

2022 Nutrition Challenge Welcome Email

1/9/22

Nutrition Challengers,

The official challenge kickoff is just over a week away (Mon, 1/17). Our goal for this challenge is to get you...

1. Prepping food on a weekly basis
2. Resistance training 3x or more per week
3. Getting lots of general activity (10k+ steps per day)

Sounds simple, but consistency in these three key behaviors will make a bigger impact on your long term health and body composition than anything else.

To-Do's

To get ready for the challenge we need everyone to complete the following steps:

- [Fill out this form](#) *if* you'd like a daily macro recommendation (we'll also use data from your Inbody Scan). We'll email your macros to you later this week once we've received your form submission & your InBody scan.
- Complete your InBody Scan by Fri 1/14. Times / sign-ups are in the lobby
- [Download & print a challenge tracking sheet](#), or grab one in the lobby.
- Watch the challenge presentation*

I'll send an email with **the presentation link on Tue 1/11. I'd hoped to send it today, but I need a couple more days for finishing touches and recording.*

Calorie Control & Macro Balance Options

You'll have 3 options to choose from to balance your calories and macronutrients.

1. Plate method (easy)
2. Hand Method (medium)
3. Weigh & Measure (advanced)*

If you're not sure which method you'll use, we'll provide more info in the challenge presentation.

**If you plan to weigh and measure, we suggest downloading [MyFitnessPal](#) (free) or [The RP App](#) (requires a monthly subscription).*

Other Things to Help Prepare

- Plan on doing some healthy shopping and meal prep later in the week or this weekend. This is one of the biggest habits we're trying to ingrain during the challenge.
- Kitchen Makeover - Clean out any / all junk food. Restock with healthy foods, and add any kitchen tools you may need to help with prep.
- If you're using MyFitnessPal or RP, start playing with the app to familiarize yourself.
- Purchase a food scale if you plan to weigh and measure.

Supplements

Eating whole foods, finding calorie balance, and getting the right ratio of protein, carbs, and fat are *all* far more important than supplement intake, but we do recommend taking some (listed below):

- [Vitamin D](#) (bone, muscle, heart, and immune system)
- [Fish / Krill Oil](#) (heart, brain, joints, immune system)
- [Creatine](#) (helps with recovery, muscle growth, and brain health)
- [Magnesium](#) (fights inflammation / helps with recovery)

If you plan to take any of these supplements, order them before the challenge. Follow directions on the packages for recommended dosages.

Timeline & Next Steps

- Fri 1/14 - Last day of InBody scans
- Mon 1/17 - First day of challenge
- Fri 2/25 - Last day of challenge
- Mon 2/21 -thru- Fri 3/4 - Final Scans
- Fr 3/11 - Winners Announced

**We'll send out weekly updates on Monday mornings with focus points, nutrition info, and any FAQs we get during the challenge.*

Our aim is to help you build habits that will make the biggest difference to your long term health and performance. It will take some work in the beginning, but our goal is to help you find a way to fit consistent training, consistent healthy eating, and lots of daily movement into your weekly routine.

Check your inbox later this week for the challenge presentation, and let me know if you have any questions!