

@thisfitmum



Love The Skin
You're In

COACHING MANUAL

Disclaimer - Thisfitmum strongly recommends that you consult with your doctor before beginning any exercise program. In order to complete this programme you should be physically fit & within a healthy BMI range. @thisfitmum is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise or diet on a medical condition. You should understand that when participating in any exercise or diet program, there is the possibility of physical injury or illness. If you engage in this exercise and/or diet program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury and illness to yourself, and agree to release and discharge @thisfitmum from any and all claims or causes of action, known or unknown, arising out of @thisfitmum negligence

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First you have to train the mind, then you can train the body
So let me educate you.

1. What do I need?.. and why

WHAT YOU WILL NEED:

MyFitnessPal App
Protein Powder
Measuring Tape
Bathroom Scales
Kitchen Scales
Step Tracker

Consistency
Dedication
Honesty
Self-Discipline



MyfitnessPal

A FREE app we will use to track calories & macronutrients



Bathroom Scales

We are not relying on the scales but will use them as a tool for tracking weekly



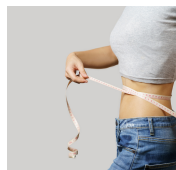
Protein Powder

Aids recovery & muscle growth & also suppresses hunger & is cheap & easy



Kitchen Scales

In order to track calories effectively we need to weigh our food that isn't already portioned



Measuring Tape

An effective method of tracking progress & more accurate than scales



Step tracker

You will be given a step target to help you to be more active each day.

Consistency, Dedication, Honesty & Self-Discipline

"You can lead a horse to water, but you cannot make him drink"

I can give you the information, I can show you the way, but you have to be the one doing the hard work. You need to be accountable to yourself.

"I can give you a fish, and feed you for a day, or I can teach you to fish and feed you for life!"

I am not here to sell you an unrealistic programme or promise you unrealistic results. If it was easy, everyone would be fit, healthy and happy - but in reality, you only get out what you put in.

I will guide you and show you the way, in return I just need you to trust the process, stay consistent, be dedicated and honest.

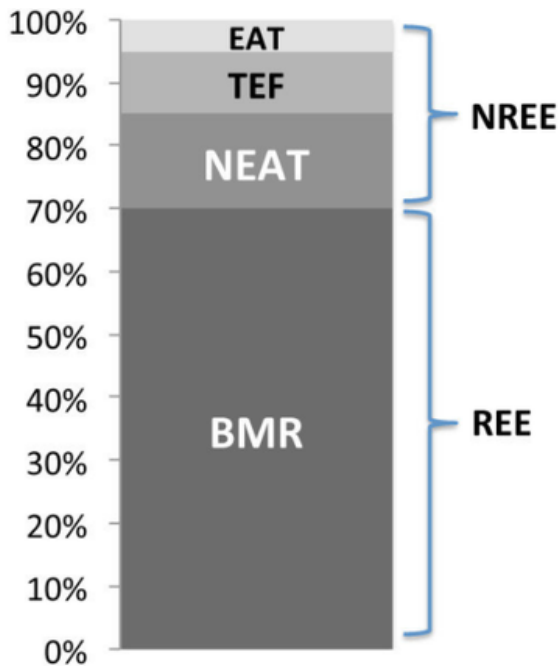
"We cannot always be motivated - you must learn to be disciplined... and it is easier, much easier, when you now how"

2. TOTAL DAILY ENERGY EXPENDITURE



← Video link

The first and probably most important thing for you to learn is what is your TDEE. This is how much your body burns every day. How we manipulate this is how we achieve results. Watch the video link for further description & explanation



KEY

BMR = basal metabolic rate (What energy you burn doing nothing)

NEAT = non-exercise activity thermogenesis (What energy you burn doing every day movements (#10keveryday))

TEF = thermic effect of food (Energy required for digestion, absorption, and disposal of ingested nutrients)

EAT = exercise activity thermogenesis (Energy expended from exercise that we intentionally engage in)

REE = resting energy expenditure

NREE = non-resting energy expenditure

CALORIE DEFICIT & FAT LOSS

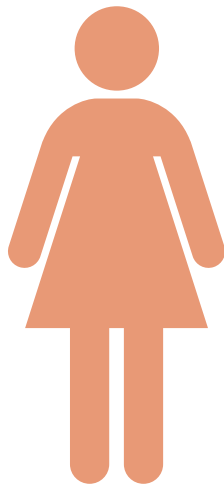


CALCULATING TDEE

*subjective to various circumstances

Meet Barbara

Goal to lose Fat



Age 32
Sex Female
Weight 210 lbs
Height 5ft 5in
Activity - Sedentary (office job no exercise)
BMI 34.9 (Obese)
Maintenance Calories 2,194 per day

Eat more than 2,194 per day - GAIN

Eat 2,194 per day - MAINTAIN

Eat less than 2,194 per day - LOSE

Fat Loss

Fat loss or gain is not instant. Calories start the process of turning into fat as soon as 4 hours after eating them. But it would take a couple of weeks of eating too many calories for that fat to show up in a meaningful way. Fat loss is the same - consistency is key. 500 calorie deficit per day will result in approx 1lb fat loss (not weight loss) per week.

