

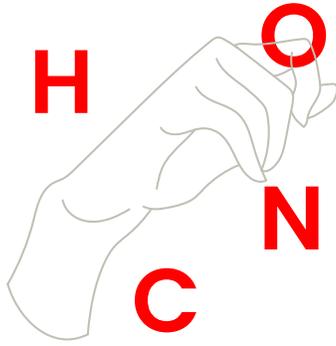


H A N D S
O N
N U T R I T I O N
C H A L L E N G E



develop long-lasting practices that drive long-term gains

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about the challenge

The **Hands On Nutrition challenge** is a 4-week long nutrition and lifestyle reboot. Through this challenge you will build better meals, control intake to produce better workouts, and form better habits. Despite producing great results, Hands On Nutrition is much more about creating awareness about nutrition than finding out who has the best 6-pack at the end of 4 weeks. The short term results are important, no doubt; however, Hands On Nutrition is much more focused on helping you develop long-lasting practices that drive long-term gains. If you stick to Hands On Nutrition for 4 weeks (and beyond), we can promise that you will realize some amazing changes.

Hands On Nutrition focuses on controlling intake through a very simple, yet powerful method, using your hand as a tool to measure food. In addition, Hands On Nutrition dials in your quality of foods by focusing on 4 main areas of nourishment: Veggies & Fruits, Lean Proteins, Carb-Dense Grains, Rices, & Roots, and Healthy Fats. Points are awarded for adhering to the Hands On method for quantity and quality of food. Each day, you have the opportunity to earn up to 5 points. A perfect score in Hands On Nutrition is 140 points. It's not all about the points but the closer you get to 140 over the course of 4 weeks...the closer you will get to achieving your goals!

point breakdown

4 weeks

total points per day	_____	5
total points per week	_____	35
total points in challenge	_____	140

daily points breakdown

nourishment: **3**

1 point per meal

3 meals per day = 3 points per day

- Must match the **Conscious Quantity** guidelines
- Option to choose **Baseline** or **High Activity** approach
- **Max of 3 points** per day

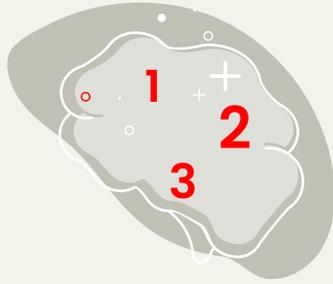
bonus: **2**

2 point per day

ONLY for "Whole & Unprocessed" foods

- These points **apply all meals, all snacks, & all beverages**
- These **points are lost for any deviation** from "Whole & Unprocessed"
- Even **"one bite" will forfeit the bonus points**

total points per day	_____	5
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conscious quantity



conscious quantity & quality

One of the main focuses of this challenge is to help you take a **hands on** approach to building better meals. We start by examining both the quantity and quality of our food. Quality of food will be discussed in the “Whole & Unprocessed” section. The (2) bonus points per day are awarded for eating “whole & unprocessed” foods for all meals, snacks, and beverages.

The (3) points available per day for each of your three main meals can be earned by eating in line with our “Conscious Quantity” approach. This approach also leans heavily into helping you eat more of the good stuff, rather than focusing on the foods that are less ideal. We also use this approach to help loosely monitor the quantity of food you eat, so you can prioritize fueling yourself appropriately. Let’s start by breaking down “Conscious Quantity” - all you will need is your hands...YUP! Your actual hands.

For the Hands On Nutrition challenge, you will be asked to use your hand to eyeball different portions of food that should show up on your plate at each of your three meals. By doing this you are helping to ensure that you are eating close to the proper amounts of your essential macronutrients (protein / carbohydrates / fat). Further, by prioritizing “Whole & Unprocessed” foods AND eating them in the “Conscious Quantity” approach, you will help ensure that all the essential micronutrients (vitamins & minerals) are coming along for the ride as well. As you will see below, the majority of your plate will be made up of veggies & fruits, lean proteins, rices & grains, and lastly essential fats. The order in which these foods are listed correlates with the quantity they should be consumed. At the top end, veggies & fruits should be consumed in the highest quantities. And on the lower end, carb-dense rice, grains, starches and fats can be consumed in smaller quantities. This is just one approach that will help you gain a better understanding of both quality and quantity of your intake. We believe this is a strong step in the right direction for most in building better meals.

