

THE
SIDELINE
FITNESS
CHEAT SHEET

Working Out to Achieve Optimal Well-Being!

By GeNienne Samuels &
The Sideline Prep Coaches

Sideline Fitness Cheat Sheet

Below are a few “KEY POINTS” to focus on from the Sideline Fitness Training. At the bottom of this cheat sheet, document additional notes and take-aways. Be sure to update your Ah-Ha’s and Goal Worksheet accordingly based on things you want to remember and OFIs you need to improve. Let’s do it!

KEY POINT:

I want to help you achieve “optimal” well-being. This is a combination of nutrition, rest, mental health, and physical exercise. Focus on them all... or one will get jealous.

- GeNienne Samuels, Sideline Prep

Cheat Sheet

Take a moment to ensure you understand each of the key points below... if not, go back and listen to the training:

- Review and remember the Workout Misconceptions
- Physical Fitness is generally achieved through:
 - Proper Nutrition
 - Moderate to Vigorous Physical Exercise
 - Sufficient Rest
- A person’s overall well-being is impacted by four key areas:
 - Nutrition
 - Rest
 - Mental Health
 - Physical Exercise
- Determine your fitness goals and then determine which “Simple Math of Eating” equation will help you reach your goals:
 - Protein + Carbs = Muscle Gain
 - Protein + Healthy Fats = Maintenance
 - Protein + Vegetables = Fat Loss
- Determine your fitness goals and then which workouts you should do to (1) reach your goals and (2) address your “OFI” areas of focus
- Remember the Top Ten Fitness Tips!
 - Focus on Overall Well-Being
 - Make Fitness a Part of Your Lifestyle
 - Focus on HIIT Workouts
 - Workout in the Morning
 - Find a Workout that You Enjoy
 - Change Up Your Workouts
 - Always Warm Up and Cool Down/Stretch – NO EXECPTIONS!
 - Recovery is Important
 - Reward Yourself!
- Don’t only Focus on the Numbers on the Scale!! Use other indicators to measure your Fitness Success!

FINAL POINT:

Take care of your mind, body, spirit, and soul. You deserve the focused attention and care!

ADDITIONAL TAKE-AWAYS:



PS – If you have any take-aways that you think should be added to this Cheat Sheet, let us know! Either email us or include your idea on Feedback Form for this training. THANKS!

B00M!
You are On Your Way to Having the Smarts!!