

3 Tips To Jump Start Your New Body

By Joe Carabase

The most common mistake people make with creating their fitness new years resolution is making them too dramatic. For example, someone who hasn't been able to consistently workout week to week, setting the goal of losing 20 lbs by March.

Don't get me wrong, losing 20 lbs in 3 months is VERY possible in the right program, but if you don't have the structure in place, you'll never get there.

This is exactly why the gym is less crowded by the end of January and back to normal in February. The New Years Resolution rush is full of people who set these ambitious goals, who have no structure in place to help them reach those goals.

It's much easier to focus on the process than it is to focus on the outcome.

Here are three process driven tips you can use to get results fast:

1. Take a m.e.l.t. Fast: If you're like most of us, you've eaten and drank a lot more than normal over the past month. The best way to reset your metabolism and help clean out your system is to fast. However fasting can be very difficult for busy people like you so we created the m.e.l.t. Fast that gives you the benefit of fasting without starving yourself.

Follow the m.e.l.t. Fast guidelines below on your slowest day of the week e.g Sunday. You will create your own schedule around the following:

- Water -- $.75 \times [\text{your weight}] = \text{oz of water/day}$
 - 3 Protein shakes throughout the day (can be subbed out for plain Greek yogurt)
 - Cucumbers and Celery -- eat them as much as you want between meals as you are hungry
 - Avocado -- only 1
 - Two bowls of any combination of the following: Tomatoes, Berries, Melons, and Apples*
- *do not consume before 9 a.m. or after 6 p.m.

After you fast, you will feel clean & energized– you will feel good. When you feel good, you will want to replicate that feeling by making healthier choices.

2. Pick one nutritional focus or area of improvement: Start with the lowest hanging fruit – what is the one thing right now you know you need to cut back on? Nightly cocktail? Diet or regular soda? Coffee? Adding sugar and or salt? Eating processed food ? Chocolate? Whatever it is, focus on first cutting the consumption in half and work towards limiting it to once per week.

3. Focus on three 30 minute workouts per week – that's just 1.5 hours a week! Bias or not, finding a trainer or DVD program you feel comfortable with will help ensure your success. You have enough to worry about – why put more stress on your plate?

Its important to note you can still keep the goal of losing 20 lbs but that goal in of itself is not enough. Follow these three tips so you start off the year right and are set up for success.

To a healthy and prosperous 2015!

Joe Carabase