



Mind

HAVING TROUBLE
CONCENTRATING?
WE'VE GOT YOU
COVERED

Indoor HIIT

WAYS YOU CAN
STEP
UP YOUR FITNESS
GAME
AT HOME

Eat Healthy



Table of **CONTENTS**



02

**5 low-fat meat
options to stay fit**

03

**How to carry out
HIIT at home**

04

**Improving your
concentration**

05

**All about
mindfulness**

06

**Keto diet
a series**

5 low-fat meat

OPTIONS TO STAY FIT

When you're shopping or dining out, it can be helpful to know which protein sources are low in saturated fat.

While you might assume the best way to reduce your saturated fat intake is to stop eating animal products altogether, you can still enjoy fish, beef, pork, and poultry by choosing



The richest dietary sources of saturated fat for many people are meat and dairy products.

However, some sources are healthier choices than others, and the way each meat is prepared and served can influence its contribution to your daily fat intake.





Fish & Seafood

If you're watching your saturated fat intake, fish is often a safe bet. Just avoid breaded or deep-fried dishes. If you're concerned about mercury levels, choose seafood low in mercury.



Poultry

Poultry is another lean option you can cook at home or choose at a restaurant. Like with fish, avoid breaded or fried options. Poultry is another lean option you can cook at

How to carry **OUT HIIT AT HOME**

“The last three or four reps is what makes the muscle grow. This area of pain divides a champion from someone who is not a champion.”

As the name suggests, HIIT training involves intense, max-effort movements followed by short rest periods. Those bursts are a proven way to improve both overall cardiovascular health and athletic performance.