Exercise can help to increase the deficit & build muscle which can increase BMR which will result in burning more calories at rest

Meet Dave

Goal to gain muscle



Age 36
Sex Male
Weight 210 lbs
Height 5ft 9in
Activity - Sedentary (office job no exercise)
Maintenance Calories 2,248 per day

Eat more than 2,248 per day - GAIN

Eat 2,248 per day - MAINTAIN

Eat less than 2,248 per day - LOSE

Muscle Growth

In order to maximise the amount of muscle you can gain, you'll want to be in a calorie surplus. This will ensure you're giving your body all the calories (and adequate protein) it needs to repair and rebuild (hopefully bigger) muscle after you break them down during resistance training. Increasing your calories will increase your TDEE by increasing the amount of calories you burn through TEF.

The process of gaining muscle will also increase your TDEE. The more muscle you have the more you burn at rest - so increasing your BMR. Eating more protein will also increase your TDEE - protein has a much higher thermic effect (20-30%) compared to carbs (5-10%) and fat (0-3%)

Muscle is leaner than fat, so it is likely you will gain weight, whilst losing fat. Scales can be a great tool but our main focus will be on measurements and picture comparison.

CREATING NEW HABITS

On average it takes 66 days for a new habit to become automatic.
We will be working towards creating habits that you can continue...for life.

3. Order of Importance



Sleep:

Without enough sleep comes a whole catalogue of problems. This includes increase in stress hormones, lack of energy, holding on to fat stores and your mental health suffering. You ideally want to achieve around 7-9 hours per night.

Hydration:

Our bodies are made up of 60% water. We need it for everything from lubricating joints to regulating body temperature. It also helps to absorb nutrients and prevent illness, digestion and much more... including helping you to feel fuller for longer.

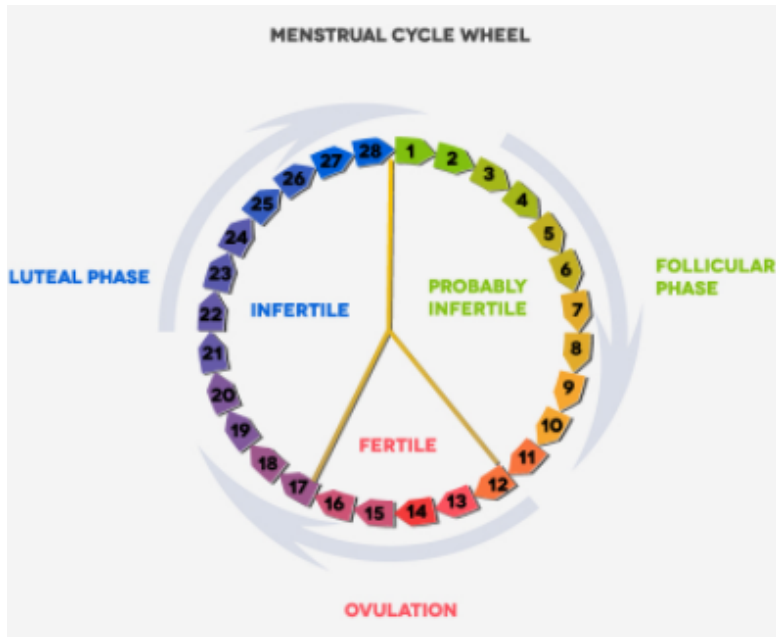
Nutrition:

Studies have shown that diets solely based on calorie count can actually lead to malnutrition. This is why it's important you know about the essential nutrients your body needs to prevent disease and ensure functionality of your mind as well as your body.

Daily activity/Exercise:

15% of your total energy expenditure and 50% of your non-resting energy expenditure is general daily activity like walking, doing house work, even fidgeting. Exercise only accounts for 5% of your total energy expenditure although when building muscle can support to increase your basal metabolic rate. (For further information on TDEE refer to the coaching manual)

4. MENSTRUAL CYCLES



Workout & Eat According to your Menstrual Cycle

Week 1 - Early Follicular

PMS symptoms subside - low energy but cravings subside. Best time to kick start a new diet/fitness plan.

Week 2 - Late Follicular

Estrogen increases, hunger suppressed, go for higher intensity workouts

Week 3 - Early-Luteal - Ovulation

BMR increases by up to 10% - Estrogen & Progesterone peaks. Appetite increases & body encourages more fat stores for a potential pregnancy. Great for fitness, PB's & high intensity training

Week 4 - Late Luteal / PMT

Estrogen & Progesterone will drop if no pregnancy. Insulin & serotonin levels low which will effect your mood, food cravings and energy. Water retention is likely. Time to adjust exercise to low impact & consider a few days of maintenance calories rather than being in a deficit. Also worth having some handy low calorie treats around to prevent sabotage.

SYNC YOUR WORKOUT TO YOUR CYCLE



5. WEIGHT LOSS V FAT LOSS

Weight loss refers to a decrease in your overall body weight from muscle, water, and fat losses. Fat loss refers to weight loss from fat, and it's a more specific and healthful goal than weight loss.

Many weight loss programs claim to help you lose weight quickly and easily.

However, it's important to realise that a significant amount of this weight may include water and muscle losses. Losing muscle can be detrimental, as muscle is a crucial component of your overall health.

Maintaining a healthy percentage of muscle has several benefits, such as regulating healthy blood sugar levels, maintaining healthy fat levels — like triglycerides and cholesterol — in the blood, and controlling inflammation.

