Twitter Thread by Dan Go

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If you want to get in the best shape of your life by 2023 read this:

1. Get 80-90% of your calories from single ingredient nutrient dense foods.

2. Avoid processed foods as much as possible because they're addictive, devoid of nutrients & leave you feeling empty.

3. Eating similar meals every day is an underrated way to get lean.

4. Lift weights 2-4x a week. Use progressive overload to build muscle.

5. Progressive overload is simply doing more through reps, weight or frequency,

6. Eat .8 to 1 gram of protein per pound of body weight. This helps you build & retain muscle. Eat protein with every meal.

7. Avoid trying to lose weight. Focus on creating good habits. The first is focused on an outcome the latter is focused on your lifestyle.

8. Your aim is to become the type of person who stays in shape. In order to change your body your identity must come along for the journey.

9. Eat your meals on a schedule. This will help train your hunger & circadian rhythms.

10. Replace snacking with water & drink it before meals. You usually want to snack because you're bored or dehydrated. Water also helps you feel full & increases energy.

11. Find a group of fit friends to hang around. You become the average of the 5 people you hang around most.

12. If possible, choose a partner who has health as a priority in their life. If you can't do this then become the example of health for your family & relationship.

13. Eat your meals slower & more mindfully. Aim to chew your food 20-40x. This helps you digest & feel fuller from each meal.

14. Eat to 80% fullness. This means checking in to see how full you are as you eat. Leave a bit of room & avoid getting stuffed with every meal.

15. Create a habit to get at least 8 to 10k steps a day. This improves your health, burns calories, speeds recovery, decreases stress & improves your cognitive function.

16. Get your steps in by walking in the morning, after meals & doing walking meetings.

17. Learn how to manage your emotions without food, drugs or alcohol. The more you numb yourself with substances the more they come back to haunt you.

18. Find out why you eat your stress or emotions. Then work to heal that part of you so deal with them in healthy ways.

19. Fix your sleeping habits. Sleep helps you recover & increases energy while controlling your appetite. It's the best supplement for a fit body.

20. For better sleep use the 321 Method:

No food 3 hours, no liquids 2 hours, & no screens one hour before sleeping.

21. Be fucking patient. Stop trying to rush the process. Start thinking long term & give yourself the time you need to get in shape.

22. Anyone who says you you're too old to get in shape remove them from your life. You don't need that type of negativity.

23. You don't need a six pack. Just get your body to a level where you'll avoid preventable diseases.

24. Initially you get in shape for vanity, which still matters. But eventually, you get in shape because you love how you feel as a result of exercising & eating healthy.

25. Stop comparing your body to other people. We're all built different. Also, we don't know what level of drugs or body dysmorphia someone has gone through to get themselves to where they are.

26. Be grateful for what your body can do. It's doing what it can to keep you alive.

When you transform your body you transform your life. Hope these help you on your path to getting in your best shape in 2023.

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> If you want to get in the best shape of your life by 2023 read this:

— Dan Go (@FitFounder) December 10, 2022

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Bonus tip:

If you have a lot of responsibilities you need to put your health habits in your schedule.

Put your meals, walks & workouts in your calendar.

If it's important carve out time for it.