

Top 5 Principles For Lifestyle Fitness Nutrition

Zane Daugherty

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My name is **Zane Daugherty**, I am the CEO and cofounder of **ChiQuest Fitness**.

I am a father, certified fitness trainer, former teacher, and football athlete. After getting married, starting my family, and working 50+ hours a week, my health began to suffer; I was experiencing an increase in body fat, exhaustion, and stress, while spending very little time with my wife and children. Although I had an athletic background, was working out 3-5 times a week at the gym, and eating healthy, whole foods, I was still 30 pounds overweight. It became my mission to change all of that, and I did!

I lost the 30 pounds, burned fat while maintaining and building muscle and even gained energy! Now, I have more time and freedom to spend with my family. **My passion is to help others who may feel stuck and discouraged with their health like I did.** *ChiQuest Fitness was born out of a burning desire to bring flexibility and wellness to ignite hope from someone who has also experienced these difficulties.*

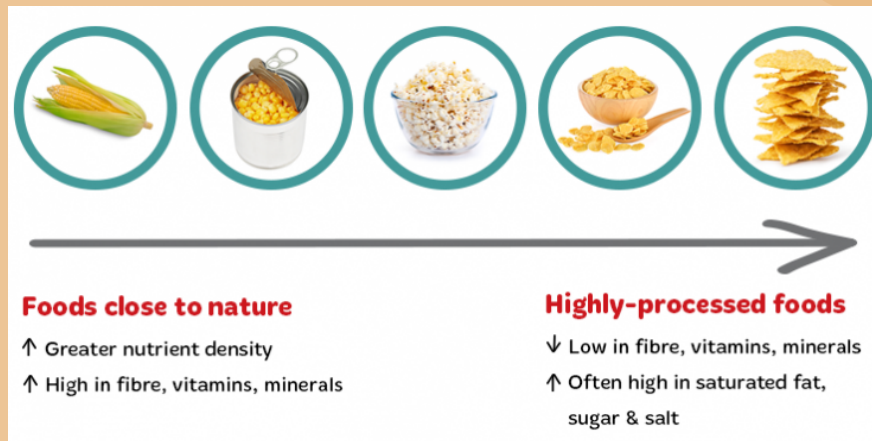
Medical Disclaimer:

All information contained within this guide is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems ~ nor is it intended to replace the advice of a qualified medical practitioner or health practitioner. No action should be taken solely on the contents of this guide. Always consult your physician or qualified health professional on any matters regarding your health or any opinions expressed in this guide and program. The information provided within this guide is believed to be accurate based on the best judgement of the author, but the reader is responsible for consulting their own health professional on any matters raised within. We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other. It is advisable to consult your physician before changing your diet, starting an exercise program or taking supplements of any kind. Always eat within the guidelines and counsel of your medical doctor.

Top 5 Principles For Lifestyle Fitness Nutrition

1. Eat more whole foods and less processed foods.

Yep, seriously as simple as that. To differentiate between the two, see the image below:



2. Eat organic whole foods from ALL 3 major macronutrients.

Steer clear of trendy restrictive “diets” that say you cannot have one of the three major macronutrients (carbs, fats, and proteins). Use the MyFitness Pal app to guide you on proportion’s for foods from these three macronutrients.

Examples of *healthy carbs* are **brown rice, organic baby red potatoes**, and generally **whole grain** sources. **Raw seeds and nuts** are also generally great examples. **Fresh fruits** and **raw vegetable** are also excellent examples of healthy carbs. Other examples of healthy foods for our busy on the go lifestyle include **raisins, bananas, apples, oranges**, and **dark, brightly colored vegetables** such as **spinach, broccoli, carrots**, and **bell peppers**.

For *healthy proteins*, examples include **kidney beans, chia seeds, peas, un-denatured whey protein**, and **organic cage free eggs**. For *non-vegetarian protein options*, the leaner meats such as **fish, shrimp, tuna, boneless skinless chicken breast, turkey**, and **lean beef** are all great choices!

Foods containing unsaturated fat’s which when consumed in the proper amounts can be helpful to our overall health, include **fish, seeds**, and **avocados**. Our body needs the essential fatty acids from such foods to help with our brain, joint, and heart functioning.

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3. Use whole foods based supplementation to “fill in the gaps”

Including with your diet a whole foods based supplementation system is also important for optimal health and results when exercising.

Isagenix is one of the highest quality systems we have seen and experienced. It is very effective when it comes to decreasing body fat while increasing energy and lean muscle mass. With healthy, on the go, convenient foods and snacks containing proper proportions of the three major macro nutrients, you just can't go wrong!

Isagenix has gained much positive recognition through noticeably effective and sustainable results in others who follow their recommended systems, by helping people from many different backgrounds and walks of life with lifestyle fitness nutrition support. Isagenix is also known for combining science and nature with their nutrition and for their quality of nutrition. Supplementation with whole foods based Isagenix shakes, vitamins, and plant-based nutrients, is recommended as we often do not get enough nutrition on a daily basis from our whole foods alone.

4. Incorporate intermittent fast nutritional cleansing

While our kidney and liver are designed to detox the body, the playing field has **changed** in the last 50 years.

Now more than ever there is an increased amount of environmental toxins present that gets into our body through the water we drink, the foods we eat, and the air we breathe.

The combination of the increased availability of processed fast foods, high stress and busy lifestyles that involve hours of inactivity staring at a computer, contribute towards the inability of our body to keep up on a daily basis with getting rid of environmental toxins.

More than ever intermittent fast nutritional cleansing is important to assist the kidney and liver to detox the body. In addition to reducing body fat, increasing energy, and allowing the body to function at its best.

Isagenix is the world's leaders in nutritional cleansing. Their high quality products will greatly assist with a sensible science based intermittent fast nutritional cleanse component.

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5. And lastly...Drink water...plenty of water!

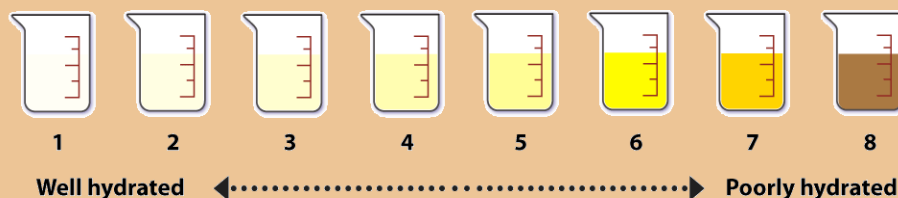
It is very important to drink purified water equivalent to about half of your body weight in ounces a day to stay properly hydrated.

Our bodies NEED water. We lose on average 2.6 liters of water every single day throughout breathing, sweating (hello hot flashes and night sweats?) and digesting.

Given we only need to be 2% dehydrated to start dragging our feet, being impatient with our spouses or not able to focus on anything for longer than a minute...hydration is super important for sanity!

There is even a quick and easy way to self diagnose your own level of hydration right at home: the urine color scale. If the water in your body is balanced, the urine will be a pale straw yellow or lemonade color. When water loss exceeds water intake, the kidneys will need to conserve water, making the urine much more concentrated with waste products and darker in color.

So grab a clear plastic cup or container (yes you want to catch your pee before it gets diluted in the toilet water!) and figure out how hydrated you are using the chart below:



If you have any questions about our above recommendations, please call, text or email me. You can call or text me at **1-844-449-6348** or email me at **zane@chiquestfit.com**.

I would be happy to hear from you!

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