

# TOP MISTAKES KEEPING YOU FROM YOUR HEALTH GOALS

A simple action plan to break plateaus and elevate your routine



Gina Harney CPT, PN1, and Mia Votapka, RDN



We've collectively worked with hundreds of women all over the world helping them fuel their bodies for optimal health, develop results-driven fitness regimens they love, and create long-lasting sustainable habits.

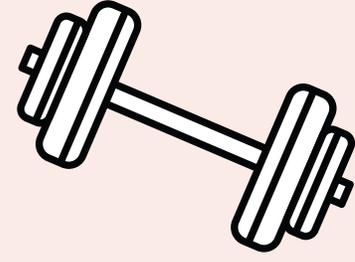
There are quite a few continuing themes we commonly see with our clients when we first get started. They're huge red flags when they say that they feel low-energy or aren't getting results from their hard work at the gym.

We wanted to share these top mistakes with you, plus easy tweaks you can make in your routine. We hope that these tips can help you break through current plateaus and optimize your health, fitness, and vitality.

As always, this is for informational purposes and not medical advice. Please talk with your doctor or personal RD before making any fitness or nutrition changes.

Thank you so much for being here!

*Gina Harney and Mia Votapka, RDN*



## Mistake #1: Not having a balanced workout plan

Many of our clients aren't doing too little in the gym... they're doing TOO MUCH. \*More\* isn't necessarily better when it comes to fitness.

Overtraining can lead to muscle imbalances, injuries, anxiety, fatigue, irritability, a decreased desire to train, increased heart rate, and so much more. Instead of focusing on training to the max each day, look at your weekly schedule and make sure that it has some peaks (higher intensity days) and dips (lower intensity days).

A balanced fitness program will include strength training for all major muscle groups, steady state cardio (general recommendations are 150 minutes of moderate cardio each week), HIIT (max 1-2 times per week), mobility/stretching, and rest.

Aim to have 1-2 days completely off from the gym each week. This is when your muscle tissues can repair, you can physically and mentally recover from your efforts, and you'll be ready to get an amazing workout in your next session.

Here's a sample balanced week of workouts featuring the major components:

Monday: Workout #1

Tuesday: Easy steady state - 30 minutes

Wednesday: Workout #2

Thursday: HIIT

Friday: OFF

Saturday: Workout #3

Sunday: OFF or gentle (stretching, walk)

# **Workout #1: Upper Body and Core**

Warm up 5-7 minutes or this warmup routine

3 rounds:

Power push-up x 10

Seated overhead press x 12

Farmer carry x 25 steps

Push-up toe tap x 12 total

3 sets of the following:

Shoulder 6 ways x 10

Deadlift to row x 12

Skiier swings x 15

Bear crawls x 30 seconds

\*Click here for a video tutorial of the exercises, plus modification options

## **Workout #2: Legs**

Warm up 5-7 minutes or this [warmup routine](#)

Circuit (3 rounds total):

Goblet squat x 15

Offset squat x 10 each

Lateral lunge to side leg lift x 10 each

Double pulse jump lunge x 20

4 rounds:

Broad jumps x 10

Narrow squat x 12

[\\*Click here for a video tutorial of the exercises, plus modification options](#)

## **Workout #3: Total Body**

Warm up 5-7 minutes or complete  
this warmup routine

3 rounds:

Reverse lunge with 1-arm press x 10  
each

Kettlebell swings x 25

Squat hold with chest press x 12

Push-up with alt leg lift x 12

Triceps dips x 15

Cardio:

20 minutes - Steady state at RPE of 6-  
7 (can maintain but feel like you're  
working)

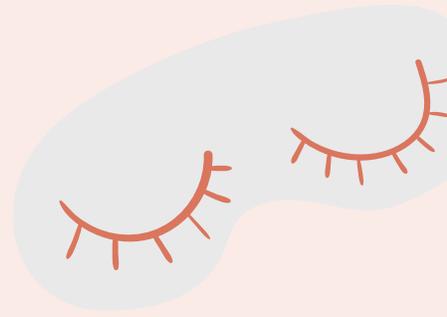
[\\*Click here for a video tutorial of the  
exercises, plus modification options](#)

**HIIT:** Here is a follow-along video, or you can do your own High Intensity Interval Training. Make sure to warm up first and cool down after your workout.

**Steady state:** This is an activity that will have you working at a sustained moderate heart rate. This can be something like hiking, jogging, dancing, spinning, anything you enjoy

**Rest:** Enjoy an easy walk, stretch, restorative yoga, nap, a bath, sauna, anything that feels restorative and relaxing to you!

