

Recommended Behavioral Actions

Below is a list of some common behaviors that people can use to help accomplish their Health and Fitness goals. Remember, you need to prioritize your nutrition and sleep first before getting into the more detailed training and lifestyle actions!

For any goal:

- Take a fish oil supplement to help aid in recovery and optimize training results
- Consume protein and carbs as soon as possible post workout, ideally within 20-30 minutes. This should be the biggest meal of the day, including a bit more protein and starchy carbs.
- Avoid alcohol before you go to bed. This will reduce the release of HGH, which is responsible for building muscle.
- If you are struggling to get protein in your diet, try the SFH protein immediately post workout.

Fat Loss Actions:

- Minimize your cheat days to two meals per week. These can be preplanned or you can wait and let them happen naturally. This will not only allow for a greater success rate, but will help keep your metabolism high when you are on a caloric deficit. This does not mean going off the deep end and having a whole cheat day or having a two hour binge and calling it one meal.
- Minimize your starchy carbs (sweet potatoes, rice, bread, pasta, etc) and fruit to only post workout meals.

Mass Gain or Performance Goals:

- Make sure you are getting your sleep. This is where muscle is made!
- Prioritize getting protein and carbs immediately post workout, even if this means liquid supplementation.
- Film yourself to ensure proper form and optimal results from your training.
- Prioritize strength over conditioning, even if this means sacrificing the group class programming to attend Open Gym or VBC to perform supplemental training.