

MEDIUM TRANSITION

HEALTHY

Athletes at this level of body fat

Olympic swimmers.
Professional hockey players.
Olympic volleyball players.

Benefits

Fit appearance and good overall health.
Fewer food cravings due to balanced diet and exercise regime.
Relatively easy to maintain once practices become habitual.

Tradeoffs

Requires more planning and greater overall attention to diet.
Requires a greater time commitment for the more consistent exercise regime.
May need assistance or coaching to achieve this amount of consistency.



10-12%



20-22%

↑ DO MORE

- Eat slowly until satisfied at 90% of your meals.
- Include 1-2 palms of protein dense foods in each meal.
- Include 1-2 fists of vegetables in each meal.
- Include 1-2 thumbs of healthy fats and 1-2 cupped handfuls of quality carbs at most meals.
- Exercise 45-60 minutes daily, with 3-4 sessions breaking a sweat.
- Sleep at least 7-8 hours per night.

↓ DO LESS

- Eat desserts / processed foods 1-2 times per week, within reason.
- Drink up to 1-2 caloric beverages per week.

