

FOUR SECRETS THAT WILL MAKE YOU HAPPY AND HEALTHY

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HAVE A PLAN

You can only take control of your life if you have a plan. Things don't happen by accident. As the old saying goes: "If you don't have a plan, you're planning to fail." Find time for health and fitness by scheduling it into your daily routine. Include exercise and meal preparation along with work and family time in your daily tasks.

Pro Tip: Exercise first thing in the morning to make sure it happens.

2



EAT NUTRITIONALLY DENSE FOODS

Want to get fit and healthy? You have to eat right. The key is nutritionally dense foods like most seafood, fruits, and vegetables. They are high in nutrition and low in calories. Minimize fats and starchy carbs.

Pro Tip: Reduce processed foods and increase whole foods to accelerate progress.

3



GET STRONG

Want to look great in that T- shirt? Or in no shirt at all at the beach or pool? You'll need to strength train. But that doesn't mean living in the gym. You have a life! Three days a week can be enough. And that can include home workouts.

Pro Tip: Get expert advice. Almost everyone at the gym is doing it all wrong. Big time.

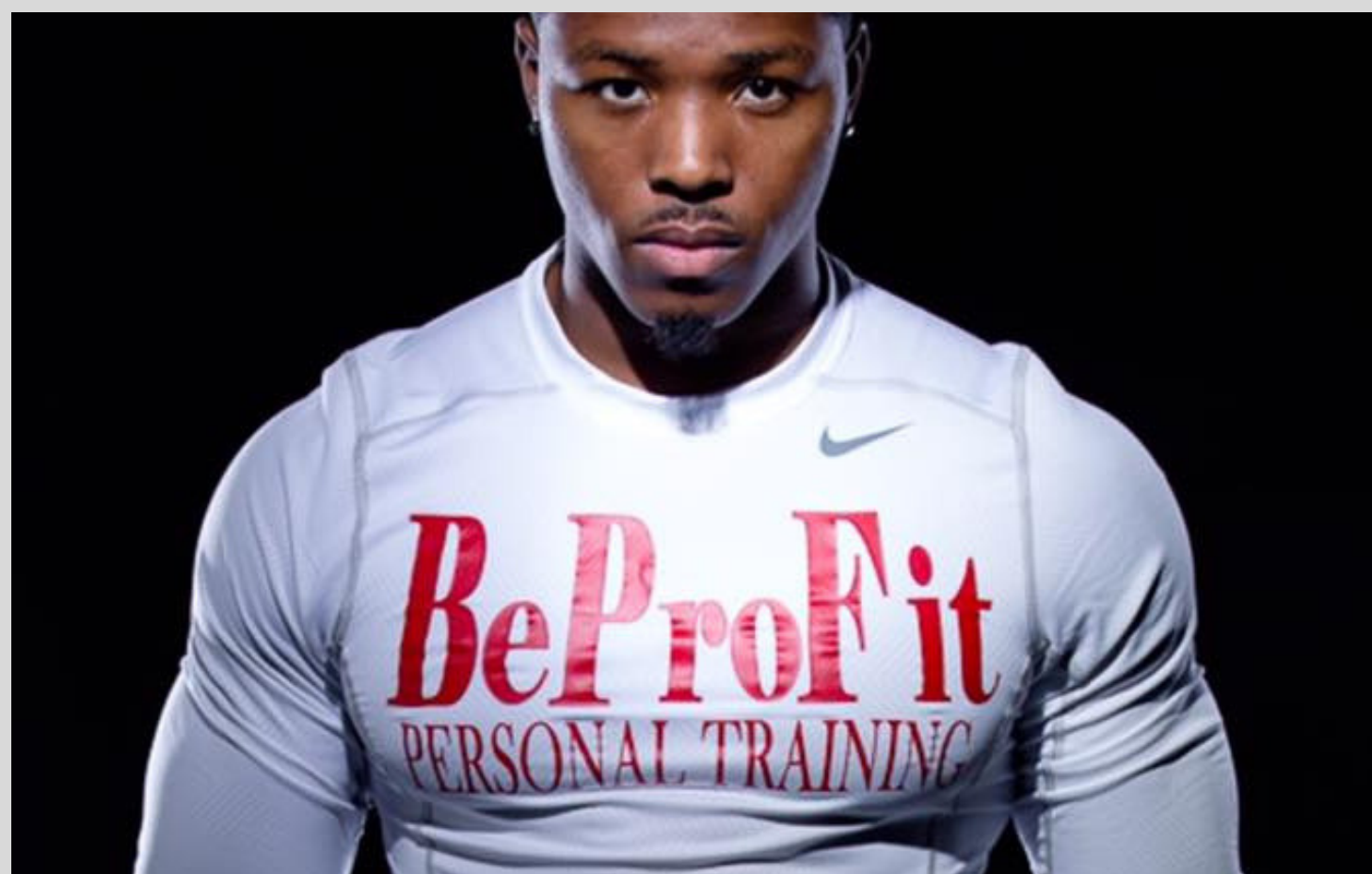
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DO SOME CARDIO

Don't be a cardio hater. Cardio is a key component of burning fat and getting better. Make cardio part of a balanced program that also includes strength training and a solid nutrition plan.

Pro Tip: You need to work hard. Strolling on the treadmill while reading a magazine isn't enough.



YOUR COACH - JAY JACKSON

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