

12 Tough Rules To Maintain The Body You've Earned


So, you have finally achieved the body you've always dreamed of. You've worked hard and put in countless hours at the gym, pushed your limits, and made sacrifices to get to this point. Congratulations! Now comes the even harder part - maintaining your hard-earned body. Here are 12 tough rules that will help you maintain the physique you've worked so hard for:

1. Consistency is Key

Maintaining your body requires consistency, both in terms of your workouts and your diet. Stick to a regular exercise routine and avoid skipping meals or indulging in unhealthy foods.

2. Keep Hydrated

Water plays a vital role in maintaining your body's overall health. Drink plenty of water throughout the day to stay hydrated and aid in digestion, energy levels, and muscle recovery.

 Refuse to
Regain!: 12
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Refuse to Regain!: 12 Tough Rules to Maintain the Body You've Earned by Barbara Berkeley (Kindle Edition)

★★★★☆ 4.3 out of 5



3. Prioritize Quality Sleep

Getting enough high-quality sleep is crucial for muscle repair and overall recovery. Aim for 7-9 hours of sleep each night to maximize your body's ability to repair and regenerate.

4. Monitor Your Macros

Keep a close eye on your macronutrient intake to ensure you're providing your body with the right balance of proteins, carbohydrates, and fats. Adjust your macros to align with your fitness goals.

5. Don't Skip Strength Training

Strength training helps maintain muscle mass, which is essential for maintaining a fit body. Incorporate strength training exercises into your routine to preserve your hard-earned gains.

6. Mix Up Your Workouts

Don't let your exercise routine become monotonous. Keeping your body guessing by trying new workouts or different variations of exercises will help prevent plateaus and keep you engaged.

7. Listen to Your Body

Paying attention to your body's signals is crucial for maintaining its well-being. Rest when needed, address any nagging pains or injuries promptly, and avoid pushing yourself too hard.

8. Stay Active Outside the Gym

Physical activity should be a part of your daily life, not just limited to the gym. Incorporate activities like walking, cycling, or swimming into your routine to keep

your body active and strong.

9. Find a Supportive Community

Surrounding yourself with like-minded individuals who share your commitment to fitness can provide valuable motivation and support. Join fitness groups, enroll in classes, or find a workout buddy to stay motivated.

10. Set New Goals

While you may have achieved an impressive physique, it's essential to keep setting new goals to stay driven. Whether it's running a marathon or conquering a challenging exercise, having goals will help you maintain your focus.


11. Minimize Stress

Excessive stress can have negative impacts on your body and overall health. Practice stress management techniques such as meditation, yoga, or deep breathing exercises to keep your stress levels in check.

12. Celebrate Your Success

Maintaining your body is not just about hard work; it's also important to celebrate your accomplishments. Treat yourself occasionally while still maintaining a balanced lifestyle. Remember, it's all about finding a sustainable balance.

By following these 12 tough rules, you can ensure that the body you've earned remains strong, healthy, and aesthetically pleasing for the long term. Remember, maintaining your hard work is just as important as achieving it. Stay committed, stay disciplined, and keep striving for greatness!

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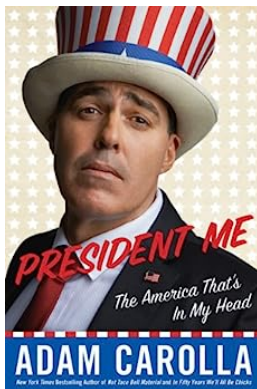


Diets work, but what good are they if the weight returns? Statistics show that 80 to 90 percent of dieters regain every lost pound. This fact represents the largest and least addressed problem in obesity management. The recidivism of dieters fuels a \$30 billion weight-loss industry, an industry that would shrink like Al Roker's waistline if the newly-thin could only make weight loss stick. But here is the problem: The skills needed to maintain a new, smaller body size are not obvious or intuitive; they must be taught. Inexplicably, books that deal successfully with ways to prevent regain have gone unwritten. *Refuse to Regain*, by longtime weight-management authority Barbara Berkeley, MD, fills this void. Berkeley, former medical director for the Optifast program and founder of Weight Management Partners, is a board-certified internist. She continues to have close ties to Novartis Medical Nutrition (recently acquired by Nestle), producer of the weight-loss supplement Optifast, which has 300 weight-loss centers nationwide.



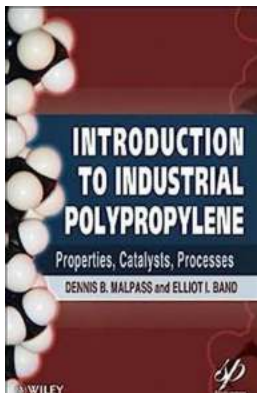
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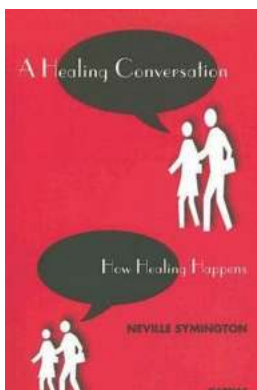
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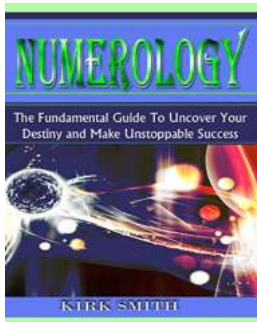
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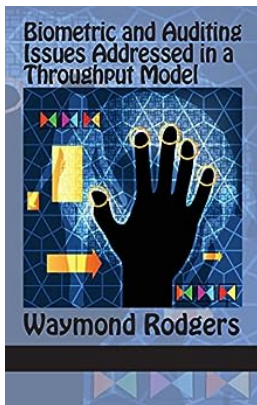
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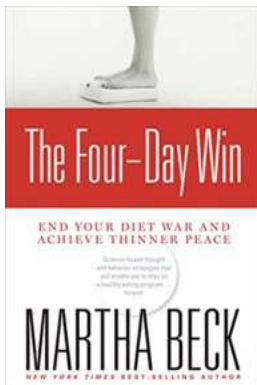
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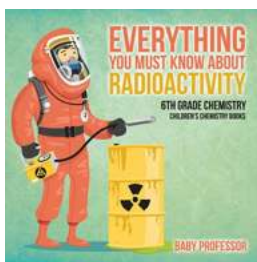
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