

## X-factor Coaching System habits master list

**Habit 1: Increase number of meals/snacks. Eat something every 3-4 hours.** Large gaps between meals slow metabolism and compromise energy. Eat 5-6 meals/day.

Example Strategies:

- High Tech: auditory cues - set your phone alarm every 3-4 hours as a reminder, or
  - set the home/work computer, or
  - set your fitness technology.
- Low Tech: visual cues - wear 5 rubber bands on your wrist and remove one each time you eat, or
  - wall calendar, or
  - paper and pen checklist.
- Eat something within 30 minutes of waking up.
- Eat something vs. nothing. Have back up plans (non-perishable food everywhere!).
- Schedule 1 day each week to organize your food for the week.
- Challenge a friend.
- Maintain a daily/weekly food & drink journal to stay organized or draw awareness to consistent gaps.

**Habit 2: Hydrate.** Drink at least 64 ounces of water each day. Water helps with circulation of nutrients, temperature control, skin health, energizing muscle, ETC!!

Example Strategies:

- Drink at least 12 ounces of water every time you eat something.
- If you hate water, add lemon, or an ounce of Gatorade, or a flavor you enjoy (90/10).
- High Tech: auditory cue - set your phone alarm every 3-4 hours as a reminder, or
  - set the home/work computer, or
  - set your fitness technology.
- Low Tech: visual cue - wear 5 rubber bands on your wrist equivalent to 12 ounces of water, remove one each time you hydrate, or
  - wall calendar, or
  - paper and pen checklist.
- Urine color: shoot for clear.
- Buy a water bottle (preferably with a straw and oz measurement).
- Challenge a friend.
- Finish, as a minimum, a 12oz bottle at the gym.
- Maintain a daily/weekly food & drink journal to stay organized or draw awareness to consistent gaps.

**Habit 3: Control portions/calories.** Over eating can lead to weight gain, under eating to poor performance.

Example Strategies:

- Use the portion control guide sheet provided by your trainer or that you received from our manager of email support.
- Keep a food & drink journal to avoid mindless snacking; journal before you eat anything.

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- Chew gum, pop a mint, have a glass of water between snack/meal times.
- When you go out to eat...
  - only eat half, take the rest home. portions tend to be larger in restaurants
  - don't eat what you didn't order (there's no need for extra bread!)

### Habit 3: Control portions/calories

(continued)

- plan ahead. most restaurants have their menus available online; make a better choice
- drink water with your meal
- don't skip the veggies!
- add flavor with seasoning versus condiments. if condiments are a must, have them on the side
- easy on the alcohol; have 1 glass of water to every glass of alcohol.
- Stay at the table for 20 minutes so your brain has time to remind you you're full; eat slowly.
- Focus on your meal. Eliminate technology (tv, phone, etc.) while eating.
- Use portion plates.
- Recognize your body's food "need" versus your head's food "want".
- Identify your "satisfying" food list.
- Journal your food. Educate yourself on food's worth.
- Purchase a cookbook or go online to find healthy-portioned recipes.

**Habit 4: Eat balanced.** Eat protein, carbohydrates and fat at each meal/snack. Fat burns like a log, protein like sticks and carbohydrates like paper!

Example Strategies:

- Use the portion control guide sheet provided by your trainer or that you received from our manager of email support.
- Pick a day each week to organize a shopping list for the following week.
- Eat and explore foods with different colors.
- Try it! You might like it! Get outside your comfort zone.
- Journal your food. Educate yourself on food's worth.
- Use portion plates (you know, the ones that separate your foods).
- When grocery shopping, stay on the outside aisles of the store.
- Eat foods made of only 1 ingredient (whole foods).
- Explore healthy food delivery services; let them do the work.
- Purchase a cookbook or go online to find healthy recipes.
- Take a nutrition course.

**Habit 5: Move More.** Control weight, combat poor health/disease, improve mood, increase energy/endurance, and improve sleep patterns.

Example Strategies:

- Set an appointment with your Trainer.
- Wear your gym clothes to bed and set your alarm across the room.
- Plan a car pool with your friends.
- Identify experiences other than the gym you may enjoy that keep you moving:
  - gardening      -hiking      -kayaking      -tennis      -basketball
- Get the entire family involved (come up with some fun family challenges).

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- Prior to the week, identify the days you can commit to activity.
- Set realistic goals that you can be consistent with.
- Keep a tracking journal/calendar to assess gym/moving attendance.
- Keep a behavior tracker: why didn't you get to the gym a given day? Was it your head, or an outside obstacle? (funeral for example)
- Doing something is better than nothing! Get up, even if it's just 10 minutes!

### **Habit 5: Move More.**

(continued)

- Set an alarm, phone/computer, every hour so you get up from the desk!
- Get sufficient sleep.
- Use fitness technology to challenge your friends, coworkers and family.
- Follow the workout(s) your Trainer gives you for the next 30 (60 days).
  
- Plan ahead. Fight anxious thoughts in advance by preparing for your day. Try making a schedule or a "to do" list and develop habits that increase productivity.
- Smell something relaxing. Try sniffing some calming oils. Basil, anise, and chamomile are great choices; they reduce tension in the body and help increase mental clarity.
- Get out and socialize. Research suggests people who have lots of social support tend to react less negatively to stress than those who fly solo (just be careful with the food and beverages when you're socializing).

**Habit 6: Move Better.** The better we move, the more active we can & should be. Having less pain and fewer physical restrictions will allow you to be more willing to participate in life's activities.

Example Strategies:

- Set an alarm on your phone/computer to remind you to get up and move during the day.
- Acknowledge, don't ignore pain.
- See a Physical Therapist, Massage Therapist and/or Chiropractor when necessary.
- Add in a dynamic warm-up prior to every resistance training session to get the body ready to move.
- Incorporate foam rolling on workout and non-workout days.
- Implement yoga and/or pilates into your program.
- Work in corrective exercises (given by your trainer) to improve postural imbalances.
- Include stretching/flexibility exercises into your daily routine.

**Habit 7: Manage stress.** During episodes of stress, the body releases chemicals that contribute to certain physiological effects such as rapid heart rate, high blood pressure and a weakened immune system. Chronic stress can lead to serious problems such as stomach ulcers, stroke, asthma, heart disease and weight gain.

Example Strategies:

- Get enough sleep. Healthy adults should get 7-9 hours on average (slightly less for older adults).
- Smile! Studies have shown smiling can help reduce heart rate and enhance stress recovery.

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- Stay tidy. Messy workspaces/living areas promote distraction and have the potential to foster a negative state of mind, contributing to feelings of being overwhelmed or stressed!
- Express gratitude. Research has shown expressing gratitude helps keep individuals from a state of denial.
- Eat right. Bodies and minds run more efficiently on healthy fuel.

### **Habit 5: Manage Stress.**

(continued)

- Learn to breathe. Research shows proper breathing techniques can assist with managing the physical symptoms of stress: increased heart rate and blood pressure for example.
- Meditate. Scientists are discovering that meditation actually increases the amount of grey matter in the brain, essentially re-wiring the body to better manage stress.
- Learn visualization techniques. For example, create a vision board. Visualization techniques can prove to be a powerful technique to help stay mentally and physically organized, and focused on desired present and future outcomes.
- Be silent. Plan for a time when you can completely disconnect. Start with increments of time that seem sustainable and doable for you, even if it's just five minutes.
- Incorporate therapeutic massage into your lifestyle.