conscious quantity

using your hand



protein

1 open palm



veggies/fruit

2 cupped hands together



carbs

1 closed fist



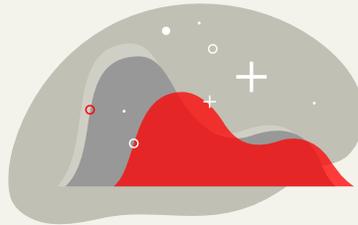
fat

1 thumb from knuckle to tip

If you visualize your plate, each meal should contain these 4 categories in these rough amounts. If you can make your plate look like this, you will earn (1) point for that meal. You have an opportunity to earn (3) points per day, (1) point for each of your three meals. If you are able to eat only “Whole & Unprocessed” foods for all of your meals and all of your snacks, you will be able to earn (2) additional bonus points per day. All in all, there are (5) points available per day for the Hands On Nutrition challenge.

Please note that the **Conscious Quantity** example above is our **Baseline Activity** starting point. If you are highly active, work in a labor intensive industry, or have a bigger body / more muscular physique, you should consider the **High Activity** option as detailed below.





baseline vs. high activity



baseline vs. high activity

You may choose to follow the **baseline** or **high activity** criteria for rough measurements of food during the three main meals. Most individuals who train 1x per day for 3-5 days per week fall in the Baseline category. This is especially true if you have goals to lose excess fat or do not currently monitor your food intake. High Activity may be appropriate for a select group of participants that need additional nourishment. Factors that would determine increased nourishment are: high activity, labor intensive work, high performance goals, muscle or size gain goals, or highly muscular build (male or female).

baseline

3-5 workouts per week / normal physical activity through your day, life / job does not include additional hard physical labor or exertion. Baseline is a good place to start if you want to maintain current weight or lose excess fat.

- veggies & fruit → **2 cupped hands**
- lean protein → **1 palm**
- carb-dense → **1 fist**
- fat → **1 thumb**

high

5+ workouts per week / increased physical activity through your day, life / job includes additional hard physical labor or exertion. High Activity portioning might also be appropriate for well-muscled males or females who want to maintain weight or put on more lean muscle.

- veggies & fruit → **2 cupped hands**
- lean protein → **1 palm +**
- carb-dense → **1 fist +**
- fat → **2 thumbs +**

snacks

Snacks can be a half serving of each category excluding Veggies & Fruits. Veggies & Fruits can be a full serving. You may choose to have one or more snacks per day outside of your 3 meals. This will be based on your activity levels (Baseline or High Activity) and your goals. This is a guideline, and does not count for or against points for this challenge.

- veggies & fruit → **2 cupped hands**
- lean protein → **1/2 palm**
- carb-dense → **1/2 fist**
- fat → **1/2 thumb**

The **Hands On Nutrition challenge** is not a quantity challenge as much as it is a consciousness challenge. We are developing awareness around your quality of food as well as quantity. For the challenge, we are looking at your three major meals of the day and any snacks you have between meals. The food consumed during these meals and snacks should align to the eating guidelines if you want to earn the points.

You may eat more meals if you desire. You will not be penalized for a fourth meal! We do suggest that you consider your goals (performance, look & feel) before adding more meals. If you do choose to eat a fourth meal, we highly encourage you to follow the guidelines for measuring.

For snacks, you do not earn or lose additional points. You may choose to eat however many snacks you choose throughout the day, and can earn 2 bonus points if your snacks (as well as your meals) follow the “Whole & Unprocessed” guidelines.

For all your food intake, both meals and snacks, you must eat only “whole & unprocessed” foods to earn the (2) bonus points per day. See below for our definition of whole & unprocessed. These (2) points are a zero-sum game...it's all or nothing to earn these points.





whole & unprocessed



whole & unprocessed food

- Fit our definition for **real food** – *see below*
- **Does not** contain any **refined sugar, processed chemicals, or preservatives**
- **Has not** been altered by **significant human intervention**
- Typically are **perishable** – *they have a short shelf life*
- Typically **not** come in a **box or bag**
- Typically **found** on the **perimeter of the grocery store**
- Something you could **grow in your garden**

The most critical element of your diet is the quality of food.

