

Eat Right Tips for Maximum Fitness When You're Using a Personal Trainer

Rome was not built in a day they say and neither is getting in fantastic fitness shape. Along with working out on a regular basis with the right technique and the right amount of each exercise eating right meaning eating a really good diet with the right amount of nutrients, right amount of fruits and vegetables, right amount of protein, and right amount of carbohydrates is critical to attaining your personal training fitness goals.

Key number one for success in eating right is to not starve or to use a lose weight fast diet. Both of those methods might help you achieve short term success, but in the end the results will be short lived and you'll end up eating more because you are hungry and the nutrition is horrible. Low calorie diets or crash diets lower your metabolism after a point then the weight loss you had initially fades away and in turn you gain back what you lost and quite often you gain back more weight than you started with initially.

We highly suggest you start a **DIET JOURNAL**. Write down what you eat every day including the amount of what you eat. Do this for at least the first two weeks of your new exercise program. Writing down what you eat will help you manifest an on-going written journal of what you are consuming and it will make you fully aware of the type of foods you are putting in your body. Journaling your diet will show you exactly what you are eating plus it will keep you on track when it comes to your diet choices your making day to day, week to week and with the right motivation and inspiration, month to month and year to year. Watch what you eat then adjust as you are working towards your goals. A healthy diet consists of lots of fruits in the morning, and tons of vegetables during mid-day and tons of vegetables for dinner. Meet with a nutritionist to know what combination of fruits, vegetables, carbohydrates and proteins are right for you.

Increase your water and fiber intake. Increasing fiber helps with your digestion on an on-going basis. It also reduces the carbohydrate absorption thus lowering the amount of fat that goes into your body and sticks around. Doing this will reduce the sugar in your body, slow your insulin output, and give your body more active fat burning. Increased water intake will improve your energy and help you burn fat while you work out. If you are not hydrated with water it will reduce the effectiveness of your workout.

Do not eat carbohydrates before you sleep. Carbohydrates are for burning so if you're sleeping they'll get stored as fat which defeats the whole purpose of eating right. These are standard diet tips. To further enhance how you manage your daily diet ask your personal trainer or the nutritionist with your personal training studio for diet tips or for a diet plan you can follow while your training and going for your fitness and weight loss goals.