



Tips On Following Your Diet

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Proper diet is essential to maximizing your training results both externally and internally. During your day, and especially as a result of your training sessions, your body sends out the call for fuel and it is up to you to make the proper response. Fortunately one of the distinguishing factors of the ***Naturally Intense System of Diet & Exercise™*** is that you the client are provided with tailor made dietary guidelines a.k.a. **THE DIET**. Here are a few thoughts on getting started, staying on track, or getting back on track.

1. First and foremost **READ IT**, print it out, hang it on your fridge, or keep it handy on your computer desktop and consult it regularly.

2. Don't deviate. Will power is one thing however effective planning is always the right answer. The reality is that with about a full week and a half to two weeks of adherence those crazy, craving impulses become dormant, so there is light at the end of the tunnel! Few among us have demonstrated perfect adherence from the beginning, so if deviation occurs just make the right choice at the next meal. Guilt and Hail Mary's don't not have to be an option.

3. Missing meals IS deviation, and often the result of a lack of planning. Healthy meal intervals are important (2 - 4hrs). We are all busy & running, but it is important for all of us to pause and ask ourselves,

"Do I have time to feel like I ran into a brick wall today?"

If your answer is "NO", why would you plan your day without thinking about your fuel?

Before you prepare your food, you must go to the supermarket!

When you go, say hello to the good folks in the produce department. I have had the experience of having the Fish guy at the supermarket with a cooler full of fish tell me to come back the next morning for the fresh delivery.

PLANNING IS POWERFUL!!!

It is always best if we are able to have breakfast within the first hour of waking up in the morning. Now looking forward from this time, ask yourself,

"Where will I be 2 - 4 hours from now for meal 2, 3, 4...?", and plan accordingly.

This planning can be done at the end of one day, or at the beginning of a new day. It really depends on your schedule.

I myself have an A plan, a B plan, and a Worst Case Scenario that I would like to share:

Plan A:

I cook my food and eat at home, or take it with me in a thermal bag if I am on the go that day. In the beginning I couldn't cook, and got tired of my food. Over time I have come to **LOVE** my food. With some focus it is possible to not only make time to cook, but create a variety of fantastic foods and flavors.

Plan B:

I eat out. Your best bet is always Japanese cuisine, (you cannot go wrong with sashimi!). Other alternative restaurants here in New York are The Pump, Fuel, and Eva's which are some places that try to lay off the salt and oils (you can Google their locations). Also, in some restaurants it is sometimes possible to order fish, chicken or meats cooked without salt, butter or fried.

*Worse Case: Until I can get to a meal can or pouch of tuna, and grapefruit, or some baby carrots, or a handful of unsalted almonds (or any of those food items marked **FREE** on the last page of your dietary guide)

IT IS A PROCESS.

The Diet is a strong determining factor in feeling and especially **SEEING** your results. With careful planning it is possible to integrate healthy eating, and healthy meal intervals into a super crazy busy lifestyle. I want to invite all reading this article to use the forum as a resource, and a place to share your individual experiences, recipes, or solutions in incorporating ***Naturally Intense System of Diet & Exercise™*** into your life.

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Naturally Intense System of Diet & Exercise™

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