High-quality foods are real foods: they have little to no human processing, being consumed in a form similar to how they exist in nature. This means real foods are perishable. They lay the foundation of healthy, capable, and fit humans primarily because of their nutrient density. Real foods contain the types and amounts of macronutrients (protein, carbohydrate, and fat) and micronutrients (vitamins and minerals) necessary for health and fitness. Additionally, they contain no refined sugar and are free from man-made substances that are not associated with health (artificial oils, chemicals, etc.). This is our baseline for “Whole & Unprocessed” foods.

Whole & unprocessed foods include: meat, fish, eggs, dairy, vegetables, fruits, nuts, seeds, legumes and traditionally prepared grains.

You can find them on the perimeter of the grocery store, although some exceptions exist. Farmer’s markets provide an exceptional resource for sourcing whole & unprocessed foods. The more natural the environment the food is produced in or from, the more ideal in terms of health (i.e., free-range, grass-fed, wild-caught, and/or organic labels are best). However, if these are not available or are cost prohibitive, individuals can still

select whole & unprocessed foods without these distinctions. Frozen vegetables and fruits are still whole & (mostly) unprocessed, contain many of the same micronutrients as their fresh counterparts, and can be a great source of nourishment if needed.

refined sugar

Refined sugar is an element of the modern diet, and with broad consensus, is detrimental if consumed in excess. If the food contains refined sugar, for our purposes it will not be considered “whole & unprocessed”. Refined sugar results from processing foods (see: Processed Foods) to extract pure sugar and then it is added to a food to make it taste sweeter (why refined sugar is also called “added sugar”). For the purposes of this challenge, natural honey and stevia will not be considered “refined sugar” and are approved for consumption. Routine over-consumption of refined sugar is linked to chronic diseases such as obesity, metabolic disease, and diabetes; combined, chronic diseases are the leading cause of death worldwide. It is relatively easy to consume excess refined sugar due to its addictive nature: your body reacts the same to sugar as it would to other stimulants including certain narcotics. They are also highly palatable, allowing you to eat more before feeling satisfied. This may cause codependency, reliance, and habit. If you are serious about your long-term health, practically eliminating the habit of reaching for refined sugars is a priority.

There are more than 60 different names for sugar on food labels such that the ingredient list may not actually list “sugar” despite containing a refined sweetener. This makes it difficult to avoid. The American Heart Association recommends no more than 38 grams (9 teaspoons) of added sugar for men and 25 grams (6 teaspoons) of added sugar for women. As an example, servings of processed yogurts, cereals, and juices can routinely exceed this daily target. The easiest way to avoid refined sugar is to eat food without any added sugars.



processed foods

Processed foods can be defined as those altered by human intervention causing their nutrient profile to be altered, or reduced. For example, while some nutrient loss may occur via boiling broccoli, we do not consider that a “processed” food. Instead, processing consists of the practices that occur outside of a residential kitchen where nutrients are stripped, anti-nutrients (chemicals, preservatives, sugars) are added, and industrial methods are used (e.g., solvent extraction). There is consensus that real foods are associated with health and consistent consumption of processed foods are not. This is likely in part due to the stripping of the natural anti-inflammatory components of real foods that make processed foods associated with systemic inflammation and chronic diseases.

By eating real foods, those we consider “whole & unprocessed”, processed foods are subsequently minimized or eliminated in the diet. This means avoiding packaged items with long shelf-lives and items you could not make in your own kitchen. Stick to foods that you find on the perimeter of the grocery store and are perishable.

what about xyz food?

In any type of challenge of this sort, there will always be food on the fringe. Is it in or is it out? We would ask you to exercise your best judgement in these cases. Read the information above on food quality then read the ingredient label on the food. If you find yourself reading a list of ingredients you can't pronounce, the food likely falls outside the bounds of the challenge. If you find yourself rationalizing the decision, the food likely falls outside the bounds of the challenge. If you find yourself googling whether sugar alcohols are sugar, the food likely falls outside of the bounds of the challenge. Use your best judgement here, and if there is any doubt whether the food is “whole & unprocessed”, the food likely falls outside the bounds of the challenge.

what about alcohol?

