

Healthy Lifestyle Goals 2018

The following goals from ILC 2018 have been summarized below to offer ideas to current competitors. These goals are not written as submitted for competition. Check current guidelines for more information.

- ✓ To eat 2 cups of fruit, 4 cups vegetables, 60 grams of whole grains, 4 healthy fats, and 3 healthy swaps daily by the time I finish this challenge.
- ✓ To exercise five or more times a week.
- ✓ Reducing the amount of sugar in my diet.
- ✓ Reduce the amount of processed foods in my diet by adapting a vegan lifestyle.
- ✓ To increase upper body muscle.
- ✓ To eat a balanced amount of food and water.
- ✓ To become more physically active by utilizing the Presidential and National Physical Fitness Awards.
- ✓ To have a balanced diet consisting of the proper amount of servings of fruit, vegetables, protein, carbohydrates, grains, and dairy.
- ✓ Focus on my aerobic strength by performing vigorous exercise routines three days per week.
- ✓ Manage eye strain from long hours at the computer.
- ✓ Work on building self-confidence and self-esteem.
- ✓ Using optimal nutrition to promote fat loss and increase muscle tone while reducing the risk of developing GI cancers.
- ✓ To adapt a balanced vegetarian diet.
- ✓ To decrease body fat percentage by 5%.
- ✓ Attend boxing class twice a week to improve overall fitness.
- ✓ Reducing painful hip popping by using exercise and stretching regularly.
- ✓ To improve Torticollis by 20% using regular exercise.
- ✓ Improve effectiveness as a soccer player through high intensity workouts over next seven months.
- ✓ Increase squat lift by 10 pounds.
- ✓ Start playing rugby to make friends, build self-esteem, and lose weight.
- ✓ Eating healthy to improve mood and energy level.
- ✓ To break 17:00 min in a 5K race.