

8 Things My Most Successful Clients Do

- 1 They eat mostly non-processed foods.** As food processing increases, nutrient density decreases. Eating whole foods increases their overall health, making workouts easier and more enjoyable.
- 2 They make sleep a priority and get 7-8 hours of sleep every night.** When you are sleep deprived, your body loses its ability to regulate several key hormones: ghrelin (Hunger is triggered.), leptin (It takes longer to feel full.) and endocannabinoids (Your perception of food seems more pleasurable.)
- 3 They do not eliminate any food groups.** They eat the right proportion of non-processed carbs, lean proteins, and good fats. Getting the right proportions ensures that they lose fat while gaining muscle which increases their metabolism.
- 4 They prioritize weight training.** This is not to say that they don't do cardio. However, they prioritize weight training in order to increase their muscle, which not only gives them shape and definition, it increases their metabolism so they lose body fat faster and for good.
- 5 They adhere to the 80/20 rule.**
 - 80% of the time, they eat non-processed foods in the right servings and in the right proportions. The other 20% of the time, they allow themselves planned meals and drinks that might not be the best choices.
 - 80% of the time, they are focused on the day to day tasks that we have set in place to reach their goals. 20% of the time, they focus on their vision and major goal.
- 6 They take total responsibility for their success.** Ultimately, they know that they are the only ones who can change their lives. They don't blame anyone or anything for where they are in their life. They know that they have control to make their lives successful, and they do what it takes, even if it means making changes that aren't comfortable.
- 7 They decided they are worth investing in.** Whatever it was they were not happy with, they decided not only did they have the power to change, they decided that their happiness was worth the investment (both financially and time wise).
- 8 They are coachable.** They listen, they communicate and they execute.