



Life Hacks

Shortcuts to the Good Life

from Turbulence Training & Early To Rise

January 20, 2014

Eating Protein Before A Meal Burns More Fat



According to nutrition expert Jim Wendler, to build muscle, you should incorporate a protein shake **AFTER** every meal. There's always room for a shake to deliver more calories and protein.

But to lose fat, Jim says, have a protein shake **BEFORE** a meal because it fills you up and keeps you from eating too much or deviating from your diet plan.

This next study gives us another reason to have a pre-meal shake.

Researchers tested 10-20 grams of protein pre-meal and found that taking protein before a meal can lower

post-meal glycemia (blood sugar levels) by both insulin-dependent and insulin-independent mechanisms.

So in order to burn more fat, try adding in 10-20 grams of protein before your next meal and see the results for yourself.

SAVINGS THIS MONTH

TOTAL **\$852**

SAVINGS IN THIS ISSUE

Fitness Tracker **\$70**

TOTAL **\$70**

(Akhavan, T. et al. Mechanism Of Action Of Pre-Meal Consumption Of Whey Protein On Glycemic Control In Young Adults. Journal of Nutritional Biochemistry)

Does Foam Rolling Work? Yes, but...

Researchers found that in 20 tested males, foam rolling can eliminate muscle soreness while improving vertical jump height, muscle activation, and passive and dynamic range of motion in comparison with those who did not foam roll.

The only catch is that you have to do up to 2-minutes of foam rolling per muscle group.

Keep that in mind if you decide to bother with foam rolling, you have to dedicate some time to each muscle group in order to see the benefits.

Fitness Bands & Trackers: Best Band For Your Buck!

Health and fitness bands that track heart rate, steps, sleep patterns, and overall health and fitness are becoming more and more popular these days. Yet, the one downside is the big price tag on these trackers.

According to experts, if you want a fitness band that tracks your steps, heart rate, and sleep patterns, and allows you to sync those to your Smartphone, choose one of these value options:

- **Fitbit Force**
- **Garmin Vivofit**
- **Epson Pulsense**

Each are about \$129 and will save you money over the more expensive versions.



Fitbit Force

Being Your Most Productive In 2014

Nearly all the most successful and famous writers, thinkers, politicians and entrepreneurs, had one thing in common:

They were diligent about sticking to their daily routine.

My daily routine

- ☉ 04:00 AM - 04:30 AM Wake up & 1st breakfast
- ☉ 04:30 AM - 05:30 AM Work on Product in Trello
- ☉ 05:30 AM - 07:00 AM Gym
- ☉ 07:00 AM - 07:45 AM 2nd breakfast & shower
- ☉ 07:45 AM - 09:00 AM Email
- ☉ 09:00 AM - 09:30 AM Travel to office

From zenflow.io

And according to the book 'Daily Rituals: How Artists Work' by Mason Currey, many of these individuals account much of their success to the daily routines they had in place.

A few simple tips to help you get started, would be to first and foremost, take a few minutes to plan out your day.

A good resource you can use is ZenFlow. This allows you to easily plan your day and see what is on your schedule.

Next, try setting an alarm for each of the tasks you have on your plate as a reminder that you need to get them done. Many times as we go through out day, it's easy to forget what we are supposed to be doing at that very moment. Get in the habit of reminding yourself to stay on task.

Stick with your chosen routine for at least 21-days, then evaluate how everything has been going.

For more about ZenFlow, visit www.zenflow.io



CRAIG'S PICK OF THE WEEK

Pick Your Poison

With all my travel across various time zones, my strict sleep schedule can sometimes suffer. So I use a simple natural health supplement to help me fall asleep.

If you have trouble drifting into dreamland, sleep expert, Dr. Atul Khullar believes 1mg of melatonin might be helpful. But he also says, "Insomnia is often caused by anxiety, stress, poor nutrition, caffeine, and poor pre-bed behaviors like looking at computer screens. Cut those out first and you might not need a supplement."

Thanks for reading this week's issue of Life Hacks

If you have a favorite hack or shortcut for improving your life, please send it to support@earlytorise.com. I'd love to include it in an upcoming issue to help all our readers.

Life Hacks is a weekly newsletter designed to reveal the shortcuts to the good life.