

110 Ways To Change Your Body Fast!

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by Jonas Deffes
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I truly believe that this year will be your best and fittest year ever. For some of you, you are entering this year in the worst shape of your life, for many of you, your best! Wherever you are, just know that you can always be better, and health and fitness is a constant journey. Remember you have everything inside of you for greatness; it is up to you to tap into that and reach your true potential. It is my goal in this article to give you many quick tips that you can implement in order to have a profound impact on your life. Trying to do every one of these tips in the first week would be overwhelming, I recommend reading them all over a couple times and then find 2-5 the first week to incorporate into your life. After a week or two of being successful at those challenges, move on to another couple while still implementing the first few. This is a very powerful way to make many small changes that can completely transform your life! Please note these are in random order and not based on level of importance.

Print this out and post it next to your computer or somewhere you will see everyday.

Are you ready? Lets go!

1. Take before pictures
2. Post before pictures on your refrigerator and keep visible in your car and next to your bed
3. Take circumference measurements ASAP, and repeat every month
4. Eliminate sugary drinks completely... fruit juices, diet soda, regular soda, energy drinks
5. Eat plain Greek yogurt
6. Find a workout partner that is committed and won't let you slack off
7. Write inspirational quotes on index cards and post everywhere around you
8. Read stories about others who have achieved greatness in their health and fitness, whom you can relate to
9. Eat at least 1 big salad each day, two is even better
10. Get protein in with each meal
11. Sign up for a race or competition and tell everyone you are going to do it for the sake of accountability
12. Wake up each morning and say "I am a strong, fit healthy person, who is going to make decisions today that will support the healthy and fit person I am."
13. Buy a new set of workout clothes
14. Drink 1 gallon of water each day
15. Don't eat anything that has the first ingredient "enriched wheat flour"
16. Buy a new set of athletic shoes from a store that will analyze your running style to fit you with the correct shoe
17. Set 3 small goals each morning that you want to accomplish for the day
18. Watch less than 1 hour of TV per day, none is even better
19. Buy at least 4 sets of dumbbells 10's, 15's, 20's, and 25's
20. Eat raw nuts such as almonds, walnuts, pecans, and cashews
21. Commit to 30 minutes of intense exercise 4 days a week at a minimum
22. Realize even 10 minutes of exercise is beneficial assuming it is very intense
23. Weight train with challenging weights 3 times per week
24. Make a food journal
25. In the food journal also include a "feelings" journal which talks about how you are feeling at any point during the day to compare to the food you are eating
26. Avocados are a great source of good fat
27. Write 1 page about how your life would be 15 years from now, if you continued with some of your current unhealthy behaviors... make this as painful as can be
28. Write 1 page about how amazing your life will be 15 years from now when you have exchanged your unhealthy habits for healthy ones
29. Get your heart rate up to at least 90% of your max heart rate 3 days per week
30. Go to the doctor and get a complete physical to know all your health numbers
31. Drink plain unsweetened teas like green, black, oolong, white, and rooibos
32. Eat foods that are spicy, studies show it will increase metabolism
33. Get rid of your addiction towards caffeine

