

# Day 5 - Lifestyle

So we have had a look at your goals, your food and your exercise.

The final factor to cover is your lifestyle. Your lifestyle is the way you do things day to day and week to week throughout the year. Your default mode.

Is your default mode getting 4 hours of sleep a night?

Are you super stressed with work all the time?

All your best laid efforts in the gym and with your diet can be countered by lifestyle issues like these.

Hormonal changes from stress can prevent you from losing weight and will make it more likely you will go searching for those foods you are trying to avoid!

A lack of sleep makes you feel terrible but it also has drastic consequences on your ability to lose weight and get fit. Research has found that a lack of sleep each night will lead you to choose the unhealthy food option, to put on weight more readily and find it harder to exercise.

If you are a troubled sleeper take a look on the Freeman's Fitness website for my free ebook with 10 tips on getting better sleep!

Our environment around us and our friends and family also have an affect on how healthy we are. If we have friends who are heavy drinkers there is a good chance we will be too! If we have gym junkie friends then we are more likely to start going to the gym!

Dealing with lifestyle issues can be tough but if you want the long-term fitness results then they need to be addressed as best you can.

Fill out the questions below and send me through an email to [daniel@freemansfitness.com.au](mailto:daniel@freemansfitness.com.au) if you have any troubles:

**How well do you sleep day to day?**

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**What can you do to start sleeping better (take a look at the 10 tips ebook for some ideas)**

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**Is your work or daily life stressful?**

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**What can you do to mitigate these stresses? (more down time, meditation, reading etc)**

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**Who are your support systems in your life? (friends and family to help you through tough times)**

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**Do you drink alcohol regularly? If so, what could you do to reduce the amount?**

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