

Fit Freak

The 16 BEST Ways To Get Fit FAST!



A quick checklist for you to keep FOREVER!

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16 Ways to get Great Results!

Everyone wants to be fit and healthy these days, yet most people fall short of accomplishing the feat due to various reasons. To make sure you aren't one of them, here are the top 16 ways for you to get fit fast!

STOP MAKING EXCUSES!

It's that simple. STOP MAKING EXCUSES. Realize that working out is not a hassle. By deciding to stop making excuses you will notice how fun exercising can be and in no time you will be living a healthier lifestyle by habit. Develop the right mindset, fall in love with the process, and positive results will come your way.

Get a Workout Partner!

Having someone to train with will make the process much easier! Not only will you have a more enjoyable time while working out, but you will also have someone to hold you accountable when you slack off or get lazy! We at Fit Freak promote the idea of being a community because we know how important it is to do this together and help each other out.

Drink More Water!

Substitute all your sugary drinks for water. Water makes up about 80% of the human body so it is critical to not get dehydrated. Drink a minimum of 8 cups of water a day and you'll feel fuller without having consumed large meals. Drinking water will also improve your metabolism which leads to more body fat being burned, and last but not least, it's cheaper than other drinks!

Get More Sleep!

Every time you train or workout on your journey to being more fit, you break down your muscles. About 7-9 hours of sleep every night is optimal for adults in order to let the body heal up and become stronger by growing your muscles that you worked so hard for during training. By getting a solid amount of quality sleep, you will not only feel more energized and alert during the day, but you will also be less reliant on stimulants such as caffeine and sugar. Another great benefit of getting more sleep is that it will decrease your appetite, therefore aiding you in your weight loss goals.

Perform Compound Exercises.

Compound exercises are movements that use more than one muscle. It is very important to perform these movements because they will burn more body fat and build more muscle mass than all other movements. These movements will also get you stronger and more fit while shortening your time in the gym! Some examples of these movements are deadlifts, squats, bench press, and pull ups.

Get Fit with HIIT training.

HIIT stands for High Intensity Interval Training. This style of training consists of performing a high intensity movement for a short period of time and alternating it with a slower/easier exercise. An example of this would be to sprint for 30 second and then to walk for 1 minute, repeating the cycle 5 times. This style of training is proven to burn more fat and get you more fit and healthy!

Be Consistent.

Being consistent with your training regimen is critical to your success in and outside the gym. If you put in solid work day in and day out for a long period of time, success will come. In order to be fit and healthy, you need to stick to a plan and execute it. Remember, it is better to consistently workout three times a week rather than 5 days one week and then slacking off the week that follows. By being consistent, your body will get accustomed to your healthier lifestyle and you'll be on your way to being a Fit Freak!

Celebrate Minor Achievements!

Don't just chase those long term goals that you set for yourself, such as losing a certain amount of pounds or getting stronger. It is important for you to have small fitness goals and to celebrate once you achieve them. Reward yourself by buying yourself something when you lose a small amount of weight or when you get just a little bit stronger. Remember, fitness is about having fun!

Remove Processed Foods.

Quit eating out at fast food restaurants that are filled with unhealthy processed foods. Processed foods are detrimental to your health and the ingredients in them are not the cleanest. As an alternative, look into meal prepping with lean meats to get your protein and whole grains for your carbohydrates. Also, remember to eat a well balanced breakfast and healthy snacks throughout the day for optimal energy.

Eat Your Calories, Don't Drink Them.

Like I said before, drink water! Try to stay away from drinking your calories in the form of milkshakes and smoothies because those foods are less likely to make you feel full when compared to whole foods such as chicken or steak. By substituting everything you currently drink with water, you're not only going to feel better throughout the day, but you'll also feel fuller and more fulfilled after your meals since you'll give yourself more calories to enjoy.

Organize and Prioritize.

If I told you that you could be healthier and save money if you organize your meals for the whole week in advanced, would you do it? Your answer should be, YES! Prioritize your nutrition and pick one day a week in which you'll cook and organize all your meals. Not only will you be able to cook healthy foods, but you'll end up saving money by not eating out all the time!

Reduce Stress.

Stress is a killer! Write down all the things that are causing you stress and get them out of your head. Think about the positive things going on in your life and focus on them. Hang out with your friends and family and talk to people you trust about the things that are causing you stress. Finally, exercise is proven to release endorphins in your brain, which will not only make you feel happier, but less stressed as well.

Don't Get Hungry.

If you eat small meals frequently, you are less likely to feel hungry when compared to eating large meals. This will help your energy distribution and you'll avoid the dreaded afternoon crash. Snacking can also be beneficial if you choose to eat a healthy protein bar or some fruit, but stay away from sweets and junk as it's easy to binge! It is also important to stop eating when you start to feel full, but if you get hungry soon after, just drink a glass of water which will make you feel full once again!

Be Patient.

This one is simple. Rome wasn't built in a day, and you won't get fit in a day. Give yourself at least a month before you start to expect results. It is also crucial to avoid the mistake of comparing your day 1 to someone else's day 1000. Everything takes time and everyone started off in your shoes!

Look Into Basic Supplements.

The supplement industry has gotten a bad reputation lately because of the insane claims that some products have on their labels, but a lot of this hatred is due to the ignorance of the consumers. Yes, there are a lot of worthless supplements out there, but if you stick to the basics, they can help you get closer to your fitness goals. Look into a lean protein powder, multivitamins, and omega 3's. These three are known to be beneficial in a variety of different ways. If you want to go for more advanced products, you can look into creatine and a pre-workout to give you energy while you train. Remember, it's important for you to do your own research and choose what you take wisely.

Be Happy With Yourself

At the end of the day, love yourself and be happy with who you are. Remember that you are on this journey for yourself and yourself only and that you don't need to prove anyone anything. There's only one you, so flaunt it and be happy with yourself!

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