

Self-care

Muscle

- ① **The best exercise is the one that you will actually do!**
- ② **Find a workout buddy and keep to your schedule**
- ③ **List your health goals 3 months at a time**
- ④ **Keep a diary of your progress**
- ⑤ **Focus on building muscle, not losing weight**
- ⑥ **Eat fats and proteins to build muscle**
- ⑦ **Strengthen your core muscles, it strengthens your ego as well**
- ⑧ **Eat Omega 3's, seafood, sea vegetables and fish oils to build brain volume**
- ⑨ **Say no to refined sugar**
- ⑩ **Flex your muscle, but don't beat yourself up**

