

**ARE YOU LOOKING  
TO BOOST YOUR...**

✓ MOOD

✓ ENERGY

✓ VITALITY

**THIS GUIDE IS FOR YOU**



**3 WAYS TO  
BOOST YOUR  
WELL BEING**

# COACH YO KNOWS...



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**Take care of your health NOW  
and it will benefit you later.**

It is always a good idea to not only stick to a workout plan, but to be mindful of what you are fueling your body with.

Here, I have **3 FREE tips** for you to focus on to improve your inner health. Now more than ever, it is essential that we do everything we can to avoid cutting corners with our health.

**You want to increase your  
quality of life?**

**You want to avoid chronic  
illness?**

**You wanna increase your  
energy?**

Follow these 3 FREE tips and begin the process of taking back your health and wellness TODAY!



I feel like this should go without saying, but because I know most don't, **you need to drink water periodT!** The capital T at the end is to emphasize the importance.

Fluids are good, but water is best. "But Coach Yo, I can't stand the taste of plain water. Throw in a couple of slices of lemon or whatever your favorite fruit is and bam!!

Here's why.....

DRINK  
WATER!!!!

**Did you know that your body is made up of over 70% of water?**

From your cells to your vital organs, it is crucial for their functionality that you drink .5 to 1 ounce of water per pound of body weight. **More water helps your body work more efficiently which equals more energy!!**

Water is not only good for your internal organs, it's good for the largest organ on your body. Your skin!

**Have you heard of the "Gallon Club"?**

Beyoncé is a member and says, "I try to take care of myself, drinking at least a gallon of water with lemon a day." The queen has spoken!!!

**It also improves digestion.**

Water helps to break food down so your body can absorb the nutrients. First thing I noticed when I increased my water intake was an increase of energy. It also softens stool which helps prevent constipation. Nouf said?



# VITAMIN D

We naturally get it from the sun however, for black and brown people who live in colder climates, we are more at risk for vitamin D deficiency related disease. Those diseases include.....

- Heart Disease
- High Blood Pressure
- Diabetes
- Infections and immune system disorders
- Colon, Prostate, and Breast Cancer
- Multiple Sclerosis
- Rickets

Another area where some may not consider a Vitamin D deficiency to be the case would be falls in seniors, neurological disorders, depression and anxiety. **Depression and anxiety are at an all time high right now!!**

**Vitamin D is a natural mood booster!** All it takes is a slight adjustment to your diet to include tuna, mackerel, salmon, orange juice, beef liver, cheese, and egg yolks.

Now, if you responded with “ew” to most of this list, you should be taking a dietary supplement in pill or liquid form. Also, spending a few minutes outside daily (10-30 min.) will boost those levels. Black and brown skinned people, add a few more minutes to that with a morning AND evening walk and “knock out two birds with one stone”.

*Eat  
Less  
sugar!*



Ahhhhhh, sugar. The guilty pleasure of most people in North America. Now, according to Gary Keller co-author of "The One Thing", there are benefits of certain types of sugar which include a boost of energy, stored sugar to burn through glycogenesis, mood booster, and improved thinking skills. So, sugar ain't all bad in moderation.

**Sugar intake becomes an issue when we overdo it.** Here's what I mean. We should only consume 100 calories per day or 6 teaspoons (24 grams). The average American consumes 17 teaspoons (71.14 grams) daily!!! That's almost 3 times recommended!

According to Dr. Graham Simpson, **there are 5 serious diseases cause by sugar.** Cancer, obesity, cardio vascular disease, diabetes, and liver disease. Sugar has been found, in a study published by the Journal of Clinical Investigation, to not only be the fuel source for existing cancers, but sites it as the primary factor in the initiation of cancerous characteristics in previous health cells. It also causes inflammation in the body. Inflammation leads to allergies, asthma, autoimmune diseases, coeliac disease, glomerulonephritis, hepatitis, inflammatory bowel disease, fatty liver disease, endometriosis, type 1 and 2 diabetes, and rheumatoid arthritis to name a few. Wanna live longer and increase vitality? Maybe it's time to st

So, in short, let's start learning how to read those labels and determine just how much sugar we take in each day.



# THE BOTTOM LINE

**The facts.....YOU are the one in control of your health and wellness.**

Knowing better means now you must take action. Habits are not changed nor developed overnight. Research says, 66 days is what the average person needs to start OR stop doing something.

**So, what are you choosing to start or stop? And how can I assist you?**

Having a coach, sensei, instructor, personal trainer or accountability partner are some of the best ways to start a new plan. Consistency is key with a long term focus in mind. Most people quit before they reach their goals OR fail to maintain them because they didn't have the right plan, mindset, or tools to "climb back in the saddle" when things got challenging.



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- Nutrition advice
- Membership to The Crew

**Yolanda Hunter**

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I can help you solve the problem by providing a solution that brings clarity, consistency and accountability. You can invest in yourself by committing to the personal attention you need with one of my [personal training packages](#) that include coaching calls. We know what we need to change a lot of the time, but will we take the action necessary consistently? That's EXACTLY where I come in. Teaching you proper form and technique, telling you how often and why will not only help you achieve your results, but you will be knowledgeable as well . Then you can share your knowledge with others.