We will not monitor alcohol intake during this challenge. However, if you have weight loss goals or overall detox goals, eliminating or reducing alcohol during the challenge will likely prove beneficial. Although we will not monitor alcohol, we will be monitoring your food choices before, during or after any alcohol consumption. This means that the “poor decisions” that sometimes come along for the ride with a few drinks will forfeit your bonus points for the day.





good reads & resources



what are whole foods?

macronutrients? micronutrients?



Eating Whole Foods simply means eating quality, nutrient dense foods that come in their natural state. If it grows in the ground or is farmed/fished/hunted, eat it. I am sure you have heard about shopping the perimeter of the grocery store, that's where the whole foods are. The middle aisles are stocked with processed, preserved and packaged foods that are stripped of their nutrients.

here are some things to think about:

- Will it **last more than a week or two**—most likely not a whole food
- Is it in a box with **more than 5 ingredients**, more than likely not a whole food.
- Contains **ingredients you can't pronounce** such as:
 - **Preservatives** — ascorbic acid, sodium benzoate, potassium sorbate, tocopherols
 - **Emulsifiers** that prevent separation of liquids and solids—soy lecithin, monoglycerides
 - **Thickeners to add texture** — xanthan gum, pectin, carrageenan, guar gum
 - **Colors** — artificial FD&C Yellow No. 6 or natural beta-carotene to add yellow hues
- **Not a whole food**

what is a whole food?

- **Produce of any kind:**
 - **Fresh vegetables** such as leafy greens, carrots, avocados, radishes, cucumbers, squash, and sweet potatoes
 - **Fresh or dried fruit** such as apples, pears, oranges, watermelon, tomatoes, grapes, and bananas
- **Dairy products** without added sugars or chemical flavorings such as plain Greek yogurt.
- **Meat, poultry, and fish** that is raw, baked, roasted, grilled, or boiled
- **Legumes, nuts, and products made from them** such as hummus and nut butter as long as it's made without added sugar, unhealthy fats, or chemicals

macronutrients

All foods are made of macronutrients.

Macronutrients are those nutrients required in large amounts to provide the energy needed to maintain body functions and carry out the activities of daily life. There are 3 macronutrients: Proteins, Fats and Carbohydrates. Let's break them down.

protein: Is the champion of the macros. It helps you build or maintain muscle tissue. It's the main component of muscle, hair, nails, eyes and internal organs (heart and brain).

fat: Essential macro to live. Fats store energy, insulate us, protect our vital organs, assist with brain functionality, facilitate the transportation and absorption of vitamins.

carbohydrates: Source of energy. They help fuel our bodies and keep our brains and muscles fresh.

Within the big 3 macronutrients proteins, carbs, and fats are micronutrients.

Micronutrients are the vitamins and minerals necessary in smaller amounts for normal growth, development, disease prevention, metabolism and well being.

Micronutrients are not produced in the body and can only be obtained through diet. Consequently, a diet consisting of processed food is typically deficient in essential micronutrients. A diet deficient in quality nutrient dense whole foods affects bodily growth and function.

There is some gray area when it comes to whole foods.

are grains whole foods?

Yes, eat grains! Grains get a bad rap, but whole grains in their natural form can be good for you. Some examples of intact grains include oats, barley, brown rice, whole wheat, and faro.

what can I eat for snacks or bars?

- **Fruits** such as apples, pears, melon, grapefruit, oranges, dried fruit
- **Nuts** such as pistachios, almonds, cashews, trail mix, nut butters
- **Snack bars** made from whole food ingredients (e.g. Epic, Rx)
- **Dairy:** cheese, yogurt, hard-boiled eggs
- **Vegetables:** such as kale chips, carrots, avocado, celery, bell pepper, zucchini
- **Beans** such as black beans, edamame, lentils, and hummus
- **Preserved meats** (in small quantities) such as smoked salmon, jerky, charcuterie, sardines

alcohol

While we are not endorsing the consumption of alcohol, we know it is an integral part of life for some people. If you want to imbibe, stick to simple drinks like wine, beer, and straight liquors. Most cocktails and some liquors are loaded with refined sugar.



building better meals

In the Hands on Nutrition Challenge, we look at how you can build well-balanced meals that will keep you fuller longer, and leave you with more energy and mental clarity throughout the day!

Each meal (Breakfast, Lunch, & Dinner) should have a protein, fat, veggie, and a carb. To make it easier for you, you can pick one from each category, put it together and voila! you've got a meal. Top it with some of your favorite seasoning or spices, and enjoy!

