



# LIFESTYLE

**ADJUSTMENTS  
&**

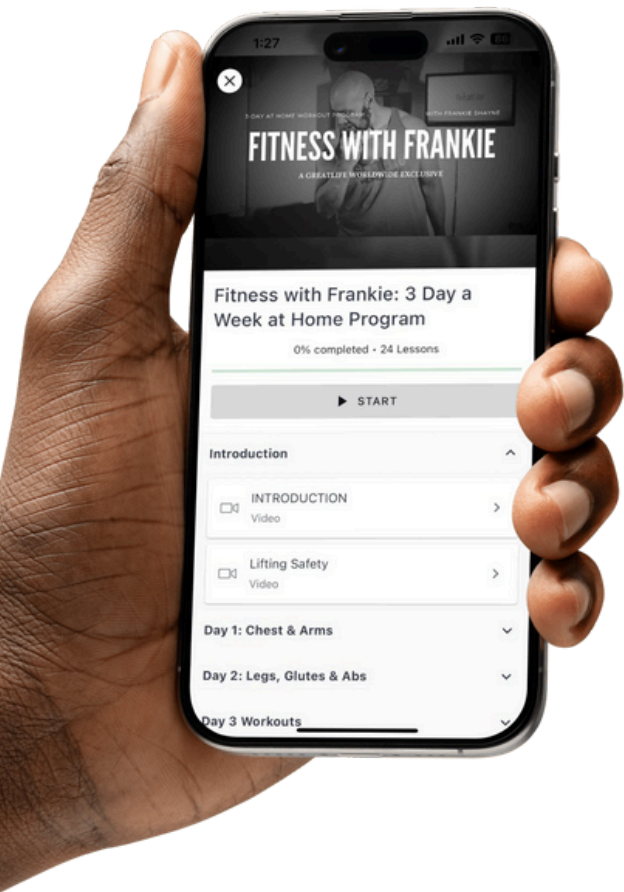
**HELPFUL  
TIPS**







# RESOURCES



# TAKE ADVANTAGE of our **GreatLife** WORLDWIDE FITNESS COACHES

COACH  
**FRANKIE SHAYNE**

COACH  
**RO LITTLE**



Personal  
Training



Weight  
Lifting



Body  
Building

There is no secret to fitness or gaining your dream self. However, there is a key... **CONSISTENCY!**

**FRANKIE SHAYNE**

# MORE RESOURCES



01

## Digital Resource Pack

Check out the 'Fitness Digital Pack' where you will have access to resources like healthy recipes, digital workouts, fitness tips, and more!

02

## Facebook Group

Join our 'XX' Facebook Community to stay up to date and in touch with others just like you!

04

## Join our GreatLoss Challenge!

Join in on our ongoing GreatLoss Challenges to help you stay motivated and focused!

03

## GreatLoss Resource Page

Check out our GreatLoss resource hub accessible through your GreatLife backoffice.



# QUICK TIPS





## NUTRITION TIPS

1. Take GLP Xtreme, for extremely powerful support
2. Drink More Water.
3. Drink a Glass of Water Before Every Meal
4. Eat protein, fat and vegetables at every meal
5. Eat varied, colorful, nutritionally dense foods
6. Eat food that you enjoy, and enjoy the food that you eat
7. Take a multi-vitamin to support your nutrition - Get Juiced
8. Eat More Fiber-Rich Foods
9. Take a Probiotic Supplement (Super Greens)
10. Do a Colon Cleanse (Pro-Cleanse)
11. Cut Back on Sugar
12. Limit Alcohol
13. Limit or Eliminate Liquid Calories
14. Try 3 smaller meals plus 2 snacks
15. Eat a Healthy Breakfast with Protein
16. Eat varied, colorful, nutritionally dense foods
17. Measure servings and control portions
18. Limit Processed Foods
19. Hold Coffee Till After Breakfast
20. Every time you eat, have protein
21. Consume Protein at Every Meal
22. Try to Eat Mainly Whole, Minimally Processed Foods
23. Limit High-Glycemic Carbohydrate Foods
24. Experiment With Fruits at Dessert Time
25. Cut down on or eliminate artificial sweeteners
26. Add more healthy fats to your diet
27. Chew food well



## MOVEMENT TIPS

1. Find a form of exercise that you enjoy/mix it up
2. Move More in Your Day-to-Day
3. Add Resistance Training
4. Do Strength Training
5. Build Muscle
6. Drink an Energy Drink before Workout (Cherry Blaster)
7. Consider a supplement to support your joints (Phytozon)



