

STRUCTURED FLEXIBILITY

WHAT IS THE STRONGER U PROGRAM?

Let's start with what it's not. It's not what you think of when you think of dieting. We don't ask you to eliminate any foods nor do we tell you what to eat. The key to your success is finding a way to fit your diet into your life in a way that's reasonable and sustainable. Our role is to help you through education and accountability. We also don't provide you with meal plans. We understand that meal plans can be helpful, but they can be hard to follow. Plans change and we get burnt out on certain foods. We teach you how to fit your meals into your life, while moving you towards your goals.

STRUCTURED FLEXIBILITY

Stronger U believes in guidelines for eating and that means **you get to pick and choose what to eat based on your goals, lifestyle, and preferences.**

One of the things that makes dieting notoriously difficult to follow and maintain, is that all too often the approach to eating we take doesn't actually fit our individual lives or preferences. So instead of forcing you to give up your favorite foods and eat foods you don't enjoy, we want you to see how you can plan to eat anything you want. It just takes a little forethought and education.

WHY WE TAKE THIS APPROACH?



Enjoy food



Sustain results



Together, we simplify your goals and help you reach them!

Real Life Application

Our approach to Structured Flexibility includes being provided with individualized macronutrient numbers to hit each day. Macronutrients (also called macros) are the nutrient categories that make up all of the food we eat, and those nutrients are where our calories come from. **Those macronutrients are: protein, fat and carbohydrates.** By learning how to track your food intake you can eat the right amount of specific foods to hit your macros. Through developing an awareness of the macronutrient make-up of various foods, you'll begin to learn where calories find their way into our diet, and then start to get a better idea of which foods and portions you need to more carefully control. But no matter what your own individual macronutrient goals might look like, you get to choose which foods you eat so it's 100% customizable to your needs and preferences. You may have some experience tracking but our team will fine-tune your food requirements, balance your needs and wants, and provide the accountability needed to stick with your program to see and maintain real results.

Resources

Additional information about Structured Flexibility can be found in blogs that we've put together that touch on this topic, which you can find [here](#). Additionally, you can see the value of monitoring your intake via our blog on the topic, which you can [read here](#).

Main Takeaway

Structured Flexibility allows you to eat what you like, within specific guidelines, while still moving towards your goals. The freedom to choose the foods you want is entirely up to you. Through Structured Flexibility, we just teach you how you can adequately plan those foods into your day. Your Stronger U coach will guide you along this very personal and individualized process.

