

THE

21

DAY

TOTAL-BODY
FITNESS
CHALLENGE!



foodspring®

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FS

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Ready For a Reset?

FS

If you want to get stronger, make fitness part of your routine, and eat healthier, then our 21-Day Total-Body Fitness Challenge is the perfect way to start your new lifestyle! Everything you need can be found in this 3-week training program designed to work your entire body, build stronger muscles, and push your endurance. You'll also find valuable tips on healthy eating and how to implement them in everyday life.



READY?

LET'S START YOUR WORKOUT PLAN!

YOU WILL NEED:

2 dumbbells, 1 kettlebell, and a skipping rope

YOU WILL TRAIN:

5 times a week

YOUR WORKOUTS AT A GLANCE:

Monday - Upper body A

Tuesday - Lower body A

Wednesday - Rest day

Thursday - Upper body B

Friday - Lower body B

Saturday - Rest day

Sunday - Cardio (30-60 minutes jogging, cycling, hiking, rowing, etc.)



TIP

If you don't have any dumbbells handy, then grab filled water bottles instead. The kettlebell isn't essential either; we'll give you an alternative in the list of exercises.

21-DAY TOTAL - BODY FITNESS CHALLENGE

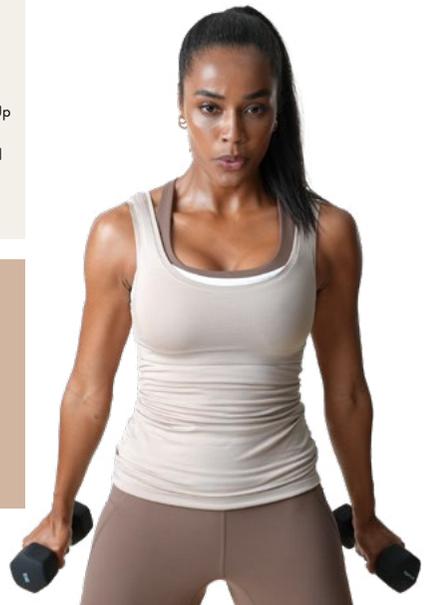
<p>DAY 1</p> <p>3x High Plank 3x Side Plank 3x10-12 Dumbbell Bent-Over Row 3x Push-Up 3x12-15 Shoulder Raise Complex 1 min Burpees</p>	<p>DAY 2</p> <p>3x10-12 Glute Bridge 3x10-12 Lunge 3x10-12 Air Squat 3x10-12 Split Squat 4x 20 sec High Knees & Jumping Jacks</p>	<p>DAY 3</p> <p>Rest day</p>	<p>DAY 4</p> <p>3x Flutter Kicks 3x Bear Plank 3x 3-1-1 Tempo Push-Up 3x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 3x12 Biceps Curl & Triceps Extension</p>	<p>DAY 5</p> <p>3x8-10 Air Squat Hold 3x10-12 Front Squat & Lunge 3x10-12 Lateral Lunge 3x10 Kettlebell Swing 1 min Burpees</p>
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<p>DAY 6</p> <p>Rest day</p>	<p>DAY 7</p> <p>30-60 min Cardio</p>	<p>DAY 8</p> <p>4x High Plank 4x Side Plank 4x10-12 Dumbbell Bent-Over Row 4x Push-Up 4x12-15 Shoulder Raise Complex 2 min Burpees</p>	<p>DAY 9</p> <p>4x10-12 Glute Bridge 4x10-12 Lunge 4x10-12 Front Squat 4x10-12 Split Squat 6x 20 sec High Knees & Jumping Jacks 3-5 min Jump Rope</p>	<p>DAY 10</p> <p>Rest day</p>
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<p>DAY 11</p> <p>4x Flutter Kicks 4x Bear Plank 4x 3-1-1 Tempo Push-Up 4x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 4x12 Biceps Curl & Triceps Extension</p>	<p>DAY 12</p> <p>3-5 min Jump Rope 4x8-10 Air Squat Hold 4x10-12 Front Squat & Lunge 4x10-12 Lateral Lunge 3x20 Kettlebell Swing 2 min Burpees</p>	<p>DAY 13</p> <p>Rest day</p>	<p>DAY 14</p> <p>30-60 min Cardio</p>	<p>DAY 15</p> <p>4x High Plank 4x Side Plank 5x10-12 Dumbbell Bent-Over Row 5x Push-Up 5x12-15 Shoulder Raise Complex 3 min Burpees</p>
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<p>DAY 16</p> <p>4x10-12 Glute Bridge 4x10-12 Lunge 5x10-12 Front Squat 5x10-12 Split Squat 8x 20 sec High Knees & Jumping Jacks 5 min Jump Rope</p>	<p>DAY 17</p> <p>Rest day</p>	<p>DAY 18</p> <p>4x Flutter Kicks 4x Bear Plank 5x 3-1-1 Tempo Push-Up 5x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 4x12 Biceps Curl & Triceps Extension</p>
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<p>DAY 19</p> <p>5 min Jump Rope 4x8-10 Air Squat Hold 5x10-12 Front Squat & Lunge 4x10-12 Lateral Lunge 4x20 Kettlebell Swing 3 min Burpees</p>	<p>DAY 20</p> <p>Rest day</p>	<p>DAY 21</p> <p>30-60 min Cardio</p>
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The 21-Day Total-Body Fitness Challenge