## LIFESTYLE TIPS

1. Prepare Your Meals
2. Go for a walk after meals
3. Set a Regular Sleep Schedule
4. Don't go food shopping hungry
5. Keep a Food and Weight Diary
6. Always use a knife and fork
7. Take Stock of What's in Your Kitchen
8. Have the Right Tools on Hand
9. Make a Grocery List and Stick to It
10. Do Meal Planning
11. Batch Cook and Prep
12. Use Smaller Plates
13. Don't Skip Meals
14. Never eat at your desk or in front of the TV
15. Do Habit -stacking
16. Do Stress Reducing Activities



## MINDSET TIPS

1. Stay positive
2. Set SMART Goals
3. Seek Social Support
4. Look Beyond the Scale
5. Drop the Diet Mentality and Notion of Being on a Diet
6. Keep a Daily Gratitude Journal
7. Eat Mindfully
8. Ask yourself why you're eating
9. Eat Slowly
10. Eat a Large Breakfast and a Small Dinner
11. Every time you "practice" a new habits think of it as a win
12. Any adjustment that's made, it's helping to create momentum for change
13. Think long-term health rather than quick weight-loss

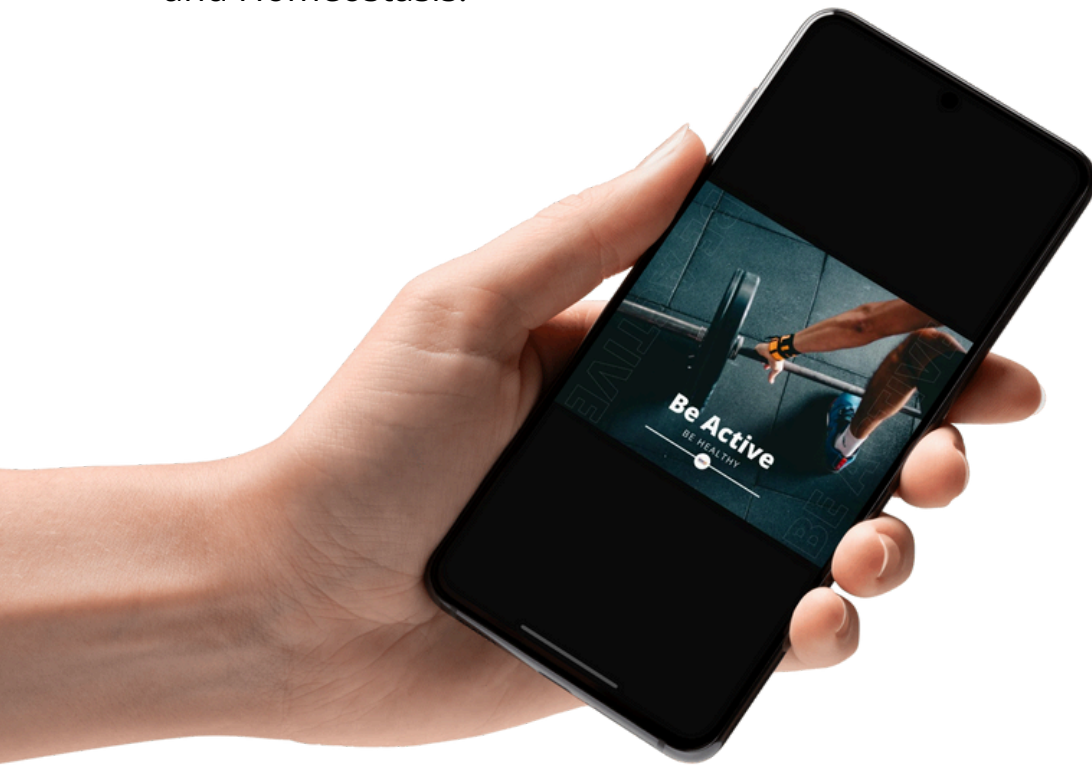


## REMEMBER

Be patient and gentle with yourself!

**It takes 21 days to dissolve a mental image and to build a long-term memory. It takes 63 days to build a new habit.** Change takes time so don't expect to see immediate results!

These tips are not exhaustive suggestions and certain ones will make more sense for you. As you take each small step, you will be taking hold of new ways, replacing previous unhelpful patterns with new habits that create momentum and support a new lifestyle of balanced Health and Homeostasis.



**"MINDSET IS WHAT SEPARATES  
THE BEST FROM THE REST"**

--UNKNOWN

## NOTES

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## NOTES

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