The quantities might differ based on your activity level (Baseline or High Activity), and may look different depending on your food preferences/ individual needs.

We start by using the conscious quantity measurements:

baseline activity



high activity



Nutrition is a completely personal thing, so these guidelines are not set in stone, and depending on your activity levels, you might adjust these measurements from Baseline to High Activity. This is generally a good starting point for most people.

Below are some suggestions for each food category to help make your life a little easier! That being said, these are not the only options out there, and you can most definitely venture outside of this list if you have different fruits, veggies, proteins, or carb sources you enjoy!

Make sure to check out the Grocery Guide for more suggestions, and check out what is In-Season in your area to find the best options for you!

protein

Ground beef, chicken breast or thighs, lean ground turkey, salmon, cod, tilapia, shrimp, shellfish

fat

Avocado, avocado oil, olive oil, coconut oil, nuts and seeds, olives, grass-fed butter, grass-fed ghee

veggies/fruits

Broccoli, brussel sprouts, kale, spinach, asparagus, peas, carrots, bell peppers, snap peas, snow peas, zucchini, cauliflower, peas, string beans, cabbage
Apple, orange, kiwi, pomegranate, raspberries, blueberries, blackberries, pears, pineapple, honeydew, cantelope, watermelon

carb

Squash, sweet potatoes, potatoes, oats, white rice, brown rice, whole grains, Gluten-free pasta (Chickpea/lentil-based, rice-based)



grocery guide

Grocery shopping can be overwhelming without the lines and planning for 2 weeks-worth of groceries at a time. We've done some of the leg work for you, and put together a guide to use when you venture out (or shop online) for your groceries!

If you are shopping weekly, You can get 2-3 options from each category ,and you might want to consider getting easily freezable options, or some options that are frozen, choosing 3-4 (or even 5) options.

protein

Chicken Breast, Chicken Thighs, Turkey, Lean Ground Beef, Game Meat (Elk, Venison, Boar, Regular Ground Beef, Lamb, Pork Chops/Tenderloin, Cod, Tilapia, Salmon, Shrimp, Tuna, Halibut, Eggs, Tofu, Tempeh, Seitan

fats

Most of these are in the form of cooking oils, but there are some ingredients that are higher fat

Avocado Oil, Grass-fed Ghee, Coconut Oil, Olive Oil, Nuts/Seeds, Avocado, Olives, Grass-fed Butter

veggies/fruits

Broccoli, Kale, Spinach, Brussel Sprouts, Cabbage, Cauliflower, Bok Choy, Zucchini, Cucumber, Carrots, Turnips, Parsnip, Beets, Onion, Eggplant, Tomato, Bell Peppers, Apple, Orange, Grapefruit, Raspberries, Blueberries, Blackberries, Kiwi, Banana, Pineapple, Mango

carbs

Brown/Wild Rice, Quinoa, White Rice, Oats, Pasta (Chickpea Pasta is a great option!), Sprouted Grain Bread, GF Bread (if you need GF), Beans, Squash, Potato, Sweet Potato

There are some Proteins, Veggies, and even Carbs that you can buy frozen, which is helpful when buying for more than 1 week at a time. Keeping in mind, frozen veggies are a great option, as they are packed with nutrients! The fruits and veggies that are in-season will always be the best quality/lowest prices when buying fresh, so be on the lookout for those.



set a game plan

No matter where you do your food shopping, there is a universal set-up of most grocery stores; Produce, and meat are (almost) always on the perimeter, and then dry, canned, and processed foods are sprinkled throughout the middle. The best advice I can give you is to shop the perimeter of the grocery store. You can get all your main sources of nutrition this way, only stepping into the aisles for a couple of extras like spices, rice, and toilet paper (please use that). If you just wander around the grocery store, it is so easy to get sucked into buying the “health foods” you don’t really need, but are marketed to make us want them. Shopping the perimeter allows you to get what you really need, without blowing more money on things that really won’t contribute to nourishing your body.

mindful eating



Hands On Nutrition is not just about developing awareness around how much we are eating, it is also about developing awareness around how we are eating, aka Eating Mindfully. We've heard this term be tossed around for a little bit of time now, and it's still not super clear.

