

YOUR **HOTTEST**
BODY *EVER*

WITH TRACY CAMPOLI



HOT BODY HABITS FOR LIFE

Simple Tips and Secrets to keep
your HOT Body...for LIFE!

- **Whenever You're Hungry, Drink Water First**
- **Drink Lots Water - And Green Tea**
- **Keep Exercising** a minimum of 30 minutes per day. Aim for working out every day!
- **Calendar your workouts.** Keep them as important as you would any other important appointment
- **Keep challenging yourself!** Do NOT do the same workouts all the time. It's not only boring but your body will adapt! Mix it up buttercup!
- **Eat Lots of Vegetables,** Veggies are your STAPLE in your diet!
- **Eat Smaller Portion Sizes** of Everything
- **Eliminate** Simple and Refined Carbohydrates
- **Eliminate** (or Limit) Grains, and be sure they are WHOLE grains
- **Eat lean** protein and vegetables
- **Start Cooking** Your Own Meals
- **Wait 20 Minutes** Before Taking A Second Helping
- **In Restaurants,** always order clean and simple or if that isn't possible, eat an appetizer portion and a giant veggie salad.
- **Maintain your weight** easily by substituting one meal with a balanced shake or smoothie (Tracy's superhero share is a fab option)
- **In Restaurants,** Ask Them To Alter Your Order As Necessary
- **Always be prepared** with your EMERGENCY KIT: Delicious and healthy options for snacks in your purse, office, car. Be prepared so you make the best choices
- **Never arrive ravenous** to a dinner or party. Half an apple and a few almonds, or any balanced snack will keep your insulin levels balanced and assist you to make the best choice.
- **Track your progress** by either the scale, your clothes, your mirror or measurements. Keep it real! If you notice you are slipping, get back on track with clean and simple until you are back at your HOT BODY zone!
- **Get Support!** Make sure you are surrounded by support from friends, loved ones, trainers and coaches:) It takes a village and you deserve any and all support you need!
- **Maintain your clarity.** Always focus on the BIG picture: what do you want, why do you want it, what will it give you...remained focused!