Indeed, several studies have linked a higher fat-to-muscle ratio to chronic diseases like metabolic syndrome, heart disease, and diabetes.

Maintaining your muscle mass may also reduce your risk of age-related muscle loss, which results in frailty and potentially disability.

Additionally, the more muscle you have, the more calories you burn at rest.

[source healthline]

WHY SCALES LIE   Video link

HOW TO TRACK FAT LOSS   Video link



DID YOU KNOW

- Weight can fluctuate up to 10lbs in one day
- You cant put on fat in a day or two
- Your weight will fluctuate with your menstrual cycle
- Water retention is probably the most common reason for high fluctuations
- Different scales will show different results

MEASURE SUCCESS IN A NEW WAY

- Notice how your clothes fit
- Keep a track of measurements
- Increased strength
- Increased Endurance
- Increased confidence
- Visual changes - taking pictures
- Improved mood
- Improved concentration
- Improved sleep

Making your goals non-scale related will be more motivational that relying on weight

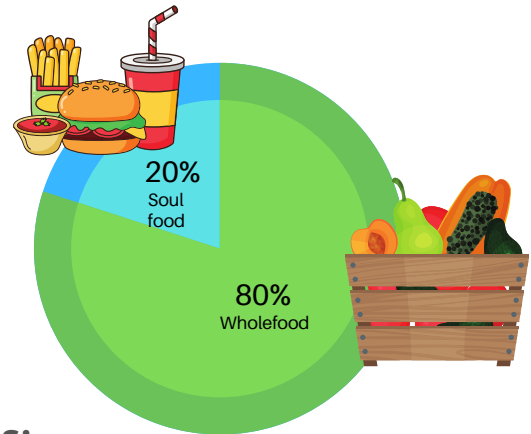


6. HEALTHY PLATE

EATING JUNK FOOD IS SO COMMON THAT WHEN SOMEONE STARTS EATING HEALTHY IT IS LABELLED A DIET

Overall when you think of your diet you want to try and work towards the 80/20 rule:

The idea is simple: Eat healthy meals 80% of the time, and have more freedom with the other 20%. But how it's done and how it will affect your weight can be different for everyone



There are seven major classes of nutrients:

1. **Carbohydrates**
2. **Fats**
3. **Dietary fiber**
4. **Minerals**
5. **Proteins**
6. **Vitamins**
7. **Water**

My Healthy Plate

Use this image as a guide to portioning your meals



HOW TO BUILD A MEAL

1. **PROTEIN** - where are you getting your protein source from - remember we are aiming for 25-30g per meal.
2. **VEGETABLES** - As many low cal veggies as possible - think RAINBOW - fuel yourself
3. **FATS** - Think good fats next, you may include fish to double up with your protein
4. **COMPLEX CARBS** - avoid white & bleached carbs. White bread, swap for wholegrain seed. Rice - go for brown, quinoa, grains, legumes. Pasta, go wholemeal.
5. **EXTRAS** - sauces, gravy, sides - control and track!

In order to track effectively you can change your MYFITNESSPAL daily meals to 5 instead of 3. Eating smaller portions more regularly will help keep you fuller for longer but also help you to distribute your protein evenly throughout the day. Remember, if you eat more than circa 30g protein a day your body will not absorb this.

To change your meals on MYFITNESSPAL see steps below:

> More > Settings > Diary Settings > Customise Meal Names

HACK - to see the nutritional values of each meal in your diary of MYFITNESSPAL - unlock your phone so you can turn it landscape and the nutritional values for each meal will show.

7. MACRONUTRIENTS

CARBOHYDRATES

There are two different types of carbohydrates or Carbs as we commonly know them as, and they are; Simple and Complex. Carbs are not the enemy - understanding them however is key.

Simple carbohydrates: These are also called simple sugars. Whilst some naturally occur in fruit and milk, most simple carbs are added to foods. Simple carbohydrates are easily and quickly utilized for energy by the body because of their simple chemical structure, often leading to a faster rise in blood sugar and insulin. This can follow by an insulin drop which can leave you craving more simple carbohydrates. You can find them most commonly in sweets, sugary drinks, cakes, some cereals, white pasta and rice, white bread, baked goods



Complex carbohydrates: The more complex the better. Full of way more nutrients, higher in fibre and digest more slowly, meaning they keep you fuller for longer. They also help manage blood sugar spikes unlike simple carbohydrates. Complex carbs you should eat more of include whole grains, oatmeal, quinoa, sweet potatoes, brown and pasta, beans and lentils

FATS

Fats get a bad name, people think by eating fats you will get fat! BUT that is not the case., in fact, you need Fats apart of a healthy diet as it is a source of essential fatty acids which the body does not produce. As an added bonus, fat in food helps you feel full, so you don't eat too much.

Unsaturated fats: can be found in plant foods and fish. These fats are good for heart health, especially when they're used in place of saturated and trans fats. Unsaturated fats are found in salmon, avocados, olives, and walnuts, and vegetable oils like soybean, corn, canola, and olive oil.



Saturated fats: These fats are found in meat and other animal products, such as butter and cheese. Saturated fats are also in palm and coconut oils, which are often used in baked goods you buy at the shops. Eating too much saturated fat can raise blood cholesterol levels and increase the chance of getting heart disease.