34. Get at least 7.5 hours of sleep
35. Eat a breakfast that has complex carbs, protein and fat in it
36. Get a massage at least once a month
37. When in doubt, eat smaller portion sizes
38. Don't get caught up on the little roadblocks in life, focus on the direction you want to go
39. Read at least 1 fitness book each month
40. Read at least 1 book on nutrition each month
41. Focus on lots of leg exercises with heavy weights, this will burn a huge # of calories
42. Drink at least 1 protein drink each day with a WHEY protein that is naturally sweetened
43. Buy eggs that are cage free and eat the whole egg
44. Never go to the grocery store hungry
45. Eat fast food no more than once a week, none is even better
46. When eating out, check out the nutritional info before hand so you can order the best thing on the menu for you and also be particular with how you want something prepared
47. Eat 5-6 meals per day
48. Plan your vacations around some sort of physical activity
49. Weigh yourself once per week to make sure the pounds aren't creeping on, but realize that you might be initially putting on some muscle
50. Buy grass fed beef and chicken from a local farmer
51. Eat as many dark leafy veggies as humanly possible
52. Try a new active hobby such as rollerblading, rock climbing, cross country skiing, rowing, hiking, or tennis
53. Include your kids in your fitness activities as much as possible
54. Aim to do at least 40 perfect toes pushups by the end of the year
55. Don't sit in one position for more than 1 hour, get up and move around
56. Try real stair climbing for a workout, one of the highest calorie burns and tones the legs
57. Always keep an extra pair of shorts, sports bra, t-shirt, and shoes in your car
58. Refuse to snack on the bagels, donuts, pizza, and candy at work
59. Eat 1-3 cheat meals each week to help control your cravings
60. Reward yourself for your hard work with a nice gift that is unrelated to food
61. Teach someone else what you are learning about health and fitness
62. Read my blog everyday to feed your mind healthy thoughts and stay motivated
63. Take a fish or krill oil supplement for your omega 3 fatty acids
64. Cook exclusively with coconut oil
65. Only use olive oil that is extra virgin cold pressed and in a dark container
66. Prepare many of your meals in advance on Sunday
67. Pack your gym bag or workout clothes the night before
68. Watch that the words that come out of your mouth are only positive
69. Do 10-15 minutes of core training 2-3 times per week
70. Eliminate as many grains as possible... eat your breads, pastas, and rice during your cheat meals mostly or earlier on in the day
71. Eat sweet potatoes instead of regular potatoes
72. Test to see how many pushups, burpees, and plank hold (in sec) , then every month retest
73. Make a vision board: cut out pics from magazines about what you will look like, what you will be able to wear, where you will be able to travel, and what activities you will be able to do once you reach your peak level of fitness
74. Teach your kids the "why" in the importance of eating healthy... why is eating broccoli good for you, why not eating fast food too often is good for you, why avoiding soda is good for you. Make the "why" meaningful to them. For example, you eat your broccoli to play basketball like Lebron James.
75. Spend as much time playing outside with your kids
76. NEVER use margarine or smart spreads, use organic butter
77. Start an exercise group at your job, even if it means just walking at lunch
78. Ask your boss to have guest fitness and nutrition speakers come in and give a lunch and learn (I love doing these!)

79. Before a workout consume about 100 calories of food in the form of simple sugar and fast absorbing proteins such as whey to provide energy and prep the muscles to heal
80. After a workout consume 30-40 grams of carbs with 15-20 grams of protein within 45 minutes of your workout, this will help heal the muscles
81. Write down 10 reasons "why" you deserve to be the fittest and healthiest person
82. Listen to motivational CDs or MP3s while you drive in the car... I love Tony Robbins
83. When you make your food journal, calculate your calories per day by averaging out 1 week, then you cut down 500 calories per day to lose 1 lb of fat per week
84. Take yoga 1-2 times per week, even for 30 minutes each time
85. Buy a digital food scale
86. Eat fish 2-3 times a week but make sure it is wild and NOT farm raised
87. Make a good playlist of music to workout to, it will go by faster and you will workout harder
88. When you eat, don't be watching TV or listening to music
89. Aim for 8-12 reps generally when lifting and pick a weight that will allow only the # of selected reps (between 8-12) with proper form
90. Schedule your workouts as "appointments" that can't be missed
91. Keep your house cool, your body burns more calories to keep warm
92. Focus on berries for fruit, they are low glycemic and have high fiber and antioxidants
93. Give yourself a treat by eating chocolate that is at least 70% cacao
94. If you start craving foods, try chewing gum, it can help with cravings and burns 11 calories per hour
95. When you eat, really savor and TASTE every bite to enjoy the flavors, you won't overeat as much this way
96. Eat more of your calories early in the day, here is a good quote: "Eat breakfast yourself, share lunch with a friend, give your supper to your worst enemy. "
97. Use mustard instead of mayonnaise
98. Watch 1 funny movie or any other way to get a couple good laughs in each week
99. Eat foods that have ingredients that your great grandma has heard of
100. Put flax seed into your meals, but make sure to grind it on the spot otherwise it becomes quickly oxidized in open air
101. Decrease your sodium intake to reduce blood pressure and decrease the amount of bloating and water retention
102. In the summer, try running in the sand, it will burn many more calories and be low impact on the joints
103. Increase protein, women should get in at least 80 grams and guys 140 grams
104. Take a break if you have been working out hard for 3 months, take a one week off for you to mentally and physically recover.
105. Focus on strengthening the deep core muscles first before moving on to the outer rectus abdominus muscles
106. Create a new habit by doing an activity for 21-28 days straight, this is the amount of time research shows for it to become a habit
107. Write a 1 year goal that seems so far fetched that you never think is possible and then try to accomplish it one year from now
108. If you need something sweet to drink, try drinking crystal light instead of soda.
109. Stop complaining or making excuses, everyone has challenges and reasons to not exercise and eat healthy, we don't want to hear them, instead take responsibility for your actions and create change
110. If you are ready to start Finally losing weight and getting in better shape then Join our New Orleans Adventure Boot Camp at <http://www.NolaBootCamp.com> and Get the Jumpstart that you need!

Yours in health - Jonas Deffes

<http://www.nolabootcamp.com>

<http://www.nolatrainer.com>