



TNT 10 Commandments

For Better Health & Wellness

- 1) Drink one half your body weight in oz. of water daily
- 2) Consume two whole fruits daily
- 3) Increase omega-3 intake and eliminate (partially) hydrogenated oils
- 4) Consume four cups of vegetables daily
- 5) Consume carbohydrates (rice, pasta, bread, cereal, etc) which contain one gram of fiber every 50 calories
- 6) Consume 1/3 to 2/3 your body weight in grams of protein daily (possibly more for some athletes)
- 7) Train for a specific goal four to six times every seven days
- 8) Get eight hours of sleep daily (includes naps)
- 9) Use supplements to aid in following commandments 1-8 (we recommend Advocare)
- 10) Keep a journal for commandments 1-9