

# Lets Get Fit Together!

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Fitness  
Goals  
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## QUICK TIPS

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## SMART RECIPES

Starting a fitness program doesn't have to be overwhelming or break the bank! Once you've made the commitment to yourself to get fit, there are many goals you can set to ensure progress, while being educated on the things you should avoid. What's necessary to know when it comes to getting fit?

### What to do

- First, you want to establish a goal, whether it be short term or long term.
- Try your best to stick to a healthy meal plan. Eating a well balanced meal and breaking down your meals into mini ones is more effective.
- It is essential to assess your current fitness level. This will help establish more specific long/short term goals.

- Talk to your doctor about starting a fitness program, especially if you are struggling with your health already.
- ALWAYS stretch before and after exercising.
- Slowly increase intensity. Don't try to overdo it, especially in the beginning as that can lead to injury or a quick burnout.
- Don't keep doing the same workout everyday.

- Working out with a friend helps with motivation.
- Meal prepping can't hurt. You'll be less likely to pick unhealthy foods.

### What not to do

- Do not over train. Your body needs a rest day to recover,
- Do not skip breakfast. Breakfast kick-starts your metabolism and provide you with the energy to get you through the day.



**Protein Iced Mocha Shake**

- Do not skip stretching
- Don't set unrealistic goals. This will lead to disappointment.
- Try not to compare success and failures with friends.
- Don't do random sporadic workouts. Working out consistently will show more results.
- Don't forget to reward yourself.
- DON'T GIVE UP!

### Ingredients

- 1 cup of cooled coffee
- 1 scoop of chocolate Whey Protein
- 2 heaped tablespoons of Greek yogurt
- 1 frozen banana

### Preparation

- Start by freezing a banana and making a cup of black coffee. Allow to cool and chill.
- Now for the simplest part!. To a blender add all your ingredients and blend until a smooth creamy coffee colored protein shake is formed!
- Pour into your favorite Shaker and enjoy your protein packed sweet energy boost!



### **Websites:**

<http://www.muscleandfitness.com/workouts/workout-routines/complete-mf-beginners-training-guide-0>

<http://www.mensfitness.com/training/workout-routines/ultimate-beginners-workout-program>

<https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle/>

<http://www.mealprephaven.com/blog-1/2015/9/21/meal-prepping-101-for-beginners>