

21 Tips

**TO JUMP START YOUR JANUARY
FITNESS AND WEIGHT LOSS GOALS.**

Shine
with
Frannie

WHOOOOHOO! A NEW YEAR AWAITS, HOLDING PROMISE AND POSSIBILITY BEYOND YOUR WILDEST IMAGINATION.



I know. You're skeptical. You've been there, done that, and even bought the t-shirt. But this year is different. You've already clicked the download button, so you're committed, well, at least you have desire to make 2016 different.

You're committed and ready to leave the "I'm-tired-of-not-fitting-into-my-jeans" self-hate speech and the "I've-failed-every-diet-before-so-this-will-be-no-different" shame behind. You've set your intention determined to create days filled with enthusiasm, energized to work out, motivated to eat healthier, and excited to build new relationships with friends, loved ones, your job and even kale and the stepmill.

So now that you've written your resolutions and have mustered the motivation, it is time to begin taking action!

I pray that as you read these tips, your heart and mind are open, for wherever they go, your body will follow.

I invite you to practice and apply these 21 simple tips that will help you start—and keep—your New Year's resolutions beyond January 31, leaving you healthier, stronger, and more confident than ever!

1

**MAKE A DECLARATION THAT
YOU ARE NOT STARTING A
DIET—YOU ARE CREATING A
NEW LIFESTYLE.**

1

Be mindful and intentional about the foods you eat and enjoy foods that nourish your body for the activities you do and the life you want. Healthier foods will help you perform better, sleep better, live longer, have better skin, and SO many more benefits!



2

MAKE A DATE TO BE HEALTHY.

2

I often tell people, if you don't make an effort to be healthy now, you will have to make time to be sick later. Before the start of a new week, map your meals and schedule your exercise sessions. While things pop up, it is essential to prioritize your self-care and make you a non-negotiable. Write (and keep!) your appointment with yourself in a planner or create an event in your Google calendar, but whatever you do, prioritize you!



3

**WHEN EATING OUT, DON'T
SUPERSIZE—DOWNSIZE!**

3

Along with prices, restaurants have increased portion sizes. Before a meal even arrives, ask for a doggie bag and split your meal in half, boxing · of it before you see it on your plate. You will save money and inches off of your waistline.



4

**AT YOUR FAVE HAPPY HOUR
WATERING HOLE, TELL THE
WAITER TO HOLD THE FREEBIES**

4

On the average, you add 400+ calories to your out-of-the-house dining-experience because of “free” goodies. Ask the waiter to hold the freebies. No extra bread, chips and salsa, or rice cracker mix; save the extra calories for more nourishing foods and drink choices.



5

MIND YOUR NUMBERS.

5

3,500 calories is equivalent to one pound, so to lose 1#/week, you need a deficit of 500 calories/day from your current daily calorie intake. To determine your body's daily calorie baseline, visit [Supertracker](#), where you can customize your weight loss goals and activity, too!



6

START IT OFF WRITE!



Research supports that you are likely to be nearly 50% more successful when you journal your food, fitness, and feelings, so keeping using a journal to keep track is a helpful tool to bring awareness. You can download, or at least view, the PDF journal on my webpage.



7

COME ALIVE!

7

You must eat breakfast—a full meal, not just a Dunkin’ Donuts coffee or bite of your daughter’s pop tart as you walk out the door. Make eating an enjoyable experience, not a hurried obligation.



8

**TITHE TIME—
IN THE FORM OF SLEEP.**

8

When I first starting losing weight in 1997, I was too embarrassed to go to the gym, and I really couldn't last all that long anyway. (Seriously, it took me longer to drive there than a sweat session lasted.) So I started tithing my time in the form of sleep and began my day walking and talking with God. It started off 15 minutes, which evolved to 30, then to 45 and eventually to 75 minutes. Almost 20 years later, and I still get up early to start my day with My Father, honoring Him with my first fruits.



9

OPTIMIZE IN 45.

9

Within 45 minutes after your daily workout, be sure to hydrate with water and nourish your body with a healthy combination of essential macronutrients: whole-grain carbs, healthy fat and lean protein.



10

PORTION DISTORTION.