Trans fats: These fats are found in stick margarine. Trans fats are also found in certain foods that you buy at the shop or get in a restaurant, such as snack foods, cookies and cakes, and fried foods. When you see "hydrogenated" or "partially hydrogenated" oils on an ingredient list, the food contains trans fats. Trans fats are also listed on the food label. Like saturated fats, trans fats can raise cholesterol and increase the chance of getting heart disease.



PROTEIN

Protein builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein. You'll find protein in lots of common foods like eggs, nuts, beans, fish, meat, and milk.

What extra nutrients are in protein foods?

Lean meat and poultry: iron, zinc and vitamin B12.
Only animal products naturally contain Vitamin B12.

Fish and seafood: long chain omega 3 polyunsaturated fatty acids.

Legumes: fibre, vitamins, and minerals.

Nuts: healthy fats, fibre, vitamins, and minerals.



Benefits of a high protein diet?

- **Reduces appetite & suppresses hunger** - This is caused by the improved function of weight-regulating hormones.
- **Helps to increase muscle mass & strength** - Muscle is made primarily of protein. High protein intake can help you gain muscle mass and strength while reducing muscle loss during weight loss.
- **Protein is good for your bones** - People who eat more protein tend to have better bone health and a much lower risk of osteoporosis and fractures as they get older
- **Boosts metabolism & increases fat burning** - High protein intake may boost your metabolism significantly, helping you burn more calories throughout the day.
- **Helps to lower blood pressure** - Several studies note that higher protein intake can lower blood pressure. Some studies also demonstrate improvements in other risk factors for heart disease.
- **Helps maintain weight loss** - Upping your protein intake can not only help you lose weight but keep it off in the long term.
- **Helps your body to recover after an injury** - Eating more protein can help you recover faster if you've been injured.

ANIMAL	FISH	VEGAN	EASY	SUPPS
				
Chicken	Salmon	Beans	Eggs	Whey
				
Beef	Tuna	Lentils	Bars	Plant
				
Turkey	Shrimp	Quinoa	Drinks	Egg
				
Pork	Squid	Chickpeas	Greek Y.	Casein

PROTEIN



Video link

Why do we track protein? How much should I have?

Aids muscle recovery and growth plus suppresses hunger. Aim for 25-35 gram per meal (you can only absorb this within a 1 hour window approx) Top up with snacks, protein shake etc

8. MICRONUTRIENTS

Micronutrients are vitamins and minerals needed by the body in very small amounts. However, their impact on a body's health are critical, and deficiency in any of them can cause severe and even life-threatening conditions.

Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes.



VITAMINS & MINERALS*

What we use it for & where do we get it from

- A** - Vision, skin, bones, teeth, reproduction (*liver, eggs, fish, milk, carrots, sweet potato, pumpkin, spinach*)
 - B1** - Converting food into energy, nerve function (*pork, soy, watermelon, tomato, spinach*)
 - B2** - Converting food into energy, skin, hair, blood, brain (*dairy, meat, green leafy veg, wheat, oysters*)
 - B3** - Converting food into energy, nervous system (*beef, chicken, shrimp, avocado, peanuts, tomato, spinach*)
 - B6** - Makes red blood cells, improves sleep, appetite, mood (*chicken, tofu, banana, watermelon, fish, legumes*)
 - B7** - Converting food into energy, break down glucose (*wholegrain, eggs, almonds, soybeans, fish*)
 - B9** - New cell creation & DNA synthesis (*legumes, spinach, leafy greens, chickpeas, tomato, asparagus*)
 - B12** - Breaks down fatty & amino acid, makes red blood cells (*dairy, beef, pork, poultry, fish, eggs*)
 - C** - Antioxidant, makes new cells, improves immune system (*fruit, pepper, broccoli, tomato, spinach*)
 - D** - Strengthen bones & teeth via calcium & phosphorus (*egg yolk, fatty fish, liver, sunlight*)
 - E** - Antioxidant, stabilise cell membranes (*nuts, avocado, tofu, whole grains, seeds*)
 - K** - Essential for blood clotting & regulate blood calcium (*broccoli, brussel sprouts, liver, leafy greens*)
-
- Calcium** - Strong bones, blood clotting (*dairy, leafy greens, seeds, nuts, dates, tofu*)
 - Magnesium** - Nerve & muscle function, immune system (*nuts, spinach, fish, avocado, whole grains*)
 - Phosphorus** - All cell functions (*fish, poultry, eggs, leafy greens, avocado, oats, legumes*)
 - Sodium** - Water balance, digestive juices, biological processes (*fruits, vegetables, nuts, seeds, fish*)
 - Chloride** - Electrolyte, aids digestion, regulates blood PH (*table salt, olives, tomato, celery, rye, seaweed*)
 - Sulfur** - Aids digestion, waste elimination, bile secretion (*eggs, avocado, garlic, cabbage, poultry, fish, soy*)
 - Iron** - Red cell production (*legumes, dried fruit, whole grains, spinach, liver, tofu*)
 - Copper** - Absorption & metabolism of iron (*nuts, seeds, shellfish, potatoes, dried fruit*)
 - Zinc** - Immune System, aids healing of wounds (*shellfish, nuts, seeds, dairy, meat*)

We are recommended '5 a day' fruit & veg to help us achieve these micronutrients



Due to over farming - our soil is less nutritious and as a result so is the fruit & vegetables we eat. Some say 10 a day is more accurate. Holland & Barrett have reported that you need to eat 4 carrots now to get the same amount of nutrition as in 1940. Using vitamin and mineral supplements may help you to achieve the micronutrients you need alongside a healthy balanced diet

9. WATER

The human body is 60% water - hence why it is so important to stay hydrated!

