

Weight Management



Opinions

No Professional Training

References may be out of date

Fact-Check All

Jt Spratley

6 Things To Do



**Eat Smaller
Meals More
Often**

**Exercise 3-5
Times Weekly**

**Get the Same
Optimal Sleep
Nightly**

**Drink More
Water**

**Make It
Fun For You**

**Have More
Than One
Stress Outlet**

Exercising



Exercise 3-5 Times Weekly

- +Sports**
- +Cycling**
- +Swimming**
- +Yoga**
- +Walking**
- +Focus on legs**

Make It Fun For You

- +Apply health goals**
- +Find your motivation**
- +Group workouts**
- +Compete with others**



Get the Same Sleep Nightly

- +Improves scheduling
- +Keeps you 100% daily
- +Do difficult tasks earlier in the day
- +Relax before bed
- +Dim screens with apps-i.e. F.lux, Redshift

Have More Than One Stress Outlet

- +Art
- +Social life
- +Sports / Outdoors
- +Meditation
- +Teaching
- +Reading

6 Things Not to Do



**Track Progress
Only by Scale
or Comparisons**

**Depend on
Supplements
Alone**

**Exercise Too
Often
Too Early**

**Make Excuses
For Missing a
Workout**

**Rely on
Trending
Gear**

**Rush the
Process**

You're Unique.

Don't...



Track Progress Only by Scale or Comparisons

+Gaining muscle mass, increasing metabolism, indirectly burning fat

+Eye Test

+Focus Areas

+Body types

>Ectomorph

>Mesomorph

>Endomorph

Make Excuses For Missing a Workout

+Lack of Experience

+Lack of Progress

+Pain

+Time

+Tired

Do-It-Quick Schemes.

Don't...



**Depend on
Supplements Alone**

- +Different Effects**
- +Herbs and Real Food**
- +Side Effects**
- +Placebo Effect is real**
- +Still must put in work**

**Rely on Trending
Gear**

- +BOSU Ball**
- +Heel training Shoes**
- +Minimalist Shoes**
- +Tech Compression**
- +Support Belt**
- +Gimmicks**
 - >Shake Weight**
 - >Chest Expander**
 - >6 Second Abs
Machine**

Embrace the Journey.

Don't...



Exercise Too Often Too Early

- +Allow Recovery**
- +Reflect on how to improve workouts**
- +Decipher pain or soreness**

Rush the Process

- +Lifestyle changes**
- +Imperfection**
- +Learning Process**