Eating Mindfully is the practice of slowing down, fully processing your food, enjoying the experience, and actually paying attention to the act of eating. If that sounds too woo-woo for you, there's something else you should know about mindful eating- you will actually eat less and feel more satiated (satisfied) when you practice eating mindfully than you do when you mindlessly shovel food into your face.

When you start to practice eating mindfully, it can feel really daunting- a lot of gurus on the interwebs say that you should be putting your fork down and chewing your food 30x with each bite, shutting down all other distractions- turn off your computer, your phone, and TV. This might seem like too much to even fathom taking on with our hectic lives and busy schedules. Building habits is all about taking a small action every day that you can do consistently to start building strong, healthy habits. This is no different!

Here are some tips on how to practice mindful eating, without trying to do too much all at once:

- **Prioritize at least 1 meal to start** - set aside at least 15-20 min to sit and eat 1 meal every day. If that is your breakfast, awesome! If it's lunch, where you can walk away from work for a little break in the middle of the day, fantastic! If it's dinner and you can sit with your family, even better! Just pick one, and commit to eating that meal sitting down in a chair, without looking at your computer, phone, or TV.
- **Take a breath between bites** - instead of focusing on how many times you are chewing your food, focus on taking one deep breath after each forkful of food you take. This will naturally slow you down a bit and allow your brain to process the food you're currently eating.
- **Prepare your own food** - if you can cook your own food for the meal you sit down for, you will enjoy the experience so much more (even if you're not super confident in the kitchen!). Even if you take the time to reheat your food (if you're eating your meal at work)- a warm meal will help you stay present!

Start small. Habits take consistency and persistence to develop.

Eating mindfully can help you with a lot more than just weight loss- it can help you with stress management, sleep, and feeling more satisfied after each meal. Set yourself up for success with a daily reminder, or block off time daily to spend practicing mindful eating.

The best gift you can give someone else this season is the gift of your sanity, health, and happiness. Don't forget to take care of you- you're no good to anyone else if you're not doing well.



consistency is key



Okay, let's talk lasting habits! How many of you out there have done a 30-day nutrition challenge, fitness challenge, or combination of the two? Don't worry, I'm over here raising my hand too! If you're anything like me, you crushed it for 30 days--hitting your numbers, cutting sugars, getting that good depth--and then, day 31, the wheels fall off!

Why does this happen?

Because we're looking at the 30 days the way it was framed to us: as a challenge. What if we changed that outlook, and rather, approached these as lifestyle changes meant to last?

Like all good things in life, building habits takes time. Further, if we want the habits to last, it's important to start slow. I can hear you now, "ugh, Lindsey. You're telling me I have to build slowly and it's going to take a while?!" In short, yes.

So, what changes can we make to help build lasting change?

Don't bite off more than you can chew (literally)

Especially when it comes to nutrition, don't try to cut everything out all at once. Sure, the goal might be to cut sugar, processed foods, dairy, and a plethora of other things--let's start with one. Get used to cutting that particular thing out of your diet until it becomes an unconscious habit, and then move onto the next.

On the flipside of that, if your goal is to add something to your diet –perhaps your goal is to drink more water, eat more veggies, or increase your protein intake – again, start with one. Slow and steady wins the race here!

Progress over Perfection

Don't beat yourself up for slipping up; you're human. If you approach this lifestyle change or any other with the mindset of "all or nothing," it's only a matter of time until you burn out. Balance is key. Try the 80/20 method. 80% of the time you're staying within the guidelines you set for yourself, and 20% of the time you allow yourself to take a rest day (especially when your body needs it), eat that cupcake, or share a bottle of wine with a friend. Nurturing our souls is just as important as nurturing our physical bodies.

Find an accountability buddy

We are social creatures and crave a tribe, companionship, and shared experiences. Allow this person to share in your successes. Be willing to be vulnerable with this person: what's been hard, what doesn't seem to be working, give an honest check-in. We don't have to go these things alone – we are BETTER TOGETHER.

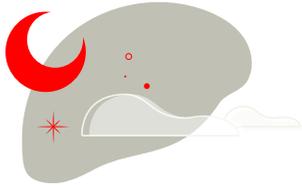
How you talk to yourself is important

Our language creates our reality. If we say things like "I have to eat clean" or "I have to get a workout in this afternoon," we put our backs up against a wall. I don't know about you, but I really, really don't like being told what to do. The 13-year-old kid inside me screams, "NO!" Instead, try saying "I get to eat clean" or "I get to move my body later," and this will help harvest an attitude of gratitude!