Get strong, build muscle, and get in the best shape of your life
—in just 3 weeks.



There's a lot you can accomplish in just three weeks of exercise when the program you're following is goal-specific and set up to progressively challenge you week over week, no matter your level or gender. Nothing will ever compare to the results you'll see with months and years of commitment, but three weeks is a perfect reset for anyone.

Are you a *total* beginner (we're talking never touched a dumbbell before)?

[Then start here with our intro to weight training.](#)

When it comes to getting stronger, building muscle, and optimising your body composition, you'll never go wrong with traditional strength training infused with bouts of high intensity exercise and longer duration, lower intensity cardio.

How It Works



The traditional strength training component of this program is the foundation of your reset. You'll be performing a combination of multi-joint, functional exercises (like squats) and isolation exercises (like curls) to build muscle and strength. Those strength routines are split into two upper body and two lower body days throughout the week, ensuring every muscle group is trained. Core strengthening movements are also interspersed throughout the program to fortify your midsection.



Throughout the program, there are compound sets or supersets that combine two strength exercises back-to-back with no rest. This will cut your workout time down, but will significantly increase the intensity you're working at. Each week there are burpee challenges that demand more and more out reps of you as the weeks progress. This will jack your heart rate up, tax multiple muscles at once, boost endurance, and give you a mental challenge.



Finally, each week finishes off with a long, lower intensity run, row, ski, bike, or any cardio combination of your choice for a big calorie burn.

Directions



Go into the program conservatively with the amount of resistance or weights you use. Focus on performing the exercises slowly and with precision. Each week, either slightly increase the amount of resistance you use, or continue to refine your movement quality from the previous week. If you're able to perform exercises for the prescribed amount of reps with ease or have more than three or four reps in the tank, it's time to go heavier. And remember, an alternative to going heavier, is slowing down the tempo of the movement.

For example, instead of dropping into a squat in two seconds, make it four.

Remember, it's important to warm up before every workout—just 10 minutes will do wonders for you. If you don't have a go-to warm up, [then we suggest you give this one a try.](#)

No workout is complete without a cool-down. It's key to muscle regeneration and recovery—gradually slowing down your cardiovascular system priming your muscles for recovery (and growth!). Cooling down is an art in itself, [learn how to cool down properly here.](#)



Our tips for maximising your results:



NUMBER OF REPS AND SET RESTS:

3x10 Dumbbell Bent-Over Row means you do a total of 3 sets of this exercise, with 10 reps each per set. Rest for 30 seconds between each set. For exercises using your own body weight such as push-ups or planks, do as many repetitions as possible or hold the position as long as you can with the correct technique.

REST DAYS:

You should use these days to rest. Your muscles need time to recover so that they can get stronger. On your rest days, you can still keep moving and do a few mobility exercises.

THE RIGHT TECHNIQUE:

All of the exercises in the plan come with a photo. Click the link provided if you want to see the corresponding video.