Drinking enough water, or staying hydrated, is the first rule of health and nutrition. Our bodies can supposedly last weeks without food and yet just a few days without water. This makes sense when you think that our bodies are made up of about 60% water and that being dehydrated can begin to affect us both physically and mentally.

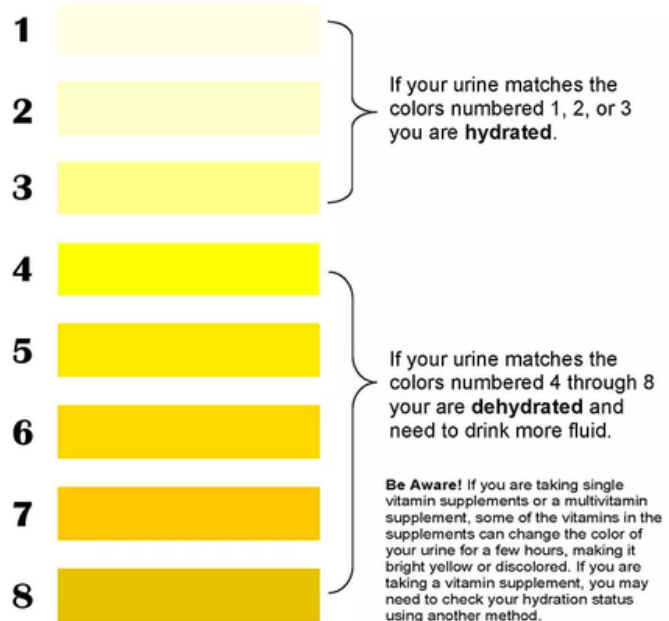
Failing to drink enough water can cause dehydration and adverse symptoms, including fatigue, headache, weakened immunity, and dry skin. It can also cause you to eat more as you can mistake thirst for hunger.

Aim for 2 - 3 lts per day (increased from NHS guidance to account for levels of exercise & activity)
NB - you can include water within your tea, coffee and squash but try to limit the amount of caffeinated drinks



Am I Hydrated? Urine Color Chart

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Your Nose Knows!

While some foods, like asparagus, can cause your urine to smell different, a strong smelling odor can also be a sign of dehydration.

10. ALCOHOL

Swapping a cocktail for a slimline gin and tonic is sure to save you a few calories... but there is more to consider:

Alcohol can change the way your body burns fat. When you drink, your body is more focused on breaking down alcohol rather than burning fat. Also, instead of burning fat, your body is burning the calories from the alcohol, so it can take you longer to lose weight.

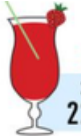
Sometimes the 'night out' is not the biggest culprit but rather the day after. Hangovers are normally when we reach for sugary, salty and fat foods to help us feel better, it is also highly unlikely you will be doing much physical.

But - we want to live right. So.... just be sensible. Like with 'treats' - have a slice of pizza rather than the whole thing, have a bit of chocolate rather than the whole bar.



TOP TIP

Plan ahead - log your night out and the next day in myfitnesspal ahead of time. Give yourself a goal of x amount of drinks (try and avoid shots, cocktails etc) and plan what you are going to eat. Plan the evenings food if you normally like to grab a kebab on the way home from a few drinks, add it in advance, opt for a chicken shish with salad and skip the chips. Hangover day, what can you have that fits in your calorie goal. Fail to prepare, prepare to fail!

 CHAMPAGNE 5 FL OZ 96 CAL. 12.5% ABV	 VODKA (AND FLAVORED VODKA) 1.5 FL OZ 96 CAL. 40% ABV	 GIN 1.5 FL OZ 96 CAL. 40% ABV	 BRANDY 1.5 FL OZ 115 CAL. 40% ABV	 WHITE WINE 5 FL OZ 121 CAL. 12.5% ABV	 RED WINE 5 FL OZ 125 CAL. 14% ABV
 RUM 1.5 FL OZ 97 CAL. 40% ABV	 TEQUILA 1.5 FL OZ 104 CAL. 40% ABV	 SCOTCH 1.5 FL OZ 105 CAL. 40% ABV	 *~CoSmOpOliTaN~* 3.5 FL OZ 211 CAL.	 MARTINI 3.5 FL OZ 215 CAL.	 DAQUIRI 3.5 FL OZ 229 CAL.
 VODKA SODA 8 FL OZ 96 CAL.	 GIN AND TONIC 8 FL OZ 161 CAL.	 MOJITO 3.5 FL OZ 169 CAL.	 RUM AND COKE 8 FL OZ 173 CAL.	 SANGRIA 5 FL OZ 175 CAL.	 MANHATTAN 3.5 FL OZ 200 CAL.

11. NUTRITION TIPS

WHY WEIGH?



Portion Control

Have you weighed your food? Eventually you will get an idea as to how much you should be having as a portion - but it is likely through bad habits that your portion sizes are far bigger than what they should be. Get into a new habit of weighing your food - when you are then tracking your calories you are getting a realistic figure of exactly how much you are consuming. And unless you weigh and track - you are just guessing.