Keep in mind, this isn't a race, you're not competing – your goal is to be the best version of YOU! Move slow, stay consistent, move with intention, and create habits that last!



the importance of sleep



Eating Whole Foods simply means eating quality, nutrient dense foods that come in their natural state. If it grows in the ground or is farmed/fished/hunted, eat it. I am sure you have heard about shopping the perimeter of the grocery store, that's where the whole foods are. The middle aisles are stocked with processed, preserved and packaged foods that are stripped of their nutrients.

Why is sleep important?

- Sleep helps with:
 - Repair your body's cells
 - Improve learning & memory
 - Lowers stress levels (cortisol levels)
 - Release important hormones
 - Improve creativity & productivity
 - Support recovery & development
 - Maintain healthy immune system

What if you don't get enough sleep?

- Sleep deprivation can:
 - Cause irritability
 - Lead to injury
 - Cause headaches
 - Increase empty calorie consumption
 - Lead to illness
 - Increase depression or anxiety

build a better sleep routine

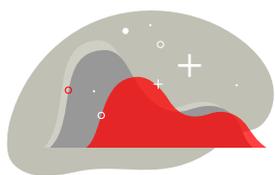
Sleep Plan:

1. Determine the **optimal number of hours** you want to sleep
2. Determine the **time you need to wake up**
3. Determine the **time you need to be asleep by**
4. Determine the **time you need to be in bed** by to fall asleep by #2

Sleep Rules:

1. **Unplug & Power Down** - Disconnect from all screens & devices. The light from screens can impact circadian rhythms.
2. Make your **bedroom cool, dark and quiet.**
3. **Enjoy caffeine early in the day** but cut consumption later in the day. Caffeine can significantly diminish sleep quality and quantity.
4. **Cut alcohol consumption** at least Sunday - Thursday. A drink before bed may help you fall asleep but restricts your ability to fall into a deep sleep.
5. **Stop drinking water at least an hour before bed**, but be sure to drink water throughout the day to stay hydrated. By not drinking water an hour before bed you can cut down on trips to the bathroom.
6. **Avoid raising the body's temperature.** If you workout at night take a cold shower or splash your face with cool water to drop your core body temperature for a deeper sleep.

developing your (daily) movement practice



Our bodies are meant to move! That said, movement can be so many different things. For athletes, we often get stuck thinking that movement is HIIT training, a long endurance workout, or weightlifting. Yes! Those are all great forms of movement, and there's so much more out there.

When developing a daily movement practice, it's important to include all kinds of movement. If your bread and butter is functional training, by all means, fill the majority of your days with that, and allow yourself the flexibility to change it up and keep movement fresh. Maybe thrusters, burpees, and rowing just ain't cutting it today--hit up a yoga class, take a mountain bike out for a spin, or go on a long walk with a loved one.

The minute we feel like we're forcing movement, we've already lost the battle.

If you're just getting started on your daily movement journey... welcome to the darkside! My biggest suggestion? Start small! Building movement into your day can happen in a handful of ways, and as always, consistency is key!

Here are some ways you can organically add movement into your daily routine. For the sake of being trendy, we'll call them the **4 S's**

Stand up

Instead of taking calls, writing emails, or working from your computer sitting down, try standing. This is a great, and passive way, to add movement into any schedule!

Schedule it

When something is a priority, we don't think twice before putting it on our schedule. When we get intentional about something we can't approach it with a "I'll get to it when I get to it" kind of attitude. Make the commitment to yourself to move and designate a time each day that you plan to do it-- you deserve that.

Start slow

There's no need to make the movement crazy. Especially if you're just diving into this practice, it's important to start small. You've got to run a mile before you run a marathon. Designating as little as 15 minutes a day to start is plenty! Don't overwhelm yourself!

Sacred space

With many of us working from home, it's important to find a space where you can move with intention. Our environments help dictate our success, and for me, there's nothing motivating about my home office. Whether its a gym, outdoor area, or other designated area, make sure you're setting your space up for success and entering in with the mindset to put in the work!

Whooooo, with all this talk about movement, I'm itching to get outside! Let's get after it, athletes!