THE RIGHT SUPPLEMENTS:

If you want to get the most out of the next 21 days, look no further! We're here to support you on your fitness journey. Here are our top recommendations for the 21-Day Total-Body

Fitness Challenge:

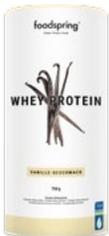
Whey Protein or Vegan Protein

L-Glutamin

Energy Aminos

Workout Aminos

Protein snacks like a Protein Bar or Protein Balls



If you're not sure how and when to use our products for the best results, then don't worry! Keep reading, and we'll explain how to combine them with your workout.

21-Day Total-Body Fitness Challenge Exercises

UPPER BODY WORKOUT

A

HIGH PLANK



Position your hands directly below your shoulders. Lift yourself onto your hands, keeping your body in a straight line, parallel to the floor.

Muscles: Torso

Easier: Drop your knees to the floor.

Harder: Alternate single leg raises.

Remember: Quality not quantity! Hold the high plank for as long as you can without letting your technique slip.

SIDE PLANK



[Watch video](#)

The side plank is a static exercise and will improve your torso and shoulder stability. Complete the exercise on both sides in succession and hold the position for as long as you can.

Muscles: Torso, shoulder

Easier: Drop your knee to the floor.

Harder: Raise your upper leg.

Remember: Position your elbow directly under your shoulder.

DUMBBELL BENT-OVER ROW



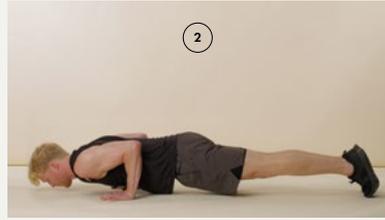
[Watch video](#)

You need two dumbbells for the bent-over row. Stand with your feet hip-width apart and hinge your upper body forward.

Muscles: Wide dorsal muscle, upper back, posterior deltoid muscle

Remember: Keep your upper body straight and don't swing as you move.

PUSH-UP



[Watch video](#)

Position your palms directly below your shoulders and tense your entire body. Lower yourself down toward the ground in a controlled manner. Do as many repetitions as you can manage per set.

Muscles: Chest, shoulder, triceps

Easier: Drop your knees to the floor.

Harder: Position your feet on a support.

Remember: Your elbows should stay close to your body.

SHOULDER RAISE COMPLEX

This combines three exercises: front raises, side raises, and reverse flys. Complete them in succession without a break for 12 to 15 repetitions, then pause for 60 seconds before starting the second set.

FRONT RAISE



[Watch video](#)

Stand with your arms shoulder-width apart. Lift the weights to about chest level. Pause briefly and lower your extended arms back down.

Muscles: Anterior deltoid

Remember: Don't swing as you move and keep your wrists straight.

SIDE LATERAL RAISE



[Watch video](#)

Hold a dumbbell in each hand with your palms facing inwards. Lift the weights sideways until your arms are about shoulder level.

Muscles: Lateral Deltoid

Remember: Keep your back flat. Deliberately pull your shoulder blades backward and downward.

REVERSE FLYS



[Watch video](#)

Bend your knees slightly and hinge your upper body forward until it is parallel to the floor. Keep your back straight. Lift the dumbbells up on both sides of the body, bringing your shoulder blades together at the end of the movement.

Muscles: Posterior shoulder, trapezius muscle, rhombus muscle

Remember: Keep your back flat and don't swing as you move.

BURPEES



[Watch video](#)

Ready to sweat? Give it your all and do as many burpees as you can in the given time.

Make sure that you don't let your technique suffer. Pause if you need to.

Muscles: Torso, chest, triceps

Easier: Omit the push-up. If you can't manage the jump, you can take a big step back instead.

Remember: Pay attention to your body tension.

LOWER BODY WORKOUT

A



GLUTE BRIDGE

[Watch video](#)

Lie down on your back with your feet flat on the floor and push your hips upward.

Remember to tighten your glutes.

Muscles: Glutes, hamstrings, lower back

Harder: Do the exercise with one leg only.

Remember: Keep your back straight and your heels on the ground.

LUNGE



[Watch video](#)

You need two dumbbells for the lunge. Take a wide step back, bend your legs and drop your back knee to the floor in a controlled manner.

Muscles: Quads, glutes

Remember: Your upper body should remain upright, while your front knee should be in line with your front foot.

AIR SQUAT



[Watch video](#)

Stand with your legs hip-width apart. Bring your hips back and down while lifting your arms in front of you.