10

As you track your foods, be mindful and note the serving sizes. It is easy to eat more than one serving, which skews the calorie count.



11

40/40/20 RULE

11

To lose my first 75lbs., I practiced the 40/40/20 rule. My diet was divided into: 40% whole grain carbs, 40%lean protein, and 20% good fats. This might not work for everyone, but you might want to start here and tweak as necessary.



12

SHOP “GOD’S DIET”.

12

When grocery shopping, stick to the perimeter of the store where the least processed (and typically healthiest) foods are. Be careful not to get “trapped” on the interior where the boxed and bagged (processed) foods are.



13

ENJOY THE EXPERIENCE.

13

**Enjoy food and the experiences that accompany it--everything in moderation.
What you think about foods and your eating habits have a direct impact on how your
body stores the food you eat and metabolize.**



14

HYDRATE

14

Drink at least 4 bottles (64 oz) of water a day—preferably one bottle with breakfast, lunch, dinner and the other throughout the day.



15

CHECK IT OUT

15

If you are unsure about a food's nutritional value, check the label or use an online source like Calorie King or app like My Fitness Pal.



16

DARKER IS BETTER

16

The darker the fruit or vegetable, the healthier it is for you. (i.e. spinach v. iceberg lettuce; sweet potato v. Idaho potato) Load up on dark, leafy veggies whenever possible.

The image features a vibrant orange background with a repeating pattern of faint, concentric circles and dots. A decorative border of small blue dots frames the entire composition. In the center, the number '17' is displayed in a large, bold, white sans-serif font.

17

SKIN IS IN.

17

For extra fiber, try to enjoy skin-on fruits such as apples, pears, and peaches.

The image features a vibrant blue background with a repeating pattern of concentric circles and dotted lines. A white dotted border frames the entire scene. In the center, the number '18' is displayed in a large, bold, white sans-serif font.

18

EAT FREELY.

18

Do not fixate on “I shouldn’t be eating these French fries,” or “I am going to pay for this cheesecake during my spinning class tomorrow.” Give yourself permission to enjoy the time spent celebrating with friends and loved ones. Your body holds on to the shame—and the calories—if not.



19

**PLANNING AND
PREPARATION ARE KEY**

19

Plan ahead and pack healthy-on-the-go snacks so you are not tempted to splurge when out and about. Also, prepare foods (and whole meals) ahead of time. This helps monitor portion control and bring mindfulness to how you are nourishing your body, not just eating empty unnecessary calories. (Try scrambled eggs in muffin tins or frozen “oatmeal” cakes—both can be made ahead of time and refrigerated or frozen!)



20

**TAKE NOTE: IS IT
MOVEMENT, ACTIVITY,
OR EXERCISE.**

20

- a. **Movement**-short, inconsistent motions. Getting up from your desk. Walking to the kitchen for a glass of water.
 - b. **Activity**: sustained movement that is not very strenuous. Vacuuming, raking leaves, playing with the dog in the yard
 - c. **Exercise**: sustained movement or activity that increases oxygen and blood flow; practice FITT principles for exercise
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21

