



TMAC FITNESS

THE SEVEN PILLARS OF WELLNESS

I SWEAT

SWEAT six days a week. Your body is made to be in motion. You need to keep it in motion. Start by doing what you love. Maybe that is a fitness class, morning run, yoga, etc. Do that as often as you can. Use our TMAC 20 Minute Total Body Workouts to help fill the gap and get you to a total of six days a week. Devote one day to unplug, spend time with friends and family.





The Three 20s

Follow **The Three 20s** to help you get through the busy phases of your life. You have three 20 minute windows in your day: When you first wake up, lunch, and in the evening. Use one of those windows to crush a TMAC 20 Workout. Use the other two to get a 20 minute walk. It is amazing how the simple act of walking twice a day will improve your wellbeing. It's all about making fitness work for you. Remember pillar number one. **Keep your body in motion.**



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EAT CLEAN

Your nutrition plan should be simple and flexible. Ask yourself this question before eating, "Can you plant it, pick it, or catch it?" If so, eat it. If not, stay away. For those whose goal is weight loss you should lower your carb and sugar intake and increase your fat intake. If you want to gain weight increase your carb and sugar intake. For a more detailed workout and nutrition program I suggest the [TMAC 20 Day Program.](#)





MINDRIGHT

Stress impacts your health just as much as the food you eat and the workouts you do. At TMAC FITNESS, we say **'Get your MINDRIGHT'** and stress less. The best way I have found to manage stress is to start and end the day with a positive/grateful mindset. How? Move first thing. It can be a walk, workout, or a quick stretch. Before you turn on any gadgets take time for meditation/prayer. Give thanks for the day and set an intention. In the evening to unwind/unplug, try reading a book, stretch, and meditate or pray. Again, be thankful for the day. You never want the first or last thing you see in your day to be electronic.





5 COMMUNITY

Community: It's not about you. We are made to be in community. Some of you may find this with your workout group, church, or work. Make it a point to be involved in your community. Give. And then give some more! Maybe you are an attorney and you can spend one hour on Saturdays volunteering your services to people in your community. If you say there is not enough time, then I suggest you reevaluate your priorities. We all have the gift of time - it's simply how we choose to spend it.



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WELLTH

Seek WELLTH not Wealth. Show me where a man spends his time and I will show you what's important to him. I struggle with this as much as anyone. I do not mind work - I love what I do. But as much as I love getting folks like you in shape, what I treasure most is time with friends and family. You need to figure out what really matters to you. We all justify our long hours at the office. Maybe it's a good thing; like providing for your family. But could it also be ego? These are questions only you know the answers to and are worth contemplating.



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FEED THE SPIRIT

Feed the spirit. As a personal trainer I work to get people's bodies in shape. Over the years I realized the equal importance of a healthy spirit. Pillars one through six will only get you part of the way. When we take time to connect it allows us to reach our highest potential. To become a person who has a true sense of who they are requires extra attention. Feeding the spirit for you may be praying, it could be meditation, it could be time in nature. Your relationship with God, Nature, Self, is yours.