Muskeln: Quads, glutes

Schwerer: Opt for jumping squats and propel yourself into the air.

Beachte: Point your knees slightly outwards and avoid X-legs (also known as knee valgus).

SPLIT SQUAT



[Watch video](#)

Find a step or something similar and put your front foot on it.

Muscles: Quads, glutes

Easier: The higher your step, the more difficult the exercise. Adjust the height to suit your fitness level.

Remember: Keep your hips level and make sure that your front knee is in line with your front foot.

A: HIGH KNEES & B: JUMPING JACKS



[Watch video](#)

[Watch video](#)

A: HIGH KNEES & B: JUMPING JACKS

This combination of high knees and jumping jacks will boost your heart rate. Complete both exercises in succession without a break. Do each exercise for 20 seconds and rest for 30 seconds, then start the next set.

Muscles: The entire body

Easier: Slow down the pace.

Remember: Maintain an upright posture, tense your glutes.

UPPER BODY WORKOUT

B



[Watch video](#)

Flutter kicks will make your abs burn. Lie on your back, stretch out your legs and move them up and down alternately. Do as many repetitions as you can per set.

Muscles: Straight abdominal muscles

Easier: The closer your legs are to the floor, the more difficult the exercise.

Adjust the height to suit your fitness level.

Remember: Make sure that your lower back is flat on the floor to avoid a hollow back.

BEAR PLANK



[Watch video](#)

Bear plank is a static exercise that will really work your core muscles. Hold the position for as long as you can and make sure that you breathe in and out evenly.

Muscles: Core

Harder: Stretch out one leg at a time behind you.

Remember: Keep your back flat.

3-1-1 TEMPO PUSH-UP



[Watch video](#)

This push-up variation involves lowering yourself slowly for a count of 3, briefly holding yourself tensed at the lowest point and then pushing yourself up again explosively.

Complete as many repetitions as you can per set.

Muscles: Chest, shoulder, triceps

Easier: Do a standard push-up or lower your knees to the floor.

Harder: Position your feet on a support.

Remember: Your elbows should stay close to your body.

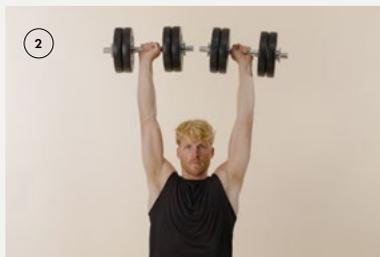
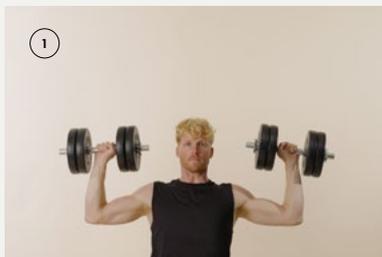
A: DUMBBELL BENT-OVER ROW &

B: DUMBBELL SHOULDER PRESS

You are combining two exercises (bent-over row and shoulder press) and will need two dumbbells. Do 10 to 12 repetitions of each exercise without taking a break in between. Rest for 30 seconds after completing each set and then start the next one.

Upper body workout A has a detailed description and a video for the dumbbell bent-over row exercise.

DUMBBELL SHOULDER PRESS



[Watch video](#)

Muscles: Shoulder, triceps, trapezius muscle, serratus muscle

Remember: Tense your entire body, don't lean your upper body too far back and make sure that your wrists are straight.

A: BICEPS CURL & B: TRICEPS EXTENSION

Now for your upper arms! This combination of bicep curl and triceps extension will work your biceps and triceps. Complete 12 repetitions of each exercise without taking a break in between, rest for 30 seconds, and then start the next set.

BICEPS CURL



[Watch video](#)

Muscles: Biceps, brachialis, brachioradialis

Remember: Don't swing as you move and keep your wrists straight.

TRICEPS EXTENSION



[Watch video](#)

Muscles: Triceps

Remember: Your upper arms do not move at all.

LOWER BODY WORKOUT

B

AIR SQUAT HOLD



Squat deeply and hold yourself tensed at the lowest point for 3 seconds before coming back up again.

