

Sally Feinerman

fitness fix

YOUR GETTING STARTED *Session*

GET Firm and Foxy PROGRAMME





GET Firm and Foxy!

12 week online body transformation

Congratulations on taking action! ...A decision we know you won't regret!

We are so glad you have decided to participate in our 12-week Get Firm and Foxy Programme we are confident that your experience will be a positive one and that it will motivate you to pursue a healthy lifestyle in all the aspects of wellness. We encourage you to commit to this "healthy lifestyle change" as you will be amazed at how it will positively impact other areas of your life.

Being healthy and taking care of our bodies is an important part of helping to prevent illness, disease, injuries and make us able to do everyday activities with more ease and enjoyment. It is also important to feel better each day as we allow our bodies to gain energy from being active!

YOUR 'GETTING STARTED' SESSION

For your first session, the 'getting started session' we will be getting you familiarised with your 12-week Programme success tools, as well as doing some goal-setting and practical assessments, including taking your current weight. The Getting Started Session is an important time for you as this is where we give you everything you need to get started in your very first week. By the end of the Getting Started Session you will know exactly what you will need to focus on in your first week to ensure a successful and sustainable fitness and weight-loss journey.

YOUR WEEKLY WEIGH-IN

During your Getting Started Session you will need to weigh yourself. This is an important part of losing weight, as once you've decided to lose weight, holding yourself accountable is essential to achieving weight-loss success. The weekly weigh-in is a way to help you stay on track, and stay motivated. You will do your weigh in each week on a Monday morning.

YOUR WEEKLY DISCUSSION TOPICS AND ADVICE

Each week, you'll receive programme materials that have been developed by experts in the weight loss industry, including Sonja Falvo, International Body Transformation Specialist. We will cover a different weight-loss topic each week that you will then also discuss on our group Facebook page. Each week we will also recommend and provide additional tools for you along the way, including fact sheets, recipes and more.

On our group Facebook page you can share what works and laugh about what doesn't. Our Facebook group is a great place to ask questions – and you can be sure that any question you ask, there will be other members interested to know the answer.

We are here to help you take your life back through our comprehensive programme of education, support and care.

Sally



WHAT CHANGES CAN I EXPECT IN 12 WEEKS?

There are a few factors that can influence the results you will achieve over the course of the programme; these include:

- ✓ Your genetics
- ✓ Your commitment to following the programme
- ✓ Your mindset
- ✓ Taking action

Whilst you can't do anything about your genetics (this will control things, such as your bone structure, where you lose your body fat from first, how quickly you build muscle, etc.), the rest of the factors are totally within your control and will have a big influence on your success.

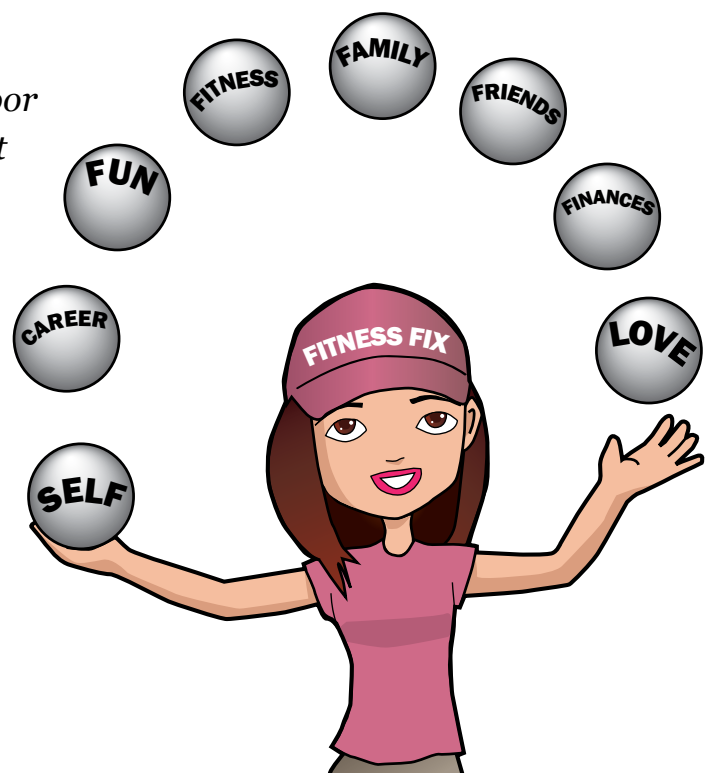
Your starting point will also influence your results. If you are considerably overweight or unfit, then it makes sense that you will lose far more body fat and have more gains in your fitness levels than those of you that are using this programme to shed those last few unwanted kilos that you have been trying to lose on your own or with other programmes for some time.