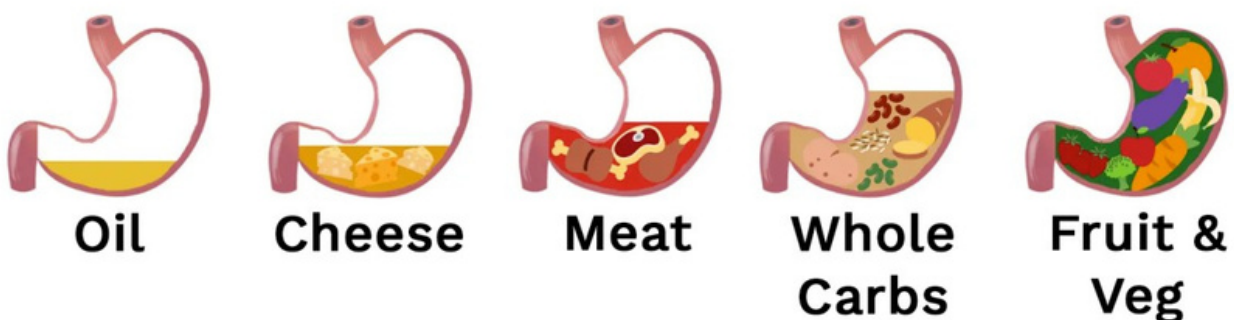


Tip - always check the weight of dry foods v cooked foods i.e. pasta cooked 100g pene pasta cooked = 169 calories 100g pene pasta uncooked = 366 calories

CALORIE DENSITY

A number of fruits and vegetables are very low in calories but high in nutrition. Bulk out your meals with low calorie fruits and veg to help fill you up and give your body the fuel it needs.

Calorie Density: What 500 calories look like in your stomach.



12. DIGESTION

Healthy Poo

We want to aim for a Type 4 poo. A healthy poo should be smooth and soft and generally come out as one piece and leaves little or no mess when you wipe your bottom.



Digestion takes about two to five days, depending on your system. There isn't a set amount of times you should poop, it's different for everyone, if your bowel movements change however you should take note and speak to your doctor.

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Digestion Tips

- Fill up on fibre to help prevent constipation - aim for 30g per day with foods like vegetables, brown rice and beans
- Drink plenty of fluids to aid digestion
- Cut back on greasy and fried foods for a healthy gut
- Beware of gut symptom triggers - some people find certain foods trigger problems, common foods include citrus fruits, fizzy drinks and onions.
- As much as 75% of the world's human population is intolerant to ingested dietary lactose which can cause bloating, diarrhea and gas

DID YOU KNOW

Potassium rich foods are great to include into your diet to help with bloating e.g.:

Bananas, avocado, pistachios

Other things that could help include a warm bath with Epsom salts, a tummy massage, yoga, a gentle walk & peppermint (avoid gum)



13. MEAL PLANNING

I do not make a food plan as everyone enjoys different food. I want to help educate you to give you the power to control what food you eat.

Come away from the idea that toast and cereal is breakfast or a sandwich is lunch. Meals can be whatever you want it to be and in reality. Follow the healthy plate analogy and create a plate using the build a meal guide. There are lots of inspirational recipes in the members area.

Bulk Cooking

Why not Cook in bulk? Double, triple, quadruple your portion sizes for cooking and then refrigerate or freeze. If you are cooking, why not just make a bit more, saving time and effort in the long run. Food will generally last up to 3 days in the fridge and 6 months in the freezer (always check food guidelines). I set aside an afternoon once every month and cook 4 or 5 meals and portion them out. That way I have quick and easy options which I have already added the details into myfitnesspal for so its a simple click of a button to log a meal.

TIP - instead of using plastic containers to store your food in your fridge/freezer - use sandwich bags for wet for and tin foil for things like cottage/fish pie etc - this way you have more room to store

Meal Times - Come away from the idea that you need to eat at specific times. Just because it's midday, does not necessarily mean your body is hungry or needs food.

[TAKE ME TO THE RECIPE PAGE](#)



14. EXERCISE

You do not need to exercise to lose fat

To lose fat you need to be in a calorie deficit - you do not need to exercise to do this. You can help speed up the fat loss process by incorporating exercise. Furthermore, you can achieve a healthier body with exercise and achieve more of a 'toned' appearance by incorporating exercise.

CARIOVASCULAR V RESISTANCE TRAINING

Cardio is beneficial for your health and training your body to use oxygen more efficiently, it raises your heart rate, improving heart and lung health, it helps to improve your exercise indurance and helps to stabilise your insulin and cholesterol.

Resistance training is also very beneficial. It can improve bone density, heart health, energy output, increases muscle mass as well as improving heart function, circulation and more.

Both forms of exercise are beneficial and support each other, therefore where possible both should be incorporated.



BURNING FAT V BURNING CALORIES



Stop focusing on calories burnt for fat loss.

Whilst cardiovascular training will show a higher reading of calories burnt during a single workout, resistance training will promote muscle growth which will mean your body is continuing to burn calories long after the training has finished, furthermore, more muscle normally means a higher BMR, so effectively you burn more calories at rest & your metabolism will stay elevated for longer.

Our bodies use carbohydrates and fat for energy. The more intensely you work out the more your body turns to carbohydrates rather than fat stores. You lose fat through the prescence of oxygen. Our bodies tend to preserve carbohydrate stores for when oxygen is scarce but we really need the energy.

