

# CHEATSHEET

## 7 TIPS TO GETTING STARTED



Starting to improve your lifestyle can be hella overwhelming and make you feel like you need to have an 'all or nothing' mindset.

We don't need that.

I'm stripping down (ok, relax...) and simplifying the basics for you when you're new to all of this. No macro tracking, no crazy training protocols.

By implementing these simple tips, I'm confident you're going to start seeing some changes:

### 1. DRINK PLENTY OF WATER

Our bodies are made up of about 60% water and we are constantly losing water every hour of the day. Most of us don't drink enough, but what 'enough' is for each person can greatly differ. A great starting point is the good ol' 8x8 rule: 8oz for 8 hours a day, consistently. There's no hard science behind the 8x8 rule, but it's a great starting point in order to build this healthy habit.

When you actually feel thirsty, you are dehydrated. When you exercise or sweat more, you lose more water. Even being outside in hotter weather can cause greater water depletion in your body. Dehydration can also be masked by feeling hungry, so when you're feeling really hungry, chances are you could just be dehydrated.

### 2. CONSUME PROTEIN AND VEGGIES AT EVERY MEAL

Protein is proven to be the most satiating macronutrient (compared to fats and carbohydrates) and offers many benefits. Quality protein sources can include animal meats, whole eggs and the whites and protein powders.

Vegetables provide us with micronutrients like vitamins and minerals that are vital for our daily function.

When you ensure you're getting a quality serving of protein and veggies at every meal, you'll be more likely to choose better compliments to your plate and will likely provide you with more energy throughout your day. Consuming a handful size of each, at minimum, is a great starting point to build a healthy habit.

### 3. MOVE EVERY DAY

I didn't say strength train or run. Just move. Seems simple, yet most of us in today's society is very, very sedentary. We often sit at a desk for more time in the day than we stand or move, forcing our bodies to tense up, joints to stiffen, and metabolism to work at a slower rate in order to preserve energy.

By simply walking a little bit more (consistently) throughout your day, especially when you have the opportunity to do it outside, you can clear your mind, get fresh air, absorb vitamin D and improve your heart health.

You don't need to aim for 10,000 steps a day. Start by setting a simple alarm on your phone to get up and walk around for 10 minutes every 2 hours. Go for a walk on your lunch break, or after every meal (breakfast, lunch, dinner.)

### 4. ESTABLISH A MORNING AND EVENING ROUTINE

Beginning your day with a routine can keep you focused and results in better productivity throughout the day. Simple morning routine habits could look like: making your bed as soon as you get up, taking 10 minutes to walk or stretch, journal your thoughts or review your to-do list for the day, workout in the morning.

When you set a small wind-down routine at the end of the day, it can result in better sleep (quantity and quality), which rolls into waking up feeling even better. Simple evening routine habits could look like: reducing screen time for 1 hour before bed, preparing meals for the next day, taking 15 minutes to stretch, reflecting on the wins and tasks from your day.

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### 5. HYDRATE BEFORE YOU CAFFEINATE

Your body gets dehydrated when you sleep, so waking up and drinking a big glass of water and kickstart your day and you're likely to be more consistent with ample water intake throughout the rest of your day. Drink one of those wonderfully mentioned 8oz glasses before you sip on your morning coffee.

### 6. TAKE TIME TO REST

Lifestyle changes require time and patience. Diving in head first and going all-out is going to make ya real tired, real quick. Ensure that you take time to rest, recharge and regroup consistently throughout your weeks. Taking days off from work, resistance training and just being 'present' is key to ensure you have the energy to show up when it's most important.

### 7. MAKE YOUR OWN MEALS AND SNACKS

By preparing your own meals and snacks, not only can you control what you consume (which tends to lead to better choices) but you also save money. Although restaurants and fast-food joints offer healthier options, they can also hide an abundance of unnecessary calories from sauces and toppings. Make your own meals and snacks to start building better habits.

I could go on and on with these tips, but these are 7 of the most important that I would recommend to anyone just trying to get started on improving their lifestyle in regards to nutrition and fitness. Work on making these healthy habits in your life in order to set a solid foundation, before you advance into any type of nutrition or training protocols.

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