Muscles: Quads, glutes

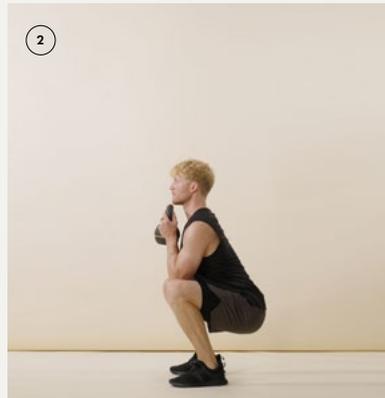
Harder: Opt for jumping squats and propel yourself into the air.

Remember: Point your knees slightly outwards and avoid X-legs.

A: FRONT SQUAT & B: LUNGE

You will combine front squats and lunges. Complete 10 to 12 repetitions of each exercise, pause for 45 seconds and then start the next set. Lower body workout A describes what to remember during lunges and also has a video.

FRONT SQUAT



[Watch video](#)

Grab a dumbbell or kettlebell and hold it in front of you at chest level. Tuck in your elbows tightly and keep them pointing down.

Muscles: Quads, glutes

Remember: As you squat, your elbows will move between your knees. At the lowest position, your hip joints are lower than your knee joints.

LATERAL LUNGE



[Watch video](#)

Take a big step to the side, moving your hips back, then push yourself back to the starting position.

Muscles: Quads, glutes, hip flexors and hamstrings

Remember: Keep your knee just above your heel. Push your hips backwards as you move.

KETTLEBELL SWING



[Watch video](#)

The kettlebell swing is a real all-round exercise; as well as working your muscles, it also builds endurance and sharpens your coordination skills.

Muscles: The whole body, particularly the posterior chain.

Remember: The movement comes from your hips, not your arms.

Drive your hips forward in an explosive motion and tense your glutes at the same time.

Make sure that your back stays flat.

ALTERNATIVE SQUAT JUMPS



[Watch video](#)

Don't have a kettlebell? Try squat jumps. Move into a squat position by pushing your hips back and bending your knees. Jump as high as you can, driving through your hips. Land softly and move fluidly into position for the next squat.

Muscles: Quads, glutes

Remember: Tense your glutes and the outside of your upper thighs to allow your knees to move forward while pushing them gently out. This stops your knees from caving in.

JUMP ROPE



[Watch video](#)

A skipping rope is no longer relegated to the playground; it's ideal for building endurance, speed, and explosive jumping power. Not to mention great for developing your sense of rhythm and coordination. Ready for another bonus?

Skipping burns serious calories.

Muscles: Calves, quads

Remember: When you skip, the rotation of the rope comes from your wrists. Keep them close to your body and make sure that your shoulders and forearms are tensed. Your knees should always be slightly bent.

WEEK 1

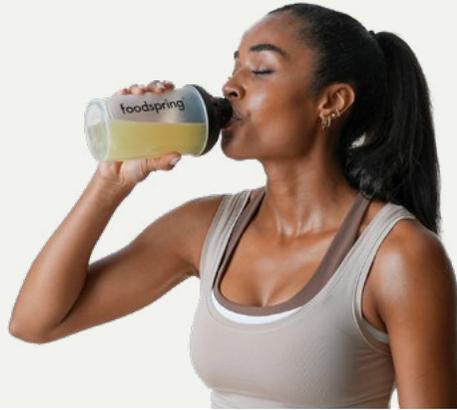
Start your training strong!

FS

Your first week of training starts now, and it's the foundation for your success! Familiarise yourself with the exercises and focus on doing them correctly. If you need to, just go back a few pages and take a closer look. Once you've got the techniques nailed down, you're ready to go. Have fun training!