When you work out at 55 to 70% of your maximum heart rate, your body uses more fat stores than carbohydrates.

TARGETING STUBBORN FAT



Also - Tracking devices are an amazing way to track steps & motivate you, but they over estimate calories burned by up to 50%. Different watches will read different results ... just remember they are not gospel.

TONING UP

As you will have seen from the 'How to Tone Up' video - this is not an actual thing. You can't target an area and... tone up your thighs, or your belly. It is the art of building muscle (aka gains) and reducing fat - where the fat comes off first is down to genetics.

HOW TO TONE UP



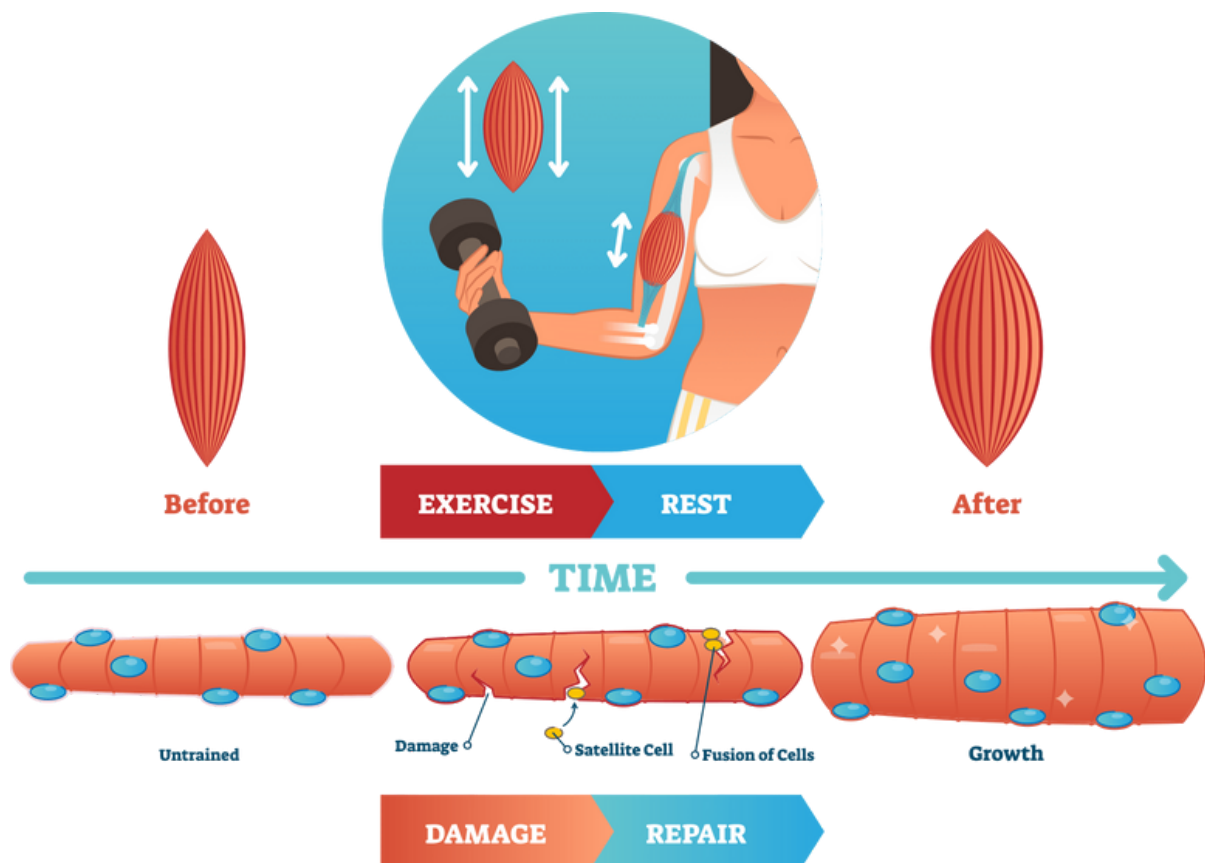
Video link



MUSCLE GROWTH

By incorporating exercise into your diet (calorie deficit) you will help the process of gaining muscle. Gaining muscle means burning more calories at rest, effectively increasing your BMR. It will also mean that once you have reduced your fat percentage, you will see more definition, shape and tone in your body as you have probably grown muscle.

If you are already of a lower body fat percentage and your focus is muscle building, growth, toning up, growing a booty etc there are some things to consider, see my tips for success below:



15. MUSCLE GROWTH



Tips for success

Nutrition

- Your body needs FUEL to operate at its best- Vegetables, lean meats and complex carbohydrates - see healthy plate analogy
- Muscles grow when they recover not when you train - rest is essential
- Muscles need amino acids to recover - sourced from protein

Patience & Consistency

- If it was easy everyone would be walking around with slim waists and peachy bootys
- A 6 week plan is the start, things take time and you need to continue working on your goals, forever. Not meaning you have to kill yourself everyday, but knowing when to work hard, when to relax and how to train & eat is vital for general health as well as fitness goals.
- You have to keep showing up ... never stop looking after you.

Progress

- Take a before and after picture, use a tape measure & clothes to track your progress
- Don't just use scales for progress and don't be frightened of gaining a few pounds - growing muscle means weight (not fat) This is also relevant to fat loss.

