RIO FITNESS
& LIFESTYLE TRAINING

6 HEALTHY-LIVING PRINCIPLES *TO LIVE BY*

Make these the underlying foundation of your food & lifestyle choices and be naturally lean for the rest of your life. They take effort at first, but soon they'll feel as natural as brushing your teeth.

1 RESPECT YOUR BIOLOGICAL HUNGER

Overeating is what gets us in trouble most of the time. Eat only when you're good and hungry, stop eating when you're full. Eat only at meal times and don't make snacking and unnecessary eating a habit.
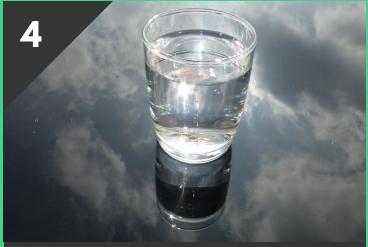
2 MAKE PROTEIN THE CENTER OF EVERY MEAL

Protein is king when it comes to getting and staying lean. Planning your meals around protein guarantees that you get the amount you need every day.

3 EAT MOSTLY REAL FOODS

Real food comes packed with nutrition and fiber - all in just the right amounts our bodies need to thrive. When processed foods make up more than 10% of our calories, we miss out on important nutrition for a healthy metabolism.

4 DRINK WATER ALL DAY

Drinking water constantly will keep you hydrated, making sure your cells function as they should. Don't make drinking sugary liquids a habit - even natural juices. Cutting out liquid calories is an easy way to lose fat and stay lean.

5 STRENGTH TRAIN 3-5X WEEK

Building muscle will actually change the shape of your body, and naturally boost your metabolism. Lean muscle mass not only looks good, but keeps your hormones balanced, which allows your body to stay healthy even when your nutrition isn't 100%

6 PRIORITIZE GOOD SLEEP

Getting adequate sleep allows for muscle recovery, hormone regulation, hunger and cravings regulation, and clear thinking. There isn't a magic number. But waking up ready to go back to bed is a sign you're not getting enough sleep.