Rest Day!

Today is your first rest day in the program! As much as you may be excited about resting (like most people are!), you must remember that on off-days, your diet is more important than ever! All of the hard work you're putting in on your fitness is going to show through faster when you follow a healthy diet and lifestyle.

Many people make the mistake of working out too much. There is such a thing as "over-training" and it can actually hurt your progress. Rest is just as important for your muscles because it gives them time to repair and grow.

Enjoy your day of rest, but watch out for those sneaky temptations! When tempted with unhealthy foods, don't ask, "How will this hurt me?" Instead, ask yourself, "How will this help me?"