## Mistake #2: Failing to focus on quality sleep



We need a minimum of 7-9 hours of sleep each night. This could be a little more or less depending on your body and unique needs. We can actually set ourselves up for sleep success each day when we first wake up. Simple habits can help to set our circadian rhythm (especially morning sunlight) and prepare our bodies for restful, quality sleep at night.

Here's a sleep checklist that you can use to help yourself achieve quality sleep! Your immune system, hormone function, hunger levels, and fitness improvements will thank you!

# Healthy Sleep Checklist

## During the day:

- Morning sunlight in your eyes
- Meditate 5-10 minutes
- Make room for a hobby or habit to help with stress relief
- Fuel your body throughout the day
- Finish any high-intensity workouts before 5pm
- Stop drinking caffeine after 2pm

## 2-3 hours before bed

- Finish final meal
- Start "wind down" routine
- Brain dump into to-do list or journal

## 1 hour before bed

- Turn off electronics
- Store phone outside of room
- Make sure thermostat is 4-5 degrees lower than daytime temperature
- Read a book

**NOTES :**



## Mistake #3: Skipping out on nutrition and not emphasizing protein and produce

Aim to have a serving of protein and produce in each meal and snack. Not only will you feel more satisfied and less *hangry* throughout the day, but this will also help you to get the building blocks for muscle, and the nutrients your body needs.



# How To Build A Plate

Want to better balance your blood sugar, have sustained energy and become metabolically flexible?

**Here is what you might try when building your plate:**

**Start with protein.** This looks different for everyone depending on your goals. Begin with 1 palm serving of protein and increase to 1.5 palm sizes of protein. If you're weighing your protein, this looks like at least 4-7 oz of cooked protein.

**Next, add non starchy vegetables to take up half the plate.** This can look like a mix of leafy greens like a salad with other vegetables, broccoli, cauliflower, green beans, mushrooms, carrots, etc.

**Next, add at least a thumbs worth of fat.** This might be some avocado, nuts, olive oil, coconut, or butter, etc. If your protein is fatty and not lean, you don't need to add any extra fat unless you want to! Fat is important for helping to absorb the vitamins and minerals from the vegetables. It is also important for hormone regulation, skin and brain health. Without fat, there is little value in eating the vegetables or fruits unless you just want more fiber.

**Finally, add some starchy carbohydrates.** This looks like a cupped hand of carbs. Choose the carbs that you enjoy such as russet potato, sweet potato, squash of all kinds, rice, oats, beans, etc.

**Aiming for fat loss?** Strategically pair your carbohydrates with your workouts. Not only will you feel better in your workouts and have more energy, but you will recover quicker and the carbohydrates will go directly to replenish muscle glycogen.

\*Note, if you're working 1:1 with one of us, please stick with your own personal plan.

# Recipes and Meal Inspiration

## **Shake with waffles on the go**

1.5 scoops protein powder  
1 cup unsweetened non dairy milk  
2 gluten free paleo waffles (like birch benders)  
2 tbsp nut butter  
1 banana, sliced  
Cinnamon and salt to taste

## **Eggs, greens & fruit**

2 eggs + 1/2 c egg whites  
Sautéed mushrooms, asparagus and spinach, as desired  
1 banana + 2 tbsp nut butter

## **Mexi Chicken Bowl**

1/2 palm of rice  
1/2 palm of beans  
2 scoops of protein  
1-2 thumbs worth of guacamole  
Lettuce & sauteed veggies as desired  
Salsa, to taste

## **Easy Weeknight salmon**

6 oz salmon filet  
1 palm scoop of rice  
1-2 cups roasted broccoli

# Buffalo Chicken Spaghetti Squash Bake

Serves 4-5

## Ingredients:

1 large spaghetti squash, steamed and scraped from the skin  
1 rotisserie chicken, skin & bones removed, shredded OR 1.5# cooked chicken (thighs/breasts)  
2/3 cup Primal Kitchen Buffalo Sauce  
1/2 container of Kite Hill Dairy Free Chive Cream Cheese\*  
1/4 cup non dairy milk of choice\*\*  
2 tsp onion powder  
1/2 tsp garlic powder  
To taste, black pepper  
Pinch of salt  
2 scallions, thinly sliced, just the green parts  
12 oz broccoli, cut into small, bite size florets

## Instructions:

1. In a large bowl, combine the cream cheese, buffalo sauce and milk of choice. Whisk until creamy. Add onion powder, garlic powder, black pepper, salt and scallions. Stir until combined.
2. Add the shredded chicken and raw broccoli florets to the large bowl. Stir to combine.
3. Gently fold in the cooked spaghetti squash until just combined.
4. Transfer contents to a glass baking dish.
5. Bake at 400 degrees, uncovered, for 20-25 minutes or until bubbly and hot.
6. Serve immediately.

