each year? What is your body telling you

about missing out on 1300 hours of sleep each year? Getting enough sleep helps keep your heart healthy, blood pressure down, and bad cholesterol low. In addition, it reduces inflammation. Inflammation is thought to be one of the reasons our bodies age and breakdown quicker. Finally, a lack of sleep leads to less than optimal brain and body function. Sleep is essential not just for a better-looking body but also for a better-feeling and functioning body.

Supplement the Essentials:

Omega-3 Fatty Acids (also known as fish oil). You should be getting 2mg of EPA/DHA specific fish oil a day. The amount of omega-3 fatty acids in our food has declined over the years. Omega-3 fatty acids are a natural anti inflammatory that also aid in brain function, and cell development.

Vitamin D. Most people need to supplement 400 to 1000 international units a day. Combine this with a calcium supplement for greater bone density. We simply do not spend any time out in the sun any more. Most of us live in houses, drive in cars, and work in buildings all day and don't see the sun. Spending 10 to 20 minutes in the sun every day is also a good way to naturally obtain your vitamin D.

A Multi-Vitamin. A high quality multi-vitamin is essential for optimal health and function of the body. Even if your nutritional intake is very good and 100% organic, the vitamin and mineral count in the foods grown today are still lower than they were 50 years ago. A multi-vitamin insures a balance of all vitamins and minerals in your body on a daily basis.

Eat More Often; Eat Less: This is a simple and straightforward method. Eating more means to start making sure you are eating at least three times a day and to think of meals as feedings. Breakfast is a must, as well as making sure each meal contains a little protein. If you can, start to increase the number of meals a day to 4 or 5 so you are eating every two to three hours. By feeding yourself every two to three hours you feel satisfied and less hungry which will lead you to eat less at the next feeding. It is a positive snowball effect, the more times you eat during the day, the less total amount of food you will eat, the less calories you take in, the more weight you will lose, leading to a well defined better-looking, feeling, and functioning body!

Move your body every day: Our body is made up of a lot of different biological pumps. These pumps move blood, water, nutrition, and waste material around and out of our bodies. When we stop moving, the pumps stop working and the inside of our body starts to look like a pond of stagnant bacteria and polluted water. We need to move our bodies for 20 to 30 minutes of consistent activity every day. This doesn't need to be strenuous activity. Walking, Ti Chi, Yoga, cleaning house, gardening, or playing active games with the kids are all great forms of movement. The key is consistency and for at least 20 to 30 minutes a day. You should be working hard enough to sweat because perspiration is one of the ways the body disposes of toxins.

Exercise with resistance: The human body needs a challenge. Just like a tree growing a solid trunk and vast root system to stand up to winds, rain and gravity; the human body should be subjected to challenging situations both mentally and physically to maintain and develop strength. When you let technology do the work or pay others to do the challenging activities, the body will just become weaker over time. Bones, muscle, tendons, and ligaments need resistance to grow or at least maintain their current strength. When a good plan is in place, as little as 15 minutes 6 days a week of resistance training can be enough. You can also do 1 ½ hours or more spread out over a week.

Be happy in your life: This may be the last one in the list but it is not less important by any means. Thinking positively, doing things that make you happy and living by your core values will keep your body healthy. Your core values will change throughout your life as you experience and learn more. As your values change and grow, you must live by them to remain happy. Do not let others push you to do things against your core values. If you know how important it is to eat high quality nutritious foods for your health, but you let your friends talk you into eating junk food every weekend, you will become ill inside from going against your beliefs. This is true for all your beliefs.

While each of these strategies work and can help improve your health and body, it is combining all eight strategies that will achieve the best and fastest results. I think Aristotle put it best when he said, *“The whole is greater than the sum of its parts.”*

Finn Fitness & Wellness (707) 781-FINN (3466)

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