



**TRAIN WITH PURPOSE
FUEL WITH INTENTION
LIVE WITH GRIT**



1. MINDSET RESET

Grit isn't loud. It's quiet consistency. It's showing up when no one's watching, pushing through when motivation fades, and choosing discipline over excuses. This week, don't chase hype—build habits. That's how grit becomes your lifestyle.



2. TRAINING FOCUS

The PUSH portion of your training isn't just about chest and shoulders—it's about building the kind of upper-body strength that carries over into real life. Every press, push-up, and dip reinforces posture, protects your shoulders, and builds the power you need for everything from daily tasks to athletic performance. When you train your push muscles well, you create balance, stability, and a stronger foundation for every other movement you do.

3. NUTRITION CORNER

PROTEIN IS THE FOUNDATION OF RECOVERY, STRENGTH, AND LONG-TERM RESILIENCE. IT'S NOT JUST FOR BODYBUILDERS—IT'S ESSENTIAL FOR ANYONE PURSUING FAT LOSS, MUSCLE PRESERVATION, OR SUSTAINABLE ENERGY.

WHY PROTEIN MATTERS IN YOUR NUTRITION STRATEGY

MUSCLE REPAIR & GROWTH: PROTEIN PROVIDES THE AMINO ACIDS YOUR BODY NEEDS TO REBUILD AND STRENGTHEN MUSCLE AFTER TRAINING. WITHOUT ENOUGH, RECOVERY STALLS AND PROGRESS SLOWS.

SATIETY & FAT LOSS: HIGH-PROTEIN MEALS HELP CONTROL HUNGER AND STABILIZE BLOOD SUGAR, MAKING IT EASIER TO STAY CONSISTENT WITH YOUR NUTRITION GOALS.

DAILY DISTRIBUTION IS KEY: INSTEAD OF LOADING PROTEIN INTO ONE MEAL, AIM TO SPREAD IT EVENLY ACROSS THE DAY—THIS SUPPORTS BETTER ABSORPTION AND MUSCLE PROTEIN SYNTHESIS.

WHOLE FOODS FIRST: LEAN MEATS, EGGS, DAIRY, LEGUMES, AND SOY ARE EXCELLENT SOURCES. SUPPLEMENTS LIKE WHEY OR PEA PROTEIN CAN HELP FILL GAPS, BUT THEY'RE NOT A REPLACEMENT FOR REAL FOOD.

IF YOU'RE TRAINING HARD, RECOVERING FROM INJURY, OR AGING, YOUR PROTEIN NEEDS MAY BE HIGHER THAN THE STANDARD RDA. WANT HELP DIALING IN YOUR NUMBERS AND BUILDING MEALS THAT MATCH YOUR GOALS? I'VE GOT YOU.

FIRST SESSION IS ALWAYS FREE
FOR NEW CLIENTS!!!

And current clients get a FREE session with each successful referral!!!



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