



**3 SIMPLE TIPS TO COMPLETELY  
BOOST YOUR HEALTH**

**H** HUNDRED  
LIFE DESIGN



## READY TO JUMPSTART YOUR HEALTH WITH A FEW EASY CHANGES?

WE'VE GOT THREE SIMPLE TIPS  
YOU CAN ADD TO YOUR DAILY  
ROUTINE TO PACK A PUNCH,  
BOOSTING YOUR HEALTH A  
LITTLE MORE EVERY TIME YOU  
FOLLOW THROUGH.

### 1. PUSH YOURSELF CLOSE TO FAILURE.

Whether you're working out at the gym or training to become an elite athlete, you know that the further you go every day, the stronger you become. But how hard should you push yourself?

One recent study investigated the effects of high-intensity resistance training in a group of men. Its main findings revealed that the men saw similar muscle gains whether they pushed themselves to muscle failure, or just to the point of volitional interruption (i.e. the point at which the person feels they can go no further). A similar study, carried out with a group of women, found that participants saw significant increases in muscle strength and endurance

whether they performed repetitions to failure or not. In other words, push yourself as hard as you can to make strides forward: it's the best way to see results sooner rather than later.

*Effect of Resistance Training to Muscle Failure vs. Volitional Interruption at High- and Low-Intensities on Muscle Mass and Strength*  
*Journal of Strength and Conditioning Research: January 2018 - Volume 32 - Issue 1 - p 162-169*  
*doi: 10.1519/JSC.0000000000001787*

*Strength training with repetitions to failure does not provide additional strength and muscle hypertrophy gains in young women*  
*European Journal of Translational Myology: Vol 27 - No 2*  
*DOI: <https://doi.org/10.4081/ejtm.2017.633>*

## 2. EAT LOTS OF PROTEIN.

We all know it's important to get enough protein. Our bodies use it as literal building blocks, creating enzymes, repairing bodily tissues, and performing other critical functions. But you might be surprised just how much protein can improve your overall health.

Researchers have studied protein overfeeding, a common nutritional strategy for strength athletes. With this strategy, athletes consume a high-protein diet consisting of more food than they technically need to maintain their body weight. Researchers found that athletes participating in protein overfeeding have a better lipoprotein profile (meaning lower levels of cholesterol, for example). In addition, athletes who consumed a high-protein diet had better body composition than those who didn't, especially in terms of weight, fat mass, and percent body fat.

Regularly putting healthy, varied protein sources on your plate can boost your health on multiple levels—so make it part of every meal!

*A high protein diet (3.4 g/kg/d) combined with a heavy resistance training program improves body composition in healthy trained men and women – a follow-up investigation.*

*Journal of the International Society of Sports Nutrition 2015 12:39  
<https://doi.org/10.1186/s12970-015-0100-0>*

*Protein Overfeeding is Associated with Improved Lipid and Anthropometric Profile thus Lower Malondialdehyde Levels in Resistance-Trained Athletes*

*International Journal of Sports Science 7(2):87 · January 2017*

*DOI: 10.5923/j.sports.20170702.10}*

## 3. GET LOTS OF FIBER.

We've heard a lot about fiber in the last few years, with fiber-fortified products hitting the grocery shelves. But what is fiber, and why do we need it?

Fiber is a type of plant starch that our bodies can't digest—until it reaches our intestines. There, fiber feeds the “good” bacteria in our bodies, aiding in nutrient production and functioning as a prebiotic. The foods that are highest in fiber tend to be plant-based, with a low glycemic index. Plus, these foods may also reduce our risk for certain cancers and chronic diseases, while assisting with digestion and weight loss.

One thing to note about fiber, however, is that you probably aren't getting enough. In the United States, most of us get only half the recommended amount: 25g of fiber per day for the average adult, or 14g per 1,000 kcal in a person's diet. Pack a little more healthy fiber into your meals for an easy, nutritious health boost.

*Nutrition: A Functional Approach. Second Canadian Edition. Chapter 4 Carbohydrates: Bountiful Sources of Energy and Nutrients, page 117-133.*

*Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health. 2007. Gary Taubes*

**THE TRUTH IS, A FEW SIMPLE HABIT CHANGES CAN GO A LONG WAY IN JUMPSTARTING YOUR OVERALL HEALTH. TRY PUTTING THESE THREE TIPS INTO PRACTICE TODAY, AND SEE HOW YOUR BODY ADAPTS!**

**TO FIND A LIFE COACH THAT SPECIALIZES IN HEALTH THAT CAN HELP YOU REACH YOUR GOAL—CLICK HERE.**