WHAT'S COMING UP IN THE FIRST WEEK:

<p>DAY ①</p> <p>3x High Plank 3x Side Plank 3x10-12 Dumbbell Bent-Over Row 3x Push-Up 3x12-15 Shoulder Raise Complex 1 min Burpees</p>	<p>DAY ②</p> <p>3x10-12 Glute Bridge 3x10-12 Lunge 3x10-12 Air Squat 3x10-12 Split Squat 4x 20 sec High Knees & Jumping Jacks</p>	<p>DAY ③</p> <p>Rest day</p>	<p>DAY ④</p> <p>3x Flutter Kicks 3x Bear Plank 3x 3-1-1 Tempo Push-Up 3x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 3x12 Biceps Curl & Triceps Extension</p>	<p>DAY ⑤</p> <p>3x8-10 Air Squat Hold 3x10-12 Front Squat & Lunge 3x10-12 Lateral Lunge 3x10 Kettlebell Swing 1 min Burpees</p>
<p>DAY ⑥</p> <p>Rest day</p>	<p>DAY ⑦</p> <p>30-60 min Cardio</p>			



TIP

Protein assists with muscle growth. Right after training, your muscles are particularly sensitive to protein intake, making shakes are ideal for feuling your muscles post-workout! Mix yourself a delicious, protein-packed treat for your muscles. Either Whey Protein or Vegan Protein would do the trick! Our protein shakes provide you with approx. 24g of protein per serving and contain all the essential amino acids that your body needs. The perfect reward after your hard training.



WEEK 2

Keep at it!

FS

You've got the first week under your belt, so keep it up! If you need a little motivation boost, take a few minutes and think about why you're doing this. Why did you choose our challenge? What do you want to achieve? Your personal "why" is your best motivation. You've got this!

READY? HERE'S WHAT'S COMING UP IN YOUR SECOND WEEK:

<p>DAY 8</p> <p>4x High Plank 4x Side Plank 4x10-12 Dumbbell Bent-Over Row 4x Push-Up 4x12-15 Shoulder Raise Complex 2 min Burpees</p>	<p>DAY 9</p> <p>4x10-12 Glute Bridge 4x10-12 Lunge 4x10-12 Front Squat 4x10-12 Split Squat 6x 20 sec High Knees & Jumping Jacks 3-5 min Jump Rope</p>	<p>DAY 10</p> <p>Rest day</p>	
<p>DAY 11</p> <p>4x Flutter Kicks 4x Bear Plank 4x 3-1-1 Tempo Push-Up 4x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 4x12 Biceps Curl & Triceps Extension</p>	<p>DAY 12</p> <p>3-5 min Jump Rope 4x8-10 Air Squat Hold 4x10-12 Front Squat & Lunge 4x10-12 Lateral Lunge 3x20 Kettlebell Swing 2 min Burpees</p>	<p>DAY 13</p> <p>Rest day</p>	<p>DAY 14</p> <p>30-60 min Cardio</p>



TIP

L-Glutamine is the regeneration supplement you might not have known you needed. We like to think of it as your new (and soon to be favourite) training buddy and all-around muscle regeneration specialist. Our L-Glutamine is packed in vegan capsules and is designed to support muscle recovery and nutrient supplies after training. All you have to do is take four capsules after your workout with sufficient liquid.

Make sure that you also hit your daily protein requirements for optimum training results. Our Protein Bars and Protein Balls are ideal for a snack between meals. They are rich in protein, contain no added sugar and are absolutely delicious!



WEEK 3

Be proud of yourself!

FS

Unbelievably, we've reached the last week of our challenge. How do you feel? Are you finding the exercises easier than at the beginning? Then you're ready to take it to the next level. Your muscles need a new challenge to get even stronger.

Keep going, you're almost there!

LET'S TAKE A LOOK AT WHAT'S COMING UP IN THE FINAL WEEK:

<p>DAY 15</p> <p>4x High Plank 4x Side Plank 5x10-12 Dumbbell Bent-Over Row 5x Push-Up 5x12-15 Shoulder Raise Complex 3 min Burpees</p>	<p>DAY 16</p> <p>4x10-12 Glute Bridge 4x10-12 Lunge 5x10-12 Front Squat 5x10-12 Split Squat 8x 20 sec High Knees & Jumping Jacks 5 min Jump Rope</p>	<p>DAY 17</p> <p>Rest day</p>	<p>DAY 18</p> <p>4x Flutter Kicks 4x Bear Plank 5x 3-1-1 Tempo Push-Up 5x12 Dumbbell Bent-Over Row & Dumbbell Shoulder Press 4x12 Biceps Curl & Triceps Extension</p>
<p>DAY 19</p> <p>5 min Jump Rope 4x8-10 Air Squat Hold 5x10-12 Front Squat & Lunge 4x10-12 Lateral Lunge 4x20 Kettlebell Swing 3 min Burpees</p>	<p>DAY 20</p> <p>Rest day</p>	<p>DAY 21</p> <p>30-60 min Cardio</p>	

TIP

For a little something more, grab our Energy Aminos and get the motivational boost you need for your training. They provide you with a dose of caffeine and BCAAs—perfect for a workout full of power. Just mix with water and drink, you'll be ready to crush your workout with newfound energy in no time.

