

# 30 Secrets to Better Health

**Increase your No Excuses Wellness Score to Increase your Energy, Crank up your Weight Loss and Improve your Health!**

Here is how it works:

- Take your No Excuses Wellness Score by entering a score on the scale of 0 to 3 next to each secret (on your Boot Camp Scorecard): 0 = you are not doing this secret – yet, 1 = you are kind of following this secret, 2 = you are mostly doing his secret or 3 = you are nailing this secret.
- Re-score yourself every 2 weeks. Believe in yourself, make your health a top priority and following these secrets and your rocket will leave the pad!

## Attitude & Focus

- 1) Concentrate on increasing your energy & improving your health vs. losing weight.** The weight loss takes care of itself when you stay focused on increasing your energy and improving your health.
- 2) Take ownership of your health and weight.** People often blame other people, their family, their economic situation, etc. for their health and weight problems. But that is not true. You are 100% in control of your health and weight, so please own it!
- 3) Throw the rear view mirror out the window.** You can't change the past and beating yourself up is only going to drag you down and move you in the wrong direction. Today is a new day so take advantage of it. Don't let yesterday's missteps rob you of today and tomorrow's victories!
- 4) Hold yourself accountable and don't make excuses.** We are all extremely busy, but you *can* fit movement into your schedule. You deserve to have some personal time each day so hold yourself accountable and don't let yourself make excuses for missing workouts or eating badly.
- 5) Stay positive.** Your ability to stay positive and roll with the punches is a huge factor as to whether you will fight through tough times or quit.
- 6) Be grateful.** There are millions of people in this world who would give anything to be able to walk. So focus on being grateful for your gifts!
- 7) Believe in yourself.** This is probably the most important secret. "If you think you can or you think you can't, you are right." – Henry Ford
- 8) When you exercise, be proud of yourself.** Celebrate each workout (even 5 minutes is fantastic!) as a solid step towards your goals.
- 9) Have fun.** If your workouts are not fun, then you are not going to keep doing them. So, if you dread going to the gym, don't go. Instead, go for a walk, bike ride or play with your kids in the yard. If you can turn the dreaded exercise word into a fun activity then your chances of being successful go up dramatically.

## Personal-Accountability & Habits

- 10) Be an example of health to your kids and family.** 50% of kids with 1 obese parent become obese adults and 80% of kids with 2 obese parents become obese adults. Your kids follow your lead and the example that you set!
- 11) Schedule your workouts in your calendar.** These should be looked at as un-breakable appointments with yourself. So unless the house is on fire or the kids are sick, the workout is happening. No Excuses!
- 12) Weigh yourself once per week.** Daily weigh-ins turn into "am I going to be in a good or bad mood today" events and avoiding your weight is not good either. Weekly weigh-ins help you stay accountable and let you see how your week went so that you can make adjustments if needed.
- 13) Limit your daily personal internet time to 15 minutes unless you have done your workout.** You will be shocked how much this one tip increases your workout consistency and results.
- 14) Cut yourself off from watching evening TV unless you have done your workout.** This is tough love, but does the TV you watch improve your energy, health and/or mind? Earn your TV time by making your health a higher priority.
- 15) Sleep 7+ hours per night.** It is nearly impossible to lose weight if you are not letting your body rest and recover correctly. Make your health a top priority by making sleeping 7+ hours per night a top priority. The best way to do this is to set a firm bedtime and to stick to it!

**16) Complete the Win Tomorrow Check List 7 nights per week:** Tomorrow's success starts tonight and when we wing it as far as our workouts and nutrition normally we fail. Give yourself a 3 for 6 or 7 nights per week, a 2 for 4 or 5 nights and a 1 for 3 nights per week.

### **Inner-Dialogue**

**17) Celebrating what you are doing versus dwelling on what you are not doing.** This is a pivotal step in learning to control your negative voice and winning the Inner-Dialogue Battle!

**18) Spend a few minutes each evening thinking about your health wins for the day.** When we focus on and celebrate our victories we shift into a position of power and positivity!

**19) Complete the Win Tomorrow Check List 7 nights per week:** Tomorrow's success starts tonight and when we wing it as far as our workouts and nutrition normally we fail. Give yourself a 3 for 6 or 7 nights per week, a 2 for 4 or 5 nights and a 1 for 3 nights per week. **IMPORTANT: This is purposely here twice because it is that important!**

### **Balance & Happiness**

**20) Focus on leading a balanced (relationships, parenting, health, spirituality, emotional, etc.) life.** When we are out of balance and our stress is elevated and that hinders our weight loss and health improvements.

### **Exercise & Movement**

**21) Turn random acts into fitness.** Take the stairs at work, park in the farthest spot at the store or work, play with your kids instead of sitting on the sidelines, walk in place while brushing your teeth, etc. Be creative and you can turn activities you already do into ways to improve your health.

**22) Do Interval Workouts 3 days per week.** Intervals help you burn **30% More Calories per Workout** and can help **leave your metabolism elevated for up to 12 hours** after each workout. Start with 5 or 10 minutes and work your way up to 30 minutes per workout.

**23) Do No Excuses Workouts (NEWOs) 3 days per week.** You can do this quick and highly effective strength training workout right in your living room; no equipment is required. Start with 6 minutes and then graduate to 12, then 18 and then to 24 minutes.

### **Nutrition**

**24) Eat breakfast within 1 hour of waking up.** This kick-starts your metabolism and gives you the energy to start your day right.

**25) Never skip meals.** Skipping meals causes your metabolism to slow down and sends the signal to your body to store your next meal as fat in order to avoid starving.

**26) Eat every 2 to 3 hours.** Have your 3 main meals and healthy snacks mid-morning and mid-afternoon to keep your metabolism buzzing.

**27) Control your Portions.** Avoid having seconds and focus on eating until you are no longer hungry versus until you are full.

**28) Drink 64 ounces of water per day,** plus one additional ounce per minute of workout time. You should be going to the bathroom at least once every 1 to 2 hours.

**29) Limit yourself to one soda per day.** This is tough, but the excess sugar is not good for your health and can cause major ups and downs as far as your energy level. Instead, view your one soda as a treat and substitute in water for a healthier habit.

**30) Limit yourself to one dessert once per week.** This could save you 300 calories per day on the six non-dessert days (1,800 calories per week). Since you have to burn 3,500 more calories than you consume to lose 1 pound, this new habit alone could lead to you losing 1 pound every two weeks or 26 pounds in one year!

Information provided by Jonathan Roche, Founder, Breakthrough Health & Wellness Solutions, Inc.