

SAVE 20% OFF
COUPON CODE: TRAIN20

GENERAL TIPS

FOR NEW DIETERS



VSHRED

WHY

ESTABLISH YOUR WHY

Your **WHY** is where your fitness journey begins. Don't just say, "I want to lose weight" or "I want to be strong." You have to get specific. Establish your **WHY** and remind yourself every day.

Especially on the days when you **THINK** you can't.



COMPARE

**DON'T COMPARE**

It is tempting to scroll the gram for some Fitspo. While there is nothing wrong with using someone else as motivation, make sure you aren't comparing your Day One to someone else's Day 100. Or even worse, comparing yourself to someone who lives, breathes, and bleeds health and fitness. This also holds true for other people's **METHODS**. There is no **ONE** way to get fit. What works for one person may not be right for you. Don't go down the rabbit hole of comparison. Stick to your plan, give it ample time, and if you still aren't happy, you can always re-evaluate with your trainer.

REALISTIC

BE REALISTIC

It may seem counterintuitive to start small, but your fitness journey should be seen as a marathon, not a sprint, with no end date.

**BREAK DOWN LARGE GOALS
INTO MANAGEABLE STEPS.**

Remember that you want to set yourself up for success... not burnout, stress, or injury. Acknowledge your effort and don't beat yourself on slow progress.



CONSISTENCY OVER PERFECTION

It's easy to convince yourself that if you don't follow your diet or training program perfectly, then you've failed. A slip up here and there is not a failure...it's being human!

MICHAEL JORDAN MISSED MORE THAN 9,000 SHOTS AND LOST 300 GAMES, BUT HE BECAME ONE OF THE GREAT BASKETBALL PLAYERS.

Put in consistent work and learn from your mistakes. Progress WILL be the result. Be kind to yourself and make it a habit of giving yourself positive affirmations.



ELIMINATE EXCUSES

Lay out your gym clothes and prep all your meals the night before. Some people even do this for the entire week! The more steps you have done in advance, the less likely you will be to skip the gym or reach for an unhealthy meal.

Schedule your gym time in advance and treat it like any other meeting that you wouldn't miss. Would you **NOT** go to work just because it's raining outside? Would you miss your kids' soccer game because you are too sleepy? Treat your training the same! Schedule it. Do it. Remember your why.

If you are still having a problem sticking to your gym commitment consider booking a group fitness class where you will be charged if you decide to skip out last moment or find a fitness friend that will meet you at the gym. It can also make things much less intimidating and overwhelming when you have someone by your side.



NOBODY IS JUDGING YOU

Speaking of less intimidating .. when you step into a gym for the first time it can seem like everyone is judging your every move. The truth is that nobody cares.

MOST PEOPLE ARE WAY TOO FOCUSED ON THEIR OWN GOALS TO CARE WHAT ANYONE ELSE IS DOING.

In fact, you may find that many people are the exact opposite. Most people are more than eager to give an encouraging word to a gym newbie and offer assistance if you are unsure about how to use a piece of equipment. Flash a confident smile and don't be afraid to speak up.



SAFETY FIRST

You have your plan in hand but you will want to make sure you take time to review the exercises, watch examples, and ask us any questions before you set foot in the gym. Not only will this ensure your safety, but it will also speed up your time at the gym and help you feel more confident.

ALSO, DON'T BE TEMPTED TO LIFT MORE THAN YOU SHOULD. IT'S BETTER TO LIFT 5-LBS WITH PROPER FORM THAN THROW AROUND 50-LBS.

Always start out with a weight you think is too light and move up from there. Never sacrifice form for added weight and, when in doubt, ask for help.



WORTH



MAKE YOUR WORKOUT WORTH IT

You made it to the gym. That is half the battle. **DO NOT WASTE YOUR TIME.** Put your phone on airplane mode to limit distractions and push yourself with everything you've got.

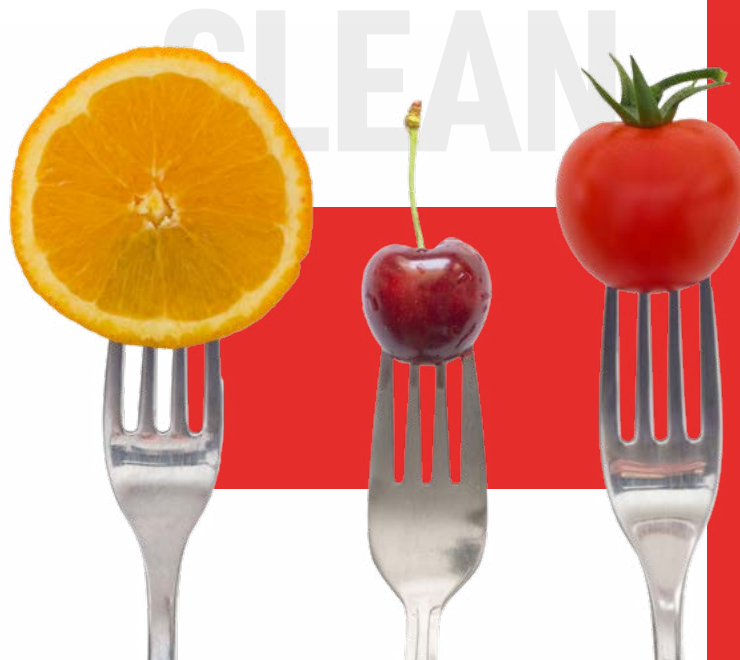
NEED A LITTLE HELP? TRY USING A PRE WORKOUT. THIS ONE WILL MAKE YOU FEEL UNSTOPPABLE WITHOUT FEELING JITTERY OR SUFFERING THROUGH A POST-WORKOUT CRASH.