By closely following the programme you will quickly notice the effects outlined.

These are also great reasons to continue with the skills you learn on this programme as a way of life.

- ✓ *An increase in energy levels*
- ✓ *An increase in self-confidence and self-esteem*
- ✓ *An improvement in body shape; more muscle and less body fat will give you a firmer appearance*
- ✓ *A reduction in cellulite*
- ✓ *An improvement in complexion, stronger nails and shinier hair*
- ✓ *Fewer cravings for sugary foods*
- ✓ *The ability to eat more food (healthy foods) and still lose body fat*
- ✓ *A reduction in lower back pain associated with weak muscles*
- ✓ *An improvement in your posture*
- ✓ *An increase in bone mineral density; reducing the risk of osteoporosis*
- ✓ *An increase in BMR (basal metabolic rate); which means you will burn more calories each day and reduce the risk of fat-gain*
- ✓ *An improvement in glucose metabolism (poor glucose metabolism is associated with adult – onset or type 2 diabetes)*
- ✓ *A reduction in resting blood pressure; less risk of high blood pressure and heart disease*
- ✓ *An improvement in blood lipids; lower cholesterol levels*



GET STARTED 3 STEP CHECKLIST

Step 1 - Getting Started

- ☐ Complete your [personal commitment contract \(Page 6\)](#)
- ☐ [“Enter your getting started date” here](#)
- ☐ Complete your [smart goals \(Page 8\)](#)
- ☐ Complete [learning from past experiences worksheet \(Page 9\)](#)

Step 2 - Nutrition

- ☐ Now go to your [Nutrition Complete Get Started Guide \(Page 11\)](#)

Step 3 - Exercise

- ☐ Complete the Exercise over view and plan your exercise

GETTING STARTED



PERSONAL COMMITMENT CONTRACT

Name: _____ Today's Date: _____

Don't let yourself become just another statistic that merely exists unhappily through life; take your life by the reigns, get excited about where this journey could take you, and think about the endless possibilities that may eventuate for you by just taking this first step. There is something so very powerful about transforming your body and knowing that you are finally in control, which then transcends into every other part of your life to give you a new power – a new kind of belief in yourself that will make you unstoppable!

Stand up now, take a deep breath and say the following sentence in a loud voice:

***'I am in full control of my life and I choose to change my life starting now.
I am stepping out of the old me and stepping into a new, exciting and unstoppable me!'***

As you say this statement out loud, take a step forward. Congratulations on taking your first step! The rest of the journey is now up to you, so you need to make a firm commitment to yourself right here and now that you are really going to give your weight loss programme your complete focus; that you are going to give yourself this opportunity to become more energetic, happier, healthier and slimmer!

Your Personal Commitment Contract:

Starting today, and over the next 12 weeks, I vow to myself that I will follow the guidelines provided by my Weight Loss Consultant; that I will learn and practice the eating and fitness programmes so that I can lose weight and improve my overall health and wellbeing.

My long-term target weight is: _____

My target weight at the end of the 12 weeks is: _____

I hereby affirm that I have set my goals using the Goal Setting Sheet and that I will review my progress at weeks 4 and 8. If need be, I will re-evaluate my strategies for reaching my goals every two weeks throughout the programme.

I agree to keep this contract as a reminder to myself of my commitment to complete my weight loss journey, to achieve my goals and to create new possibilities in my life.

Signed: _____

Print me out and put me where I can be seen!

GETTING STARTED

Learning from Past Experiences

Being aware of the things that have helped you to succeed in the past or that haven't worked for you is important to understand so that you know what to focus on and avoid in the future.

On the hand out, I want you to make a list of all the things you liked/disliked about each diet or programme and what you felt you needed or wanted from them. (If you would like me to review this, please scan and email it to sally@fitnessfix.co.nz)

My SMART Goals

For a goal to be effective it must have the following components:

S – the goal must be **SPECIFIC**

In order for the goal to be effective you need to ensure that you specify how much weight you would like to lose. For example, 10% body fat or three dress sizes.