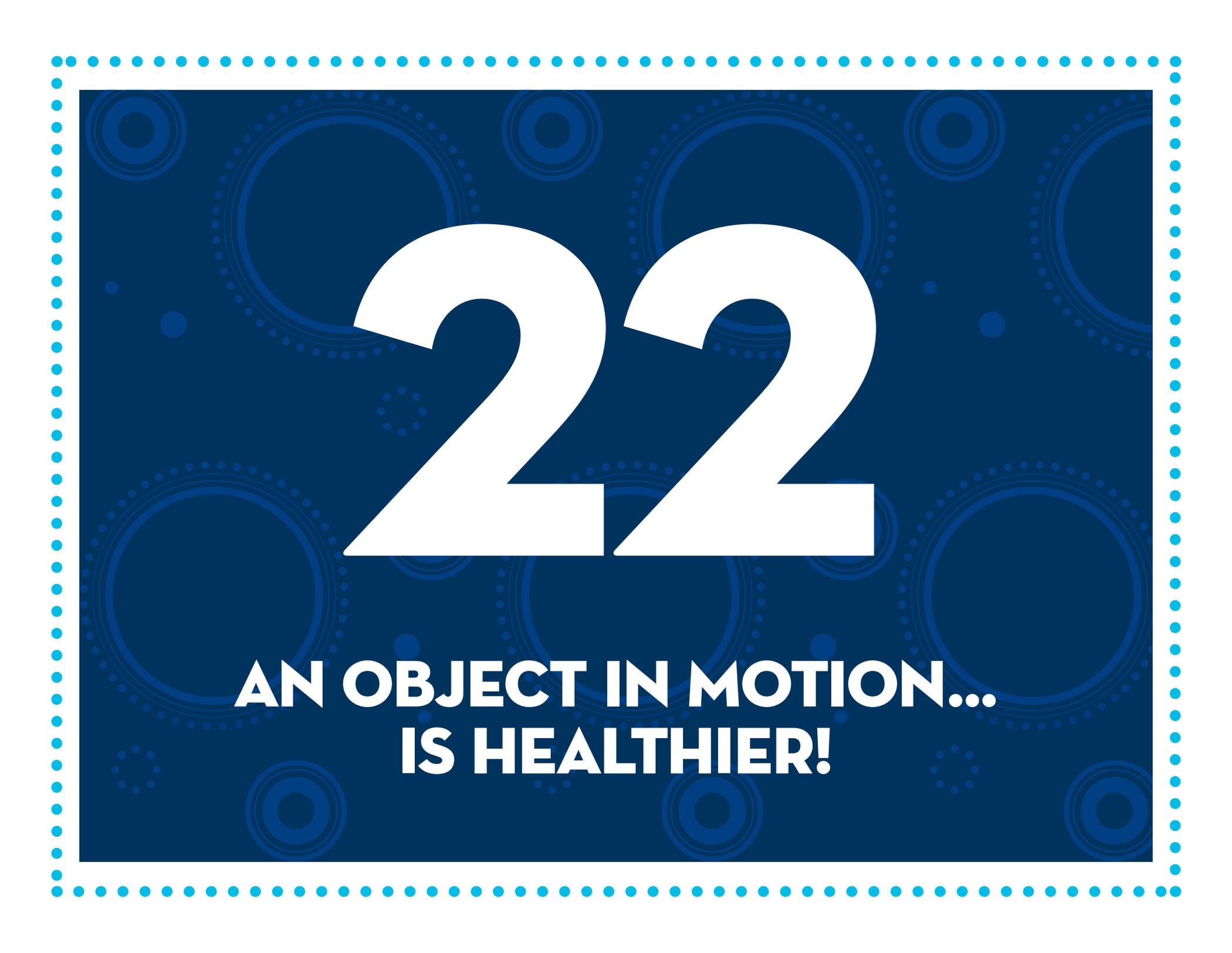
GET FITT:
Frequency Intensity Time Type

21

Find different formats that you enjoy doing at times that you enjoy doing them. Your body reacts best to things you like, so whether Zumba, barre, the elliptical, create a healthy connection to your exercise routine. Also, aim for at least 4-5 exercise sessions of at least 30 minutes each week. Mix up the format and intensity, but get your heart rate pumping and your muscles moving.



**AND HERE'S A BONUS
TIP TO GROW ON:**



22

**AN OBJECT IN MOTION...
IS HEALTHIER!**

22

Try to move at least every hour. Stand up. Walk the stairs a few times. Take a lap around the house. You can burn an extra 100+calories just from fidgeting and move for a few minutes at the top of every hour.



I hope that these tips help you get into the groove of a new year, as you set forth with intention to create a healthier, stronger, more confident version of you. My prayer is that you implement these simple—but not always easy—ways as you create healthy habits that begin your long-awaited, well-deserved transformation process.

Remember that you are here for a reason, and God has a purpose for you. Know that He had the answer long before you had the problem. Be open and ready for the transformation He desires for you.

**WITH LOVE,
FRANNIE
OWNER OF SHINE WITH FRANNIE**

For more information, to schedule a call with me, or to sign up for my newsletter, visit www.shinewithfrannie.com