



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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14 things that will kill your fitness regime

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Don't stock foods that aren't part of your diet. The temptation can be huge - get a plastic bag and throw all the junk food out of your house.

We're always talking about things that help us stick to our workout routines, but what about stuff that *shouldn't* be done? Don't overlook the don'ts, says IMG trainer [Ricardo Riskalla](#).

In my opinion, the very things that shouldn't be done are the ones that create defined boundaries. And [boundaries](#) are the key to keeping you on the road to fitness success. These boundaries are rules that you should stick to and respect - they're in place for a reason.

Based on my 20 years of experience as a trainer, these rules reflect simple acts that will change your [health habits](#) for good. I recommend you choose two of these rules to adopt every day and at the end of seven days you should be adopting all of them at once. So, get your notepad out and start applying them to your life!

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Don't make decisions in bed at 5am. Especially when you're training at 6am and you wake up tired and decide not to train that day. Never stop to think about it. Just do it.



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Don't go to bed late the night before your workout. It's important to be fully rested with around eight hours of sleep every night.



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Don't drink alcohol. I know, it's a controversial one. But alcohol is a drug and will not contribute to anything positive in your life if you're trying to be healthy.



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Don't overload on fruit and sugary food. Fruit is not bad for you. A couple of pieces a day is great, but an excess of it is not recommended.



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Don't listen to your friend's diet and exercise advice. Everyone has an opinion about religion, politics, diet and exercise - the question is: are they qualified? Stick to your own plan.



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Don't eat processed or packaged food. The idea here is to eat the majority of your food while it's in its natural state to avoid nasty chemicals.



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Don't overeat. Only eat until you are 80 per cent full and keep your portion sizes no bigger than a small bowl.



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Don't eat the same foods over and over. Consume a good variety of foods and rotate them on a daily basis. Boredom is a killer!



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Don't repeat the same workout every day. Rotate your exercises on a daily basis to keep your motivation up and to also challenge your body in different ways.



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Don't exercise seven days a week. Take one or two rest days during the week to make sure that your body receives full recovery from your workouts.



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Don't hang around places where people are unhealthy. Surround yourself with healthy people. Don't expect to get great advice from people that don't know what healthy is.



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Don't use technology late at night. Overstimulating your brain can keep you awake. No one wants that.



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Don't overdo protein. Your body cannot process excess amounts of protein and will convert it into fat. Stick to small portions and use a variety of them.