

## **Nutrition Goals**

### **Increase Protein Intake**

- Goal: Consume one gram of protein per one kilogram of body weight daily, aiming for a balanced distribution throughout meals and snacks.

#### Action Plan:

- Incorporate lean protein sources such as chicken, turkey, tofu, and fish into meals.
- Include plant-based proteins like beans, lentils, and quinoa for variety.
- Use protein supplements such as protein shakes, clear proteins, etc. to meet daily requirements.

### **Reduce Carbohydrate Intake**

- Goal: Limit daily carbohydrate intake, focusing on complex carbs (e.g., vegetables, whole grains) and avoiding refined sugars and processed foods.

#### Action Plan:

- Avoid sugary snacks, soft drinks, and processed foods.
- Opt for low-carb vegetables (leafy greens, broccoli, cauliflower) and high-fiber foods.
- Track carbohydrate intake with a food diary or app for accountability.

### **Optimize Healthy Fats**

- Goal: Include healthy fats, prioritizing sources like avocado, olive oil, and nuts.

#### Action Plan:

- Replace saturated fats (butter, fatty meats) with unsaturated fats.
  - Incorporate omega-3 fatty acids from fish or supplements.
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## Physical Activity Goals

### Increase Physical Activity

- Goal: Engage in moderate-intensity exercise (e.g., walking, cycling, running, weight lifting, swimming).

Action Plan:

- Begin with low-impact exercises and gradually increase duration and intensity. Consider joining Body by Bruce workouts on Saturdays from 8:30-9:30 am at SportsHQ, 107 Edinburgh S. Drive, Suite 100A, Cary, NC 27511 (located in the far back corner of the plaza).
- Include a mix of cardiovascular, strength training, and flexibility exercises.
- Aim for a combination of aerobic and resistance exercises to improve muscle mass and metabolism.

### Focus on Fat Loss, Not Just Weight Loss

- Goal: Achieve fat loss through consistent exercise and improved nutrition.

Action Plan:

- Track body composition using a scale that measures fat vs. lean mass (e.g., bioimpedance body composition scan).
- Monitor progress through measurements (waist circumference, body fat percentage, lean muscle mass) rather than just scale weight.

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## Behavioral and Lifestyle Goals

### Improve Meal Timing and Portion Control

- Goal: Practice mindful eating by consuming balanced portions.

Action Plan:

- Eat smaller, more frequent meals to manage hunger and avoid overeating.
- Avoid eating late at night.
- Use smaller plates and utensils to promote portion control.

## Hydration Goals

- Goal: Drink at least 64 ounces of water per day.

### Action Plan:

- Consume water throughout the day, aiming for hydration before meals to help with satiety.
- Limit sugary beverages and alcohol.

## Emotional Well-being

- Goal: Address emotional eating triggers and improve coping strategies.

### Action Plan:

- Consider referral to counseling or support groups.
  - Practice stress management techniques such as deep breathing, meditation, or journaling.
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