



MIKE'S 7 Things to do to Better your Health Forever

- 1) Sleep - 8 hours – go to bed 30 minutes earlier each night
- 2) Eat more regularly – smaller meals more often – every 3 to 4 hours
- 3) Eat more fresh fruits and veggies
- 4) Eat Lean Protein and whole grain carbohydrates
- 5) Water – 2-3 liters a day
- 6) Exercise – 30 minutes every day
- 7) Stress Management – realize your stress factors and find a positive outlet to release them.

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