M – the goal must be **MEASURABLE**

By being specific and using a body fat percentage or dress sizes, you are using a source of measurement by which to track your success.

A – the goal must be **ACHIEVABLE**

Whilst you want to ensure that the goal challenges you to work hard, it must also be something you believe you can achieve; otherwise you will quickly lose motivation if the goal starts to slip out of sight. If your goal is to lose 3 dress sizes and that seems too overwhelming then break it down to one dress size at a time.

R – the goal must be **REALISTIC**

When you are setting your goals, always do a reality check before finalising it. There is no point writing a goal to lose two dress sizes from your waist and only one dress size from bust/chest. Whilst this goal would meet the specific and measurable criteria, it is not realistic as it is impossible to target which areas you will lose your body fat (weight) from; this mostly comes down to genetics.

T – the goal must be **TIME-FRAMED**

A goal without a time frame is just a wish. By putting a time-frame on your goal, you are holding yourself accountable for achieving that goal. You can also set yourself smaller goals to achieve every 4 weeks so that you can check your progress.

MY SMART GOALS

My SMART Goal: _____

Date: _____

SPECIFIC

My Specific Goal:

MEASUREABLE

How will my goal be measured?

How will I know when my goal is accomplished?

ACHIEVABLE

Is my goal a challenge but still possible to achieve?

Actions required to achieve my goal:

REALISTIC / RELEVANT

Is my goal realistic within the resources at hand?

Am I willing to commit to my goal?

Why do I want to reach this goal?

Is my goal relevant to my life purpose and my big picture?

Will achieving this goal help me lead the life that I want to have?

TIME FRAMED

Is my goal trackable?

When will my goal be reached?



LEARNING FROM PAST EXPERIENCES

Name: _____

	Want	Need
Like		
Dislike		

Helpful questions:

- Have you successfully lost weight using a diet or weight loss programme in the past?
 - If yes: what did you enjoy about the programme? Was it the food, the exercise, the structure, the motivation, the support?
 - If no: why do feel this was the case? Was it the food, the exercise, the structure or was there a lack of motivation and support?
- When you think about past diets or programmes, what types of food did you like eating?
- When you think about past diets or programmes, what types of food immediately come to mind that you couldn't stand the thought of or made it be impossible to stick to?
- When you think about past diets and programmes, what excited you the most?
- When you think about past diets and programmes, what put you off the most?
- When you think about activities or exercises you have done in the past, what did you really love or enjoy doing?
- When you think about activities or exercises you have done in the past, what couldn't you stand having to do?
- When you think about past diets and programmes, what motivated you to keep going?
- When you think about past diets and programmes, what de-motivated or made you feel like quitting?
- When you think about past diets and programmes, what support did you have that you felt really worked for you?
- When you think about past diets and programmes, what support did you have that you felt wasn't worthwhile or did not feel like it benefited you?

MAKE SURE YOU ARE YOU READY TO GO!

- ☐ **YES!** *I'm ready to go from average to amazing, in the next 12 weeks*
- ☐ **YES!** *I have got rid of my lousy excuses and any road blocks that might stand in my way*
- ☐ **YES!** *I have joined the group Faceook page - [Click here to join now](#)*

OTHER GREAT RESOURCES

[Calculating BMI](#)

[Girth measurements](#)

[Global obesity](#)

[Micronutrients](#)

[The behavioral change](#)

[Understanding body shapes and types](#)

[The impact of starvation diets](#)

[How different diets work](#)

