

HIGH PERFORMANCE HEALTH FOR MEN

What Is The Best Diet?
*The Secrets To Energy,
Vitality & Health*

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REDEFINE **COACHING**



People write books, participate in theatrical, heated arguments and waste a huge amount of time on one burning question...

“What is the best diet?”

Let me explain why that is the wrong question to ask, show you the 4 things your ‘best’ diet should contain and then offer a new question instead.

I could tell you what to eat, and you would be completely miserable. There is simply no single, absolutely, positively best diet for every single person to follow.

Currently, there are 7.5 billion people on Earth. Imagine the diversity.

Every single person is an individual, each with different body types, tastes, time, exclusions, knowledge, income - you get the picture.

Working with a variety of different clients over the years, I've seen this diversity for myself.

There is simply no single, absolutely, positively best diet for every single person to follow.

The thing is, the best diet can't just be about fat loss. It must consider sustainability, lifestyle, effectiveness etc.

There just can't be a set-in-stone answer for everyone.

But, luckily enough, we can say a few things for certain.

The best diets have 4 things in common.

1. Focus on food quality

Everything you eat has a direct impact on how you feel. Foods high in vitamins and minerals, like fruits and vegetables, provide

the most energy and protect your body against sickness and deficiencies.

None of the best diets recommend you eat more processed 'junk' foods. They pretty much all say to eat whole, minimally processed, nutrient-rich foods. Regardless of protein, carbs and fats, this is the most important intervention to make you feel and perform a lot better.

2. Raise nutrition awareness

Being aware of what you put in your mouth can be more important than worrying and stressing about what it actually is. So much thought goes into what to eat more of and what to avoid, but research is showing that simply paying better attention to what you eat is a key factor in improving health.

The focus becomes more on 'fuelling the machine'.

This can be termed conscious eating. Bring attention to what you're actually eating rather than stressing about the macro.

3. Energy control

When you're aware of what your eating you generally choose more satisfying, higher quality food. You eat depending on your hunger and energy levels. The focus becomes more on 'fuelling the

machine' and eating to maintain energy and performance, rather than eating for eating's sake.

4. Fit the lifestyle

The best diet is the one that fits your lifestyle. **It has to be adaptable to what life throws at you**, enjoyable (it contains foods you actually want to eat) and suited to what you want to achieve.

Weight loss. Muscle gain. Peak performance. All interrelated goals which are fuelled by a diet which support them.

Asking if there is a 'best diet' makes no sense.

Instead the question should be "what is the best diet for me."

That, I can help you figure out.

The best diet will be the one which ticks the boxes of the four points above and you can see yourself staying on for many years to come. It is different for everyone.

The best coaches hold themselves responsible for their clients success.

Not sure how to approach things? Let me listen to your needs and what you want to accomplish. What's really important to you. Then let me help create the right plan moving forward. We can then adapt to anything life throws at you, pivot where necessary, overcome

the challenges of time, responsibility and travel, and create something special for your specific goals and lifestyle.

Because that's what coaching really is.

It's not forcing you to do something you don't want to do. The best coaches hold themselves responsible for their clients success. Results come first.

That's why I don't follow any diet dogma.

Each client is an individual and goes through the personal coaching process to find the 'best diet' for them.

I believe it's the most rational approach. It also happens to be the only one that actually works in the long run.

Want help finding the right diet for you?

If you'd like to find peace in a diet which fits your lifestyle and maximises your energy, vitality and health. Check out the [coaching](#) available