CLEAN THE CABINETS

Cravings are part of any fitness journey but if it's not in your house you can't eat it.

IF YOU MUST KEEP SNACKS ON HAND FOR OTHER FAMILY MEMBERS TRY BUYING INDIVIDUAL SERVINGS.

This will make it harder to sneak "just a few" out of the bag. If some trigger foods must be in your home, you will have to learn a little more discipline. Go back to that first tip and remember your **WHY**.



CLEAN

STOCK THE FRIDGE

Once you've tossed tempting foods it's time to stock up on things that will help you stay on track. Meal prep when you can and always keep fruits and veggies washed, chopped and ready to eat.

IT'S ALSO A GREAT IDEA TO KEEP SOME QUALITY PROTEIN POWDER ON HAND.

You can get creative and make protein pancakes or a delicious smoothie, but in a pinch, you can just add water, give it a shake and you are good to go!



SPICE



SPICE IT UP

It's crazy what a few herbs and seasoning can do to spice up an otherwise boring meal. Get creative and think outside the box. But do be aware of condiments.

DID YOU KNOW THE AVERAGE SIDE OF BBQ SAUCE COULD HAVE AS MANY CARBS AS A COOKIE? ALWAYS READ THOSE LABELS AND SERVING SIZES.

GET ENOUGH SLEEP

Sleep is probably the most underrated piece of the fitness puzzle. Not only do you need sleep to recover from your workouts, when you don't get enough sleep, but you will also be more tempted to reach for a donut than a piece of fruit because exhaustion reduces your mental clarity and judgment. Lack of sleep also causes your body to over-produce several hunger-causing hormones.

A GREAT WAY TO HELP YOU GET THOSE MUCH NEEDED ZZZ'S IS BY TAKING BURN PM.

Through it's all-natural blend of ingredients, **BURN PM** not only puts you to sleep faster, but it puts you into your REM cycle (AKA your fat burning state) faster and longer so that you can burn calories more efficiently and for an extended period of time throughout the night.

SLEEP



DOCUMENT IT

Keeping track of your progress by writing down the details of your workouts, taking measurements, and pictures can be challenging.

BUT DOWN THE ROAD WHEN YOU THINK YOU HAVEN'T MADE MUCH PROGRESS YOU WILL BE ABLE TO LOOK BACK AND SEE JUST HOW MUCH YOU HAVE ACCOMPLISHED.

Also consider writing down your mood, thoughts, and feelings .. especially when motivation is low or cravings are high. You may be able to pinpoint potential triggers and eliminate those feelings in the future.



DON'T SULK

DON'T SULK OVER SCALE WEIGHT

When you're trying to lose body fat, the scale can become a major cause of discouragement.

IT CAN SHOW A LOSS ONE DAY AND AN INCREASE THE NEXT. IF YOU ALLOW IT ...IT WILL DRIVE YOU CRAZY!

Remember that the scale is only one tool used when tracking progress and is often very misleading. There are many factors that come in to play if the scale isn't moving (or ...gulp) is going up instead of down. Take the number with a grain of salt and leave it to your trainer to determine if the number matters.



RECOMENDED PRODUCTS

FOR FIGHTING CRAVINGS



PRE WORKOUT

Our unique amino acid complex can help give you a natural surge of energy and focus to help motivate you to go get in that lift or cardio session. By the time you walk through the doors, the fast-acting formula will have kicked in to help you train longer and harder!

[learn more](#) 



PROTEIN

Our Whey Protein packs in 25 grams of protein per serving, it's a great way to get in a serving of high quality easily digested protein while you are on the go. You will never have an excuse to not get in enough protein each day.

[learn more](#) 



BURN PM

Sleep is key to recovery, but falling asleep is a problem for many. No problem! Thanks to the relaxation & recovery agents found in BURN PM, like L-Tryptophan and Melatonin, you'll be able to fall into a deep, Cortisol-blasting sleep and wake up ready to take on a new goal crushing day.

[learn more](#) 

SAVE 20% OFF

COUPON CODE: TRAIN20

SAVE 20% OFF
COUPON CODE: TRAIN20

VSHRED.COM

SCULPTNATION.COM

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on our website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional.