



Ideal Health & Weight Checklist

The body needs to be in balance in order to support weight loss. Use this checklist to identify what things you're already doing and what you could incorporate in order to lose or maintain weight. This checklist is also to promote optimal health.

DIET

- Eliminate or reduce consumption of the top inflammatory foods gluten, dairy, and soy
- No added sugar or artificial sweeteners (fresh fruits, honey and stevia are ok)
- Eat a diet rich in fresh organic fruits and vegetables
- Minimize alcohol consumption to 4 drinks per week
- Eat organic, free range and grass fed meat products
- Limit coffee/caffeine to one drink per day and before 3pm

REST

- Get 7-8 hours of sleep each night
- Optimal sleeping time is 10pm-6am
- Any snacks before bedtime should be balanced with protein and fat (to balance blood sugar through the night)
- Take a mineral complex before bed consisting of zinc, calcium, magnesium and Vitamin D

EXERCISE

- Low-moderate intensity resistance/weight training 3-5 times per week. High intensity is ok but be careful of overtraining
- Low-moderate intensity cardio 3-7 times per week for at least 20 min. High intensity is ok but be careful of overtraining
- Stretch daily for 10-15 minutes and/or take a stretching class (yoga) a few times per week

STRESS REDUCTION

- Do yoga or tai chi weekly
- Practice gratitude, meditation or prayer daily. Even as little as 5 minutes a day can have a huge impact on reducing stress
- Do something for yourself daily (read a book, take a 5 minute mental break, get a massage, go for a walk)
- Get regular chiropractic adjustments, massages and/or acupuncture

SUPPLEMENTATION

Daily Essentials

- Probiotic
- Omegas (derived from fish oil or hemp is best)
- Mineral Complex
- Multivitamin

Additional Support

- Liver Support
- Antioxidant
- Digestive Enzymes and/or HCL

TOXINS

- Avoid non-organic and processed foods
- Use glass or stainless steel water and food storage containers
- Use biodegradable household cleaning products
- Drink purified, spring or filtered water only
- Only buy canned products that have BPA free lining
- Use biodegradable non-toxic personal care products (soaps, lotions, deodorants, etc.), check product toxins at <http://www.ewg.org/skindeep/>

If you're doing all of these things already and still struggling with weight loss or other health concerns there maybe some underlying factors that TravelFit can help you identify using some simple lab testing and more detailed questionnaires.

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.