When loosing fat, if you are exercising at the same time you may build muscle which is denser than fat. Therefore the scales may not always give you the full picture. Too many times I have been told that people going to slimming world clubs are told not to exercise as it will make them put on weight. Our goal is not weight - I don't want anyones goal to be a number on the scales - I want your goal to be a feeling, a feeling of self-love when you look at yourself, happy with the person you see looking back at you!

Weight/Resistance

It is important to add weight/resistance to help to break down muscle fibres, your body then repairs these fibres which causes the muscle to grow. We want to be aiming to work to a point of failure. This means, that your form begins to fail towards the last reps meaning you have reached your full potential. You then rest and repeat for a set number of reps & sets, this will be set out within the workouts



16. COMPOUND VS ISOLATION

COMPOUND

Compound movements/exercises are a multi joint movement that works several muscles at once. Squats... moves both your hip and knee joints and engages your core, glutes, quads, hamstrings and calf muscles.

Few examples of Compound Lifts

- **Squat**
- **Deadlift**
- **Bench Press**
- **Standing Shoulder Press**
- **Bent Over Row**
- **Clean and Jerks**
- **Pull Ups**

Compound, the foundation of your power

If you're a beginner, then compound exercises can help you build foundations quicker by giving you more for your time and effort you put in. They help you lift heavier loads and build more strength overall.

1. They'll save you time

Exercises like squats, bench press, deadlifts incorporated into your workout, you can do 12-15 reps in 5 sets and you'll still have a great workout covering a vast muscle group area as you've used these multi joint exercises. If you were to hit each muscle group one by one, you would be eating up more time.

2. Super effective

Think, the more muscles you use and engage, the more testosterone your body releases. The more testosterone released the more growth your muscles are capable of gaining. The Squat, the core, legs, glutes, stabilizer muscles, all these muscles engaged to balance the weight and body. Through this process the testosterone being released increases the growth factor in the body.

3. Increase functional fitness

Functional lifts like squats, deadlifts, shoulder pressing are all everyday normal day to day lifts so your everyday performance will improve



ISOLATION

Isolation exercises target one specific muscle group, so think of a dumbbell bicep curl, you are working your bicep muscle

Isolation exercise examples

- **Bicep Curls**
- **Side lateral raises**
- **Cable flys**
- **Dumbbell flys**
- **Leg Extensions**



Isolation, Muscle building accomplice

Isolation exercises still have an important part to play in a muscle building regime. These help to hit certain areas specifically when training them. So why do isolation exercises?

1. Target areas you may of missed

So, think of your bicep muscle, even though its been trained in a rowing, pulling motion exercises like a pull up., it has only been used as a secondary muscle group. where as a bicep curl, this exercise the force is fully focused on the bicep making it a primary target in the movement.

2. Keep you active all over

If you have suffered an injury or a muscle needs rest, then isolation exercises allow you to work on individual muscles while still avoiding the area that is injured or resting.

3. Fixing imbalance

We all have it, one bicep bigger than the other, one leg stronger than the other.. isolation training can help fix the imbalancing and bring that muscle strength, size up to where it should be

JARGON BUSTER

- **Superset** - Two exercises back to back with little or no rest in between
- **DOMs** - Delayed Onset Muscle Soreness
- **RPE** - Rate of Perceived Exhaustion - Rating the difficulty of a workout from 1-10
- **Drop Sets** - Multiple sets of the same exercise, reducing the weight each time with no rest in between
- **1RM** - One Rep Max, maximum amount you could possibly lift for one repetition

17. MYFITNESSPAL



LINKS



Download the App



Add food to the diary



Create and log meals



How to use the barcode scanner

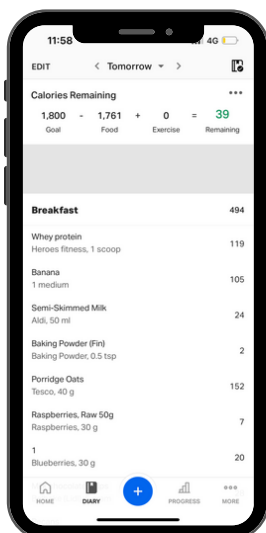


How to customise goals

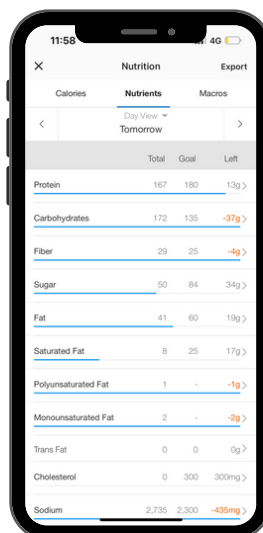
NOTE - MyFitnessPal when linked to fitbit/tracker will allow you a higher calorie target as it will incorporate calories burnt from any activity or exercise. MyFitnessPal will also try to give you calorie and macro goals - please ignore all of this and stick to your calorie and protein goal which I set for you.

With a FREE membership you get:

- ✓ **The easiest to use food diary on the web** - Track what you eat with just a few clicks from anywhere with an internet connection - at home or at work
- ✓ **A searchable food database of over 300,000,000 items** - and it's growing every day!
- ✓ **Your own personal food database** - add your own foods and recipes at any time and access them from anywhere with an internet connection
- ✓ **Free mobile apps for iPhone and Android** - so you can log your meals and exercise even when you are on the go



Log your food



Track your nutrients



Track your macros