



Exclusive

15 Tips to Jump-Start Your **Best** Life

A step-by-step guide to boost your health, fitness and wellness routine today.

Cultivate the Habit of Being Grateful

1 Scientists have found that people who practice gratitude daily report a host of benefits including:

- stronger immune systems
- lower blood pressure
- higher levels of positivity
- feelings of connection and community

Begin right now: *Share with someone three things you are grateful for today.*

Source: <http://greatergood.berkeley.edu/expandinggratitude>

Park the Excuses

2 Become intolerant of reasons why you can't or why you won't. This is within your power to manage and it starts with understanding how you self-sabotage your own dreams.

Stop right now: *Write down everything you want to achieve in the next six months and then write down all of the excuses you've used in the past. Then make a vow to ignore those excuses and make it happen.*

Don't Worry

3 Research shows that living in a constant state of fight or flight creates a physiological and psychological feedback loop that keeps you away from your goals and can also contribute to weight gain.

Break that cycle *with a daily regeneration practice such as yoga, stretching or nature walking.*



Pick Your Passion

4 Why struggle doing a workout you hate? There are many choices and workouts to consider. You will find it far easier to commit to something that moves you from the inside out.

Get out there *and try a new class or exercise discipline until you discover "your thing."*

Develop a Momentum Mindset

5 Energy creates energy, and this is key for everything you wish to achieve. Willpower declines throughout the day and is lower if you start out under-stimulated and under-fueled. The good news? Once you're on track, you'll have more momentum to stay the course.

Focus your efforts *to make wins in the beginning of your day, with your workout, your nutrition and your self-care.*



Snooze More Often

This seems like a contradiction to achieving your fitness goals; however, research shows that the majority of American adults are lacking sleep and as a result have higher incidences of injury and are likely to make poor health choices.

Make sure you **get your shut-eye** on a consistent basis starting now!

Onwards & Upwards

Simply adding incline to your treadmill run or walk has been shown to burn more calories and reduce injury. Researchers at the University of Georgia found that uphill running activates 9 percent more muscle per stride compared with similar intensity exercise on a zero incline.

Try out that incline button next time you work out on a treadmill!

Source: <http://jap.physiology.org/content/jap/83/6/2073.full.pdf>

Meditate

Meditation helps to reduce stress and focus the mind. Just five to ten minutes of daily meditation is shown to have a strong impact on helping you reach your goals. For a simple meditation, find a comfortable seat in a room where you will not be disturbed. Meditate on your body's integrity, agility and ability to create results.

Carve out 5-10 minutes today! Need extra support getting started? Grab your smart phone and check out meditation apps.

Tap Your Core Power Source

Your abdominals are a source of strength and power. Enhance yours with a new core routine.

Ready, set, go. Do one minute of the following:

- mountain climbers
- reclining bicycle crunches
- alternating [superman back extensions](#)

Repeat for three rounds.

Self-Care Saves

Life is busy, and it will continue to be. It's up to you to prioritize your needs. So, carve out time for you.

Take back that hour now! One hour a day is ideal to:

- train your body with a great workout
- restore your mind by reading
- enjoy down time to refuel your spirit

Clean Up That Drinking Habit

It's not what you are thinking ... although moderation at the holiday parties is key. The other critical drink is water and plenty of it. And remember, fruits and veggies are great sources of water, too.

Drink up! Plan on drinking half your body weight in ounces for optimum hydration and performance, physically and mentally. Example: If you weigh 150 lbs., your ideal daily water intake would be 75 oz.





Stretch It Out for a Better Brain

1 A 2013 University of Illinois study had participants either exercise at 60 to 70 percent of their maximum heart rate for 20 minutes or—at a different time—perform 20 minutes of yoga. Results showed significant increase in performance on mental tests after the yoga sessions.

To get your own stretch in, **try a yoga class.**

Source: <https://news.illinois.edu/blog/view/6367/204796>

Play with Your Pack

1 Sometimes together is better—even if you are not in the same room together. In a recent study (published in *The Annals of Behavioral Medicine*) researchers found that participants who biked with a virtual training partner rode much longer and were more motivated than those who biked alone.

Lesson: Get a workout buddy, sign up for partner training, or try a group cycling class.

Watch Your Back

1 Most of us are really unclear what the rhomboids are—let alone how to train these important muscles. That's okay. Start now, grab a personal trainer and learn how to incorporate important pulling muscles that recruit your back muscles and balance out the all too modern postural slump.

A great pulling action is to hop on a rower and give it a go for 15 minutes.

When in Doubt Sweat It Out

1 Studies show that high-intensity interval training (HIIT) can help boost human growth hormone (HGH) production, which is essential for improving body composition and promoting strength and vitality.

Want some of that? Check out the GX24™ schedule at a gym near you.



Live your best life by working toward your goal every day.
Thank you for joining the 24Life community.