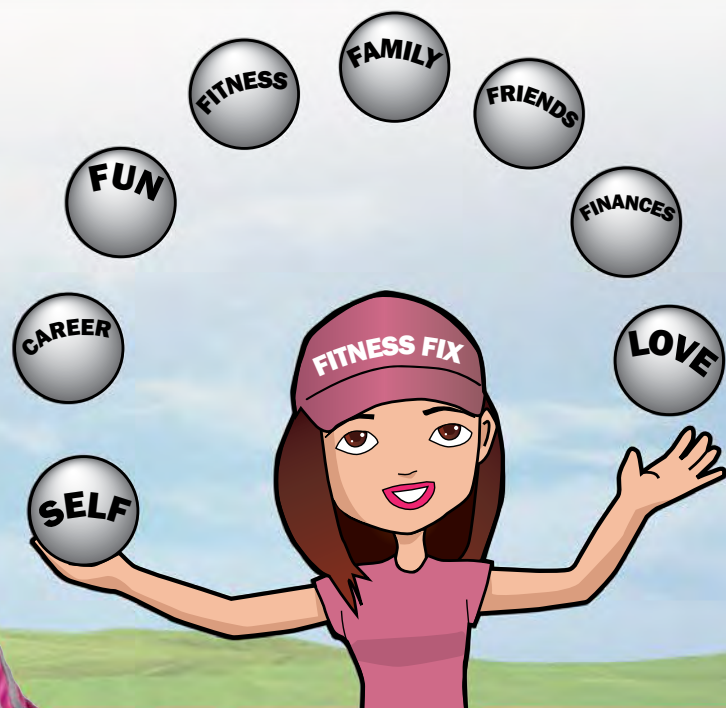


Sally Feinerman

fitness fix

MEAL Planning

GET Firm and Foxy PROGRAMME



When it comes to nutrition and weight-loss, most people have a general idea of what they should be eating, but the confusion often creeps in when you look more closely at what to eat in terms of carbohydrates, proteins and fats, as well as how much of these to eat and how often you should be eating throughout the day. In chapter 2 you will find your 4 x weekly meal planners and shopping lists; the first thing you will notice, particularly if you are used to starving yourself to try to lose weight, is that you have heaps of food to eat and you will be eating six times a day!

Why eat six times a day?

It is recommended that you eat six small meals a day rather than the 'traditional three square meals' we have become used to. This is because in recent years many studies have been carried out on how frequently we should be eating in order to achieve optimal health and maintain a healthy weight range. The number that magically comes up again and again is six times a day.

These varying studies have shown that the benefits of eating six, smaller, well-balanced meals a day rather than three, larger meals a day include:

- *increased metabolism*
- *increased fat loss*
- *increased energy levels*
- *helps control your appetite and reduce cravings*
- *helps stabilise insulin and blood sugar levels*
- *helps prevent over-eating*
- *helps preserve muscle*
- *helps lower cholesterol levels*

As you can see, eating six, smaller, well-balanced meals a day is definitely more beneficial for your overall health, wellbeing and energy levels. However, it can also seem a little daunting when you first begin. Being successful requires that you plan your meals and shopping list for the week ahead so that you know exactly what you will be eating and when, this is why we have prepared the first 4 weeks for you in advance.

The planning and preparation will get quicker and easier every time you do it. You will discover quick and easy meals on your planner that can be prepared in less than five minutes, favourite recipes or meals that you enjoy eating and may want to substitute for other meals or go back and use previous weeks' planners.

Here are some other suggestions to help make eating six times a day easier for you.

- *Cook double quantities at night for dinner and use what is left over for lunch the next day.*

- Keep some 'back-up supplies' in the car, in your bag, and in the office fridge for times when you might get caught out away
- from your 'planned meals'. These could include cottage cheese and rice cake thins, or tinned tuna in spring-water and cracker bread for the office or even some meal replacements to keep in the car or your bag.
- Pick a day of the week, for example on a Sunday, where you can pre-prepare some of your meals for the week ahead, and cook meals that can be stored or frozen.
- If you want to start putting together your own meal plans, then try to plan your weekly meals at the same time and day every week. This helps create a habit you will be more likely to stick to.
- You should be aiming to eat every two-and-a-half to three hours; try to stick to the same meal times every day so you get into a routine and will be less likely to accidentally forget a meal.
- Set a reminder on your mobile phone and/or computer every two-and-a-half to three hours to remind you to eat.

Your weekly cheat meal: having your cake and eating it too!

If you have a sweet tooth, you may want to indulge in your favourite sweets or desserts once a week. If you have a savoury tooth, perhaps you may feel like a pizza or a huge sizzling steak. Once a week you can replace one meal with a 'cheat meal' to indulge a little.

There are two reasons for the Cheat Meal. Firstly, if you have a craving for a particular food, you are less likely to give in to temptation if you know that in only a few days you can eat it (or if you do give in to your craving you can simply re-schedule your Cheat Meal to that day)!

Secondly it helps gives your metabolism a bit of a weekly boost by having to work a bit harder to digest those extra calories. Make sure you only have one Cheat Meal each week as any more than this and you lose the metabolic advantage it is designed for. Also, make sure that you never have two Cheat Meals back to back, for example, Sunday at the end of week 1 and Monday at the beginning of week 2.

