

7 Habits of Highly Fit People

Lots of people ask me how to quickly and easily get fit. While I know they are hoping for a simple answer, the reality is that getting and staying fit is a lifestyle, not a quick fix.

So what do fit people do in their "healthy lifestyle"? Take a peek with the following 7 Habits of Highly Fit People:

Habit #1: They Don't Buy Junk

Fit people know that if they keep junk food in the house it will land on their waist sooner or later. So they don't buy any. Even buying junk food for your kids or spouse is not advised since 1) you'll likely eat some of it eventually, and 2) your loved ones shouldn't be eating that junk either. It's called junk for a reason.

Rid your home of chips, cookies, candy, baked goods, pre-packaged snacks and anything else that belongs in a vending machine. Replace the above with fresh fruit, veggies, nuts and other healthy whole foods snacks.

Habit #2: They Have Priorities

Fit people make exercise a priority. Along with keeping a job, paying the bills and going to the doctor, exercise is an important part of their lives. What I've found is that fit people put exercise before leisure time. Sure, fit people enjoy leisure, but it is scheduled around their workout time.

Treat exercise time with the same importance that you would a business meeting or trip to the dentist.

Habit #3: They Stop When Full

Fit people stop eating when they feel full. Sound simple? It is, but how many times have you stuffed yourself simply to clear your plate? Or how many times have you eaten another piece of cake despite being stuffed?

The next time you feel full, take it as a sign to stop eating. Yes, even if your plate isn't empty.

Habit #4: They Push Themselves

Not only do fit people make time to go to the gym, they challenge themselves during each workout. While it is easy to simply go through the motions while exercising, you're cheating your body out of great results when you don't push yourself. Exercise should make you sweat, make your muscles burn, and leave you with a feeling of accomplishment.

Find ways to make each workout more challenging. For competitive people, the best way to push yourself is to exercise with a friend of similar strength. Another great way to challenge yourself is to set small attainable goals. These goals could be to push heavier weight, to sprint longer, or to do cardio at a higher intensity setting.

Habit #5: They Don't Eat and Watch

Fit people know that eating in front of the T.V. is mindless eating. When your attention is on your entertainment and not on your food, then you'll be less



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tuned in to what and how much ends up in your mouth. Eating in front of the T.V. is also very habit forming. Ever notice how you crave munchies just as a reflex of sitting in front of the T.V.?

Eat before or after your entertainment and pay attention to what and how much goes into your mouth.

Habit #6: They Drink Water

Fit people drink lots of water. And not just in addition to other beverages, but instead of them. Water is their main drink, while other drinks are occasional treats. Calorie-filled drinks are one of the quickest ways to consume excess calories which quickly turn into fat. Consider water your beverage of choice. Drink plenty of it each day and drink other beverages only a few times each week.

Habit #7: They Are Supported

Fit people don't leave their motivation to chance. They know that if their personal trainer, boot camp instructor or workout partner is waiting for them, then they are less likely to skip a workout. It is so easy to hit snooze or to talk yourself out of the gym as soon as your behind hits the couch after work. Fit people take the option of skipping out of the equation.

Want instant support? Call or email me today to get started on your own customized fitness plan.

I hope that these habits have inspired you to make a change for the fitter in your own life.

If you already do some of these habits then congratulations – you are on your way to a better body. Make an effort to incorporate the rest of the habits to take your results to the next level.

If none, or very few, of these habits describe your lifestyle, then I've got good news – you now have 7 effective new habits to start that will get you some awesome results. Don't try to tackle all 7 at once – pick one or two to add each week and gradually work up to all 7.

As always, you are welcome to call or email me with questions or to get started on your own customized fitness plan. I look forward to hearing from you.

3 Anti-Fitness Habits

The following 3 habits will result in weight gain faster than you can say 'anti-fitness habits.' Break these habits quickly.

1. **Drinking Calories.** Soda pop, coffee drinks, smoothies and fruit juices are filled with calories. Since liquids won't give you a 'full' feeling, these drinks slide by without notice of how many extra calories you're getting. Stick with water to avoid extra calories.
2. **Not Exercising.** Skipping the gym day after day, week after week, and month after month will lead to muscle loss and a reduced metabolism. Exercise 3-5 days per week to keep your muscles strong and metabolism high.
3. **Eating a Heavy Dinner.** Eating a large heavy dinner sets you up for weight gain. Instead of eating the majority of your calories late in the day, spread it out over the entire day.

Delicious Kale and Pinto Bean Soup

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Delicious Kale and Pinto Bean Soup

There's nothing better than a warm bowl of soup on a chilly fall day. This soup contains kale, a superfood that is packed with vitamins, minerals and cancer-fighting enzymes. It contains loads of vitamin A, vitamin C, B6, manganese, calcium, copper and potassium.

Servings: 10



Here's what you need...

- 1 cup dried pinto beans
- 1 large yellow onion
- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 4 cups filtered water
- 2 bouillon cubes
- dash of freshly ground sea salt
- dash of freshly ground pepper
- 2 bay leaves
- 2 teaspoons dried rosemary, crushed between your fingers
- 5 large carrots, diced
- 2 bunches kale, chopped

1. Bring a large pot of water to a boil, add the beans and cook for 60-90 minutes. Drain and set aside.
2. In your soup pot heat the olive oil over medium heat. Add onion and garlic and cook for 5 minutes.
3. Add the cooked beans, water, bouillon, salt, pepper, bay leaves, rosemary, and carrots. Simmer for 15-20 minutes. Add the kale and cook another 15 minutes or until kale is tender. Add more water if needed.
4. Remove the bay leaves, add more salt and pepper if needed.

Nutritional Analysis: One serving equals: 112 calories, 2g fat, 20g carbohydrate, 7.3g fiber, and 6g protein.

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