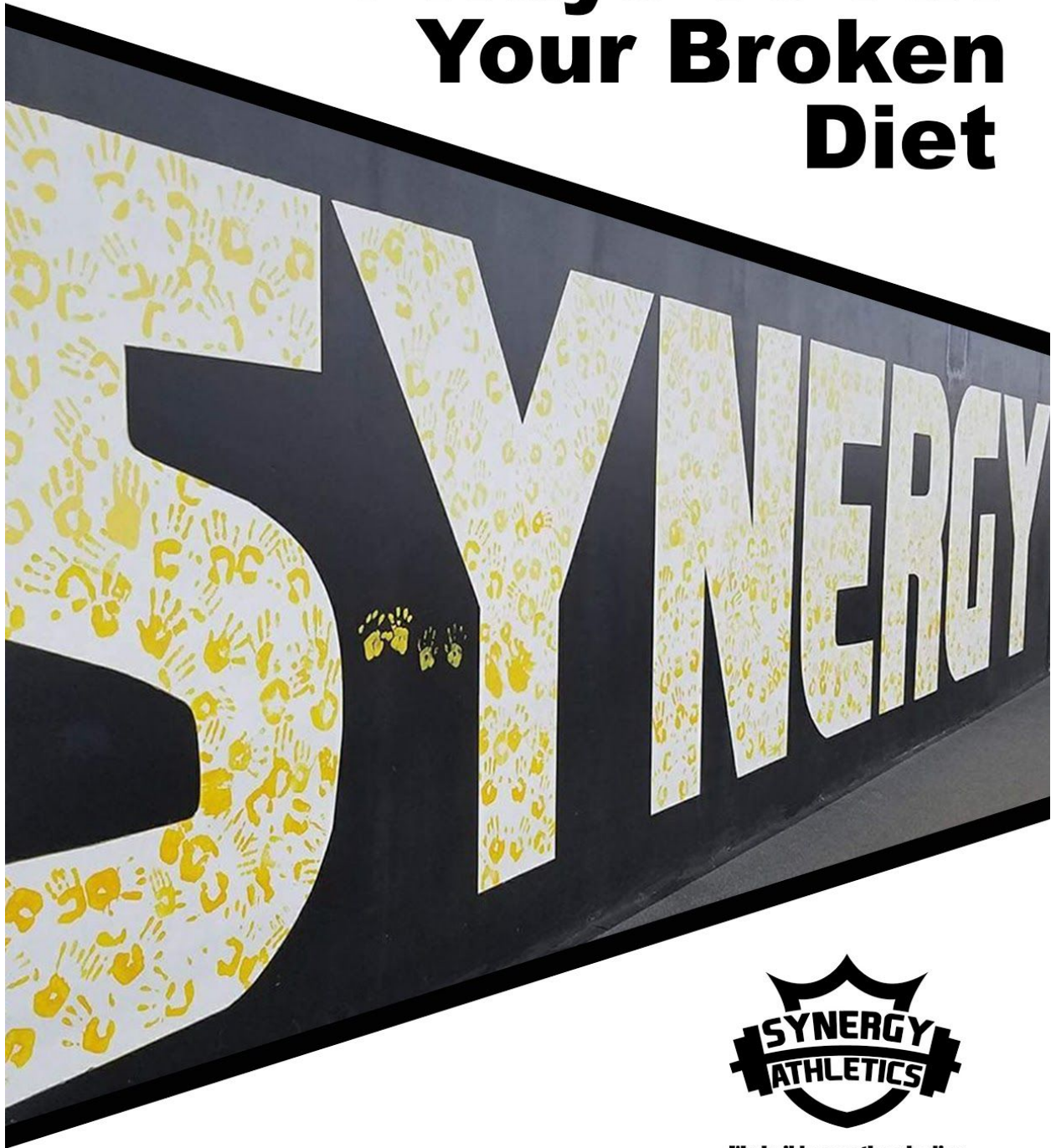


4 Ways To Fix Your Broken Diet



We build more than bodies

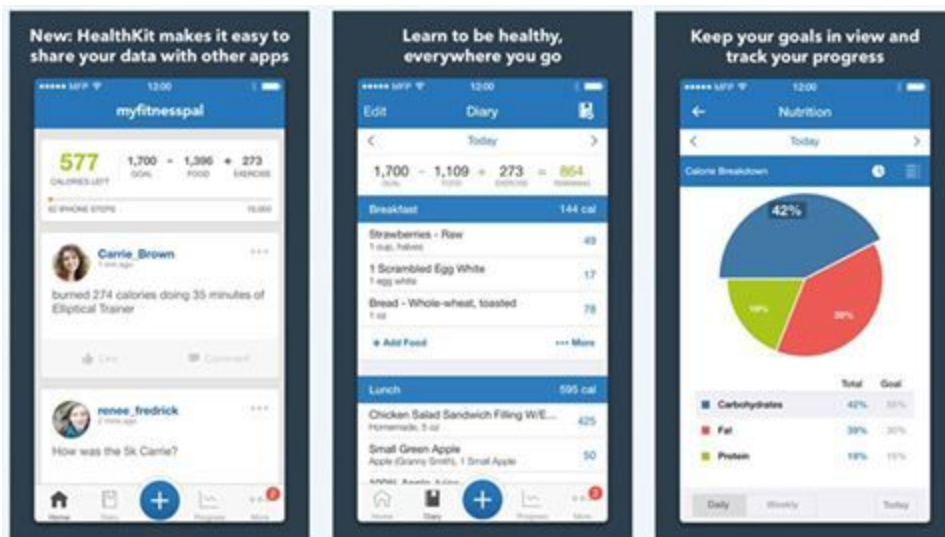
It's time to get rid of all the bad habits accumulated over the past couple of months as you get back in shape with some of our tips.

Over the next few pages we'll be sharing tips on how to get on track. Focus on one tip a day. These gradual steps are the key to success here.

1. Start Tracking Your Macronutrients

If you haven't already started, or maybe you have stopped tracking your macronutrients cause of your busy schedules, it's time to return to the practice. Tracking macronutrients are one of the key steps in bettering your diet because you get to see what all the nutrients going into your body are.

The most popular app to get started with is probably "MyFitnessPal" and tracking your food can be done in less than 5 minutes!



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2. Consume More Water

If there is one thing you should be consuming more of, it's water! Not only is water an absolute essential in everyone's life, but the fact is that most people remain dehydrated throughout the day. Try to aim towards drinking half a gallon of water each day if possible and drink it before each meal to control your cravings.

Did you know? "The average adult human body is 50-65% water."

Start drinking!



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3. Increase Spice Intake and Decrease Sugary Drink and Late Night Snacks

Increasing your intake of spices can really boost your metabolism levels and curb hunger at the same time. You can get all these for lesser calories when compared to artificial sauces, making it both nutritious and delicious! If possible, aim to consume natural hot sauces without extra sodium content in them so it doesn't ruin your diet.

Cut out the sugary drinks that you used to enjoy while at the beach and instead focus on healthier options. Infused water is an excellent alternative!

Sleeping earlier and avoiding late night snacks can really help your diet and prevent you from gaining extra weight in the long-term. Most late-night snacks are also sugary in content so avoiding them is the best way to a better diet.



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Finally.....

There is a famous saying, “If you fail to plan, then plan to fail”.

4. Plan Your Meals

A common mistake that many people make with their diet, especially during “busy” seasons, is limiting their meal or caloric consumptions. Not only does this cause cravings in the middle of the day which may eventually lead to binge eating, but this can cause energy levels to drop, which is detrimental to your health. Choose instead to plan your meals beforehand, and stick to a schedule if possible.



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Short Bio: Synergy Athletics has been featured around the country in publications like Men's Health and Experience Life Magazines. The coaching team loves to help guide the members towards healthy and fit lives! We deliver personalized workouts, with flexible scheduling.

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