

THE 4 F'S

CLIENT PREP FOR A TRAINING SESSION



FLUID (HYDRATION)

We need at least 10-16 ounces of water before you come in so blood flow is not sluggish. Maximize your training session by coming in well hydrated

FOCUS (MINDSET)

A positive and focused mind is prepared to make progress. Come in ready and get ready to go somewhere. Keep your goals in mind.



FUEL (LIGHT COMPLEX CARBOHYDRATES)

Fuel with light complex carbohydrates such as oatmeal, whole grain bread, granola, or fruit 45 min to an hour prior to training.

FLOW (3 DEEP BREATHS)

Oxygen is essential to brain function, blood flow and energy level. Taking 3 deep breaths before you enter, you finalize preparation of your body and mind to have a successful training session.