If you prefer to enjoy your aminos during training, then Workout Aminos are for you. While you train hard, they act as your sidekick, providing your muscles with all the important amino acids and whey protein isolate for both the short and long term*. If you choose to take Workout Aminos as part of your workout, you can (and should) still take your protein shake at the end.

*Protein assists with muscle growth.



Way to go! You worked hard for the past 21 days, but that's just the beginning. If you're looking for more, how about our [30-Day Booty Challenge](#)? Want even more? [Then you can find endless inspiration and workouts here.](#)

Your Nutrition Checklist for Optimal Results

FS



How to Eat to Optimize Your Body Composition

Use this nutrition checklist for building muscle, strength, and losing fat fast.

There's a lot of results you can see in three weeks of a new training program, but pair it with an optimised meal plan and that's where you'll truly achieve maximum potential. And that doesn't necessarily mean overhauling how you eat entirely. It's more about "identifying opportunities", says Molly Kimball, RD, CSSD, a sports dietitian with Ochsner Fitness Center in New Orleans.

"Those areas for improvement could be a lot of things, and it's not just that you're choosing foods that aren't good for you," she explains. According to Kimball, it could be your timing, frequency, or even how you're hydrating.

Here's your checklist to optimise the way you eat for more muscle, strength, and fat loss.



Assess Yourself

Before you can make any tweaks or modifications, the first step is knowing where you're starting. That starts with logging your meals for a couple weeks, says Kimball. "We want to be very non-judgmental about it. We're not establishing if it's good or bad, but it's assessing where we are." Be as honest as possible with the foods you eat, how much, and at what times.



Identify The Opportunities

After completing your initial food log, you could find many opportunities for improvement, says Kimball. For example, it might be that you're not getting enough protein, your carbohydrate intake is too high, you have really long gaps without eating, or you're slipping up when the stressors of the day start piling on, she says.



Close Any 4-Hour Gaps

According to Kimball, one of the big opportunities for improvement is meal frequency or timing. "We don't necessarily need to eat six meals per day, but trying to close any window or gaps that's going to be more than about four hours, give or take, is a good practice to follow," she says. However, if you're into intermittent fasting, and that works for you, there's no reason to reverse that, she adds.





Hit Your Macros

Protein, carbs, and fats are your three macronutrients you should try to get dialed in.

“The two that I really look at, and that are easier to base on your body weight are protein and carbs, then fat is a bit of a wild card,” she says. For protein, Kimball likes aiming for 2 grams of protein and 2 grams of carbohydrates per kilo of body weight...



Hydrate Better

According to Kimball, having a good hydration strategy is an opportunity that’s commonly overlooked “It may not be severe dehydration, but I find if you’re not well-hydrated through the day, you’re hungry, or unsatisfied, more,” she says. To nail your hydration, Kimball suggests drinking about 35 millilitres per kilogram of body weight per day; that’s your baseline water intake. Aim to add an additional 500-700 millilitres for every 500 grams of sweat lost during exercise.



Make Smart Swaps

When breaking your food down even further, Kimball says there's so many quality swaps you can make. For your protein sources, she likes fish, beef, and poultry. "Wild caught fish is the best, but not totally necessary, especially if it's too expensive," she says. When it's beef, shoot for the leanest possible cuts, and for poultry, opt for skinless breast meat, she suggests. As for your carbohydrates, cauliflower rice makes a great substitute for white or brown rice. "Chickpea pasta is also another crowd pleaser that's so much better for people than whole wheat pasta," she says. As for fats, think plant-based. "For most people, having some animal-based fats is fine, but try to emphasize this plant-based fat when we can," she says. That means coconut oil, olive oil, avocado oil, and nut butters are your ideal fat sources.

If you're looking for healthy recipe inspiration to help you achieve your fitness goal, [you can find everything your heart desires right here.](#)