



The
Vegan Fit
Collective —



TOP 5 VEGAN
LIFESTYLE
HACKS TO
PERMANENTLY
REACH YOUR
GOALS



The Vegan Fit Collective —

Hi, I'm Ryan...

I transform busy professionals into lean, healthy, energetic badasses.

For each client I customize a fitness and nutrition plan designed to get you fast results, permanently!

My methods lead my clients to more productive and fulfilling professional lives, increased mental and emotional health, and more confidence to become the total badass they really are.

After nearly 9 years in the Finance industry and working with over 300 clients, the stress of the business was taking its toll on my mental and physical health. So, I traded in my calculator to exclusively coach busy vegan professionals in taking action and focusing on their health and fitness.

I'll help you take the guesswork out of living a plant based lifestyle for your full body and mind transformation.

Ryan Ricci

Health & Fitness Coach

The Vegan Fit Collective

CanFitPro Certified Trainer



1. Daily 10 Minute Guided Meditation/Visualization

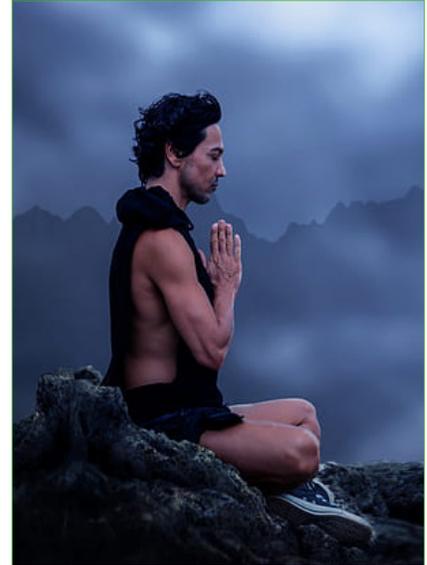
You're on your way to becoming a badass vegan professional! But maybe you're feeling pulled in too many directions, or overwhelmed by too much work and too many commitments? Two fantastic ways to reduce stress and increase productivity in key areas of your life are **MEDITATION** and **VISUALIZATION**.

VISUALIZATION is a technique by which you “picture” the life you desire through mental imagery and the creation of “vision boards” and other diagrams in order for you to better focus good energy and intentions. This isn't some wacky new-age concept – visualization is used by the most successful entrepreneurs, professionals and athletes to overcome obstacles and reach the pinnacles of their chosen paths. This technique will help train your brain to look and seek out the things you **AIM TO ACHIEVE IN YOUR PROFESSIONAL & PERSONAL LIFE**.

A wonderful step-by-step “beginners guide” to visualization can be found in this Forbes® article by Bhali Gill: <https://tinyurl.com/tpdb8xo>

MEDITATION is a tried and true practice for centering one's mental and physical state that has been around for thousands of years. Meditation is not just for martial artists and yoga masters. Each and every one of us can benefit from taking a few minutes every day to calm ourselves and silence the noise of the outside world. Start by finding a quiet space - even if it's just sitting in your car with the radio off. Close your eyes and clear your mind, focusing on your breathing. Let go of your stress and any negativity that has been burdening you. Begin with five minutes a day and you'll be amazed just how much clearer, calmer and more energized you feel to take on the challenges of the day.

Some great places to find guided meditations and visualizations – Youtube, Calm, Headspace and EnVision.



2. Prioritize Your Fitness Training Schedule

Make yourself a priority! Things you prioritize GET DONE! You are more likely to get your workout in if you have a plan for your goals and it's on your calendar.

Toni, a client of mine, once they mapped out all of the workouts I designed for them on their calendar. They achieved one of their fitness goals in record time just by implementing this simple scheduling mind shift. And if it's a "shared" calendar, people will know you're busy for those times and not ask you to forego or neglect what you've already scheduled for yourself. **YOU ARE YOUR TOP PRIORITY!**



3. Do Something That Makes You Uncomfortable EVERY Day

Face it, it's easy to be comfortable. The same routines, the same meals, the same people, the same vacations. But how are you ever to truly **grow as a person and a professional if you never challenge yourself**, if you never force yourself to do something "uncomfortable" or new?

This can be as small a gesture as going out of your way to smile at someone you don't know, to as terrifying an experience as skydiving. Stepping out of your comfort zone helps you to grow in all aspects of your life. It paves the path for successfully accomplishing all of your goals and instantly grows your confidence.



Make a list of everything you've always said to yourself "I should...", "I could never...", or "I've always wanted to, but am too scared..." and make a point to do one of those things every day when life permits. You'll thank yourself for it!

4. Plan Your Meals In Advance And Meal Prep

A plant-based Vegan diet does not have to be difficult. Planning your meals in advance takes the guesswork out of eating and ensures you are eating enough protein, the right carbs, and vitamin & mineral rich healthy foods. You'll save time and money while enforcing consistency, which will help to keep you focused on your fitness goals.

Think of it this way... The renowned scientist Albert Einstein kept several suits in his closet that were identical. Yes, he wore the SAME suit every day. He claimed this freed up the mental space so that he could focus more of his energy on his work instead of figuring out what to wear every day. **Meal planning works in this very way.** You'll simply be able to open your fridge and grab your meal and go. No more standing there scratching your head and fretting if you're making the right decision.

Most of my clients choose Sunday to prepare the meals that they will bring with them to the office during the week. Of course they're going to occasionally be dining out at restaurants. That's where my guidance comes in. I coach them on how to make the best decisions possible when they need to eat out.

Set yourself up for success by taking the time to meal plan!



5. Surround Yourself With People That Have Similar Goals/ Aspirations As You

You don't have time for naysayers or negative people in your life telling you that you can't reach your goals. And there's nothing worse than being around people who don't support your desire to improve your life and your health. That stops today!

Sometimes it's hard to find like-minded people to hang out with. And it's tough going it alone and being your own cheerleader. But that doesn't have to be the case.

Seek out those people in your community, and online that share your goals and vision to succeed as a healthy prosperous Vegan professional. You will be inspired to work harder and learn different skills.

A great place to start is the social media network Meetup! Simply sign up, and look up vegan fitness groups in your area. You'd be surprised just how many people in your community are looking for a support system just like you!

And you are ALWAYS welcome to come hang out with me and my community of busy professional clients who you can learn from, be motivated by, and easily relate to. You don't have to do this alone!



HAVE QUESTIONS? LET'S CHAT!

I'd love to answer any questions you might have about the **TOP 5 Vegan Lifestyle Hacks to PERMANENTLY Reach Your Goals** guide! You can email me, Ryan Ricci, directly at ryan@theveganfitcollective.com.

You can also connect with me through the Vegan Fit Collective social media accounts, listed below.

facebook.com/groups/theVFCCommunity

facebook.com/ryanricciVFC

instagram.com/fitcoach.ryan

