

The 4 Pillars of Fitness are based on the laws of human physiology; how the body works. Each Pillar works together to support you - just like each of the four legs on a chair. If one or more of the Pillars of your fitness program is weak, or if it's missing completely, your progress will be shaky and sporadic, if you see any progress at all. However, with the right holistic, evidence-based 4 Pillar Plan, you will achieve your goal in the shortest amount of time possible, and because each Pillar is customized for you, your fitness goal will be attainable and sustainable.

The 1st Pillar: Food/diet

The first Pillar is #1 for a reason: Nutrition is 100% responsible for exercise-induced body composition changes. What you do in the gym stimulates your body to change, but what you put back into your body determines how much your body actually does change. If you don't eat, bad things happen. If you eat the wrong things, nothing happens. Now that you are exercising, you are an athlete, and your body needs to be fueled properly during the "Other 23 Hours a Day" to see the results you desire. The 3 nutritional variables that will determine how quickly you achieve your goal are: The number of *Calories* you need to consume each day; The *Composition* of foods that make you feel your best; and The proper *Timing* of your meals so that you fuel your best workouts and recover from them quickly.

Calories _____ Protein % _____ Carbohydrate % _____ Fat % _____ Timing _____

The 2nd Pillar: Exercise/movement

Exercise is the body's stimulus for change. Whether you perform strength training, endurance training or a combination of both, it is critical that your workouts are unaccustomed, progressive and appropriate for you. This will ensure that your body is given a reason to change in a positive, healthy way, and will help prevent burnout and injury. There are four variables that determine the effectiveness of every individual's exercise program:

Frequency _____ Intensity _____ Time _____ Type _____

The 3rd Pillar: Supplementation

Exercise increases the body's nutrient needs, but it's difficult - if not impossible - to meet those needs through food alone without gaining weight. Safe and effective supplementation can satisfy your nutrient needs without adding calories, thereby feeding your muscle while starving the fat. However, not all supplements are created equally. According to the latest information from the FDA, half of all mass market supplements aren't "true to label". Your best option for learning how to fill your essential nutrient gaps is to use a professional screening process that determines your body's unique nutrient needs based on your goals, lifestyle and health history, and to only trust evidence-based supplement formulas for you and your family.

Vitamin & Mineral Needs _____ Amount _____

Workout/Performance Goal Supplementation _____ Amount _____

The 4th Pillar: Coaching/accountability

Regular feedback makes all the difference, and the right coach will help you get consistent results week after week. Individualizing the above three Pillars is not only necessary when you first start your program, it's critical every step of the way. Remember this: Your body is designed to adapt, so it's not a matter of whether you will plateau; it's a matter of when and how long you stay stuck there. A Certified Fitness Professional is trained to get you beyond the plateaus with the right adjustments to your 4 Pillar Plan while making your journey fun, safe, effective and motivating.

Coaching and Accountability Plan _____