Happy Moving!



what is **NEAT**?



Hands on Nutrition helps us create healthy habits and awareness around the food we are eating, but food is not the only thing we focus on to make ourselves healthier and happier. Along with nutrition, developing consistent daily movement will help us on so many levels- from losing weight, to getting stronger, or just getting healthier overall. This daily consistent movement is not the workout we partake in. Instead, it is considered our NEAT.

Neat stands for Non-Exercise Activity Thermogenesis.

It is all the activity you do throughout the day that is not related to sleep, eating, or exercise. NEAT is everything from how much/how often you stand/walk throughout the day, to how much you fidget or move when you are “resting.” This is an important factor to take into account when you’re looking at how much food you should be eating, no matter what your goals may be, because all of the extra activity you do factors into how much energy you use throughout the day. The more activity you do during the day, the more you use, the more you need to replenish.

NEAT is also a great litmus test to determine whether or not you are eating enough (or too much) to support your goals. If you are doing high intensity exercise for an hour plus a day, but then the rest of the day you’re stuck feeling exhausted and not able to stand while you work, and when you go to the supermarket to go food shopping you get tired just from walking from your car to the storefront, you may not be eating enough.

Conversely, if you start eating more and you start to have more energy throughout the day, feel like you could park farther away (I just love the grocery store analogy), and notice yourself wanting to stand more throughout the day, that’s probably a great identifier that you are starting to fuel your body properly.

No matter where you’re starting, or what your goals are, NEAT is a really simple way to keep your body active and engaged throughout the day. If you have a low-NEAT job (or any of us working from home right now!), a great way to up your NEAT is by aiming to get 8-10k steps every day. Not sure how many steps you normally get? If you have a smart phone, your phone can keep track on the any step-tracking app for you, you just have to keep your phone with you at most times throughout the day. I don’t recommend buying things often, but investing in a pedometer is a great way to keep you on track and walking around every day. By ensuring you’re hitting that step goal every day, you are ensuring that you are not sitting for the entire day, which will boost your NEAT, and therefore keep your body utilizing the fuel you put into it. This is a very rudimentary way to put it, but you want to keep moving to keep utilizing your food as fuel instead of storing it away.

Here are a few ways to get those steps in throughout the day:

- 1. Set a timer** – Every 30-90min (whatever is feasible for you), get up and walk around for 5 min. Take a lap around your home, or better yet – get outside and walk for a few minutes in the fresh air.
- 2. Park farther from the entrance** – wherever you are going, park farther away from the entrance, so that you can rack up those steps as you go about your errands. A little extra walking never hurt anyone!
- 3. Set up a standing desk** – lift up your work space to a higher counter, or stack some boxes or books to give yourself the ability to work standing up. This will allow you to move around more often.



what's next?

life after the Hands On Nutrition challenge



The past 4 weeks have truly been a life-changing experience for some of you, understandably so.

You've reconnected with the food you eat, and you've learned how to fuel your body for your goals. It almost feels like there's still work to be done- and that's exactly the case! This is a constant practice, where you will always have the opportunity to learn about your body, what it needs, and what makes it feel it's best. Just because you've completed the 4 weeks of the Hands On Nutrition Challenge, it doesn't mean your work stops here. There are still things you can do to keep yourself on track with your goals and how you want to feel in your life.

Constantly check in with yourself. How are you sleeping, performing, and feeling?

Checking in with these questions will help you stay connected to whether or not the amount of food you're eating is the appropriate amount for your activity levels and goals.

the check-in checklist

1. Are you **sleeping through the night**, or are you waking up multiple times?
2. Are you **performing** the way you'd expect in the gym and in your life?
3. How is your **overall mood**?

If you notice that any (or all) of these questions leave you feeling like you're lacking, then it might be time to consider increasing your serving of protein, carbs, fats, or a combination of the three.

Your nutrition, health, and wellness are all on a constant scale, meaning they adapt to the current state you are in. There will be times when you might need to adjust your diet, intake, or movement practice to meet the goals you set for yourself, as these change and evolve as you do as a human being. Using the questions above can help you determine whether or not your goals and your actions are aligned, and what might need to be adjusted to get you back on track if the answers deem it necessary to pivot or adjust.



HANDS ON NUTRITION CHALLENGE

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