## Notes:

Leftovers can be stored in the refrigerator for up to 4 days.

\* 4 oz neufchatel cream cheese

\*\*1/2 & 1/2

# Orange Beef & Broccoli with Protein Rice

Serves 4

## Ingredients

1 cup Jasmine or Basmati rice  
1 1/2 c. chicken bone broth, homemade or store bought  
1 tbsp. extra virgin olive oil or avocado oil  
16 oz Beef tenderloin or NY strip, cut into thin strips  
1 navel orange, juiced  
2 tbsp coconut aminos or gluten free tamari  
1/2 tsp. Sesame oil  
1 tsp. Red Pepper Flakes  
1/4 cup water  
1/2 c. sweet yellow onion, diced  
2 garlic cloves, smashed and minced  
1 cup shredded carrots  
2 cups sugar snap peas  
4 cups broccoli florets  
1 tbsp fresh ginger, grated, optional or 1 tsp. powdered ginger  
Sesame seeds, garnish  
1 stalk green onion, sliced, garnish  
Sriracha, optional

## Directions

1. Combine jasmine rice and chicken broth in a medium saucepan and bring to a boil. Reduce heat to a simmer, cover and cook for 45 min. Remove from heat and let stand for 10 minutes.
2. Meanwhile, heat a large frying pan over medium high and add half of the olive oil. Add the beef strips and cook until desired doneness. Note: overcrowding the pan will lead to tough steak, as it will steam. For tender pieces, cook in two batches. Remove the cooked meat and keep warm on a plate covered with foil until ready to use.
3. Combine orange juice, coconut aminos/ tamari, sesame oil, and red onion flakes in a bowl or glass measuring cup. Add 1/4 cup of water and mix well. Set aside.
4. In the saute pan that cooked the beef, add the other half of the olive oil over medium high heat and add the sweet onion, garlic and shredded carrots. Saute for 5 minutes or until onions are soft and translucent. Stir to prevent burning the garlic.
5. Add the orange juice mixture, broccoli and sugar snap peas. Saute for 8-10 minutes or until the broccoli is tender. Season with salt.
6. Add the cooked beef back to the frying pan along with the grated ginger and 1 tbsp of water. Saute for 1 minute and remove from the heat.
7. Serve over the bone broth jasmine rice. Garnish with sesame seeds & green onion. Enjoy!

# Essentials

Here are some of our favorite spots for healthy essentials online. Please note that some affiliate links are included below, which don't affect purchase price and many enable us to get a discount for you, too!

## **Favorite Online Retailers:**

Thrive Market (40% off your first order)

Butcherbox

## **Bath, body, & fitness:**

Beautycounter

HigherDOSE Sauna Blanket (use FITNESSISTA75 for a discount)

Oura Ring

LMNT

## **Nutrition and supplements:**

Sakara Life: beautiful and vibrant plant-based meal delivery. Gina usually adds a serving of protein to each meal (like some deli turkey or scrambled eggs). XOGINAH for 20% off

Organifi: the green juice, red juice, gold powder, and Harmony are faves (use FITNESSISTA for a discount)

Check out our favorites supplements listed below here and sign up for a Fullscript account.

Magnesium glycinate

Magnesium L- threonate

Digestzymes by Designs for Health

Betaine HCL by Designs for Health

Glutagenix- gut lining repair

Seeking Health Histamine Block

Ancestral Supplements Grass fed liver & beef organ meats

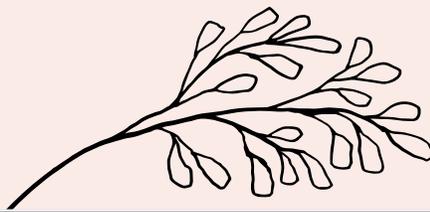
## **Home:**

Berkey Filter

Aquasana Reverse Osmosis with remineralization

Aquasana Home House Filter

Purity Coffee



## What's next?

We hope that this guide has provided you with some new ideas and inspiration! We work with our clients on building a health foundation, optimizing their personal nutrition strategies, and developing a fitness plan that aligns with their personal needs and goals.

If you'd like the opportunity to work with us for balanced hormones and higher energy, apply for [private coaching here](#).

You can also join the [Fit Team community](#), where you get new monthly strength workouts, a balanced fitness plan designed for body composition goals, accountability, and support.

Xoxo

Gina and Mia

[\*\*APPLY HERE FOR 1:1 COACHING\*\*](#)