It is up to you how you want to use your Cheat Meal; the same day each week, a different day each week, or not at all! You can choose whichever way suits you best every week as you go through the programme. The choice is yours.

Following your meal planners

We have loaded 4 weekly meal plans on line for you. The meals can be interchanged, so if there is a particular lunch you really like, feel free to have it more often. To make sure it is in a similar calorie and nutritional range, each recipe has the full breakdown of the calories, carbohydrates, protein and fat.

Each week you can print off your weekly shopping list on line and there is also a quick meal ideas guide on page 16 with quick and easy meal options that you can use to replace any of the recipes in your meal planners if you are in a hurry or just feel like something different. Flexibility is the key to success and we want to make sure you stick to your 4 week meal planners so you will achieve your healthy lifestyle goals!

Food swapping

The recipes in your 4 week meal planners are designed to give you a variety of foods and options. Because of this the shopping lists may show a variety of similar ingredients to purchase for each week, for example, 2 slices gluten free bread and 3 slices wholegrain bread, or 100g almonds, 30g cashews and 50g walnuts; if you prefer to cut down on the variety and replace one ingredient with another of similar nutritional value, that's ok. So in the previous examples I just gave, you may choose to purchase 5 slices wholegrain bread and 180g almonds.

The shopping lists are also listed in 'exact' quantities required for the recipes each week, so if you see '2.5 eating apples, medium' we don't expect you to purchase half an apple, but you may have half an apple already left over so this way you know you only need to purchase 2.

Other items that can be interchanged are things like fresh herbs for dried herbs, minced garlic for fresh garlic etc. Fresh is always best, but we realise that convenience also plays a big part in following your meal plans.

Compliance = Results

Another important factor in achieving your results is how 'compliant' you are to following your meal planners, because it's one thing to plan but the results are in the doing!

Below is a compliance chart for you to fill out each week that will give you a % score; your ultimate goal is of course 100%. If you think you are going to struggle with 100%, set yourself a goal (I would not recommend going below 80%) and aim to achieve this each week.

To fill out your Weekly Food Compliance Chart, put a number 1 in each box if you had the exact meal you were meant to have on your planner. If you skipped a meal put a X in the box and if you ate something other than what you were meant to (unless it was exchanged with an equivalent recipe from this programme), put a 0 in the box.

At the end of each day add up your daily score and at the end of the week, add up your total daily score and calculate your % of compliance.

WEEKLY MEAL COMPLIANCE PLANNER

COMPLIANCE = RESULTS

Another important factor in achieving your results is how 'compliant' you are to following your meal planners, because it's one thing to plan but the results are in the doing!

Below is the compliance chart for you to fill out each week that will give you a % score; your ultimate goal is of course 100%. If you think you are going to struggle with 100%, set yourself a goal (I would not recommend going below 80%) and aim to achieve this each week.

To fill out your weekly food compliance chart, put a number 1 in each box if you had the exact meal you were meant to have on your planner. If you skipped a meal put a x in the box and if you ate something other than what you were meant to (unless it was exchanged with an equivalent recipe from this programme), put a 0 in the box.

At the end of each day add up your daily score and at the end of the week, add up your total daily score and calculate your % of compliance.

MY GOAL THIS WEEK FOR MY WEEKLY COMPLIANCE PERCENTAGE IS:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	WEEK 6	DAILY %
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

QUICK MEAL IDEAS YOU CAN MAKE IN MINUTES

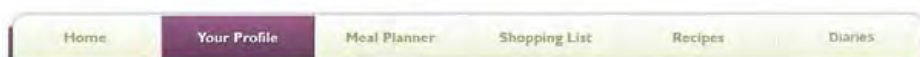
	Meal Time	Meal Details
Day 1	Breakfast	2 egg whites and 1 whole egg prepared any way you like and 1 medium sliced tomato on a slice of grainy toast.
	Snack 1	100g low-fat cottage cheese topped with 1 cup of fruit salad and 1Tbsp slivered almonds.
	Lunch	Chicken Salad: 100g grilled chicken with salad of choice. Drizzle with olive oil and vinegar. Plus 1 medium piece of fruit or small bread roll.
	Snack 2	100g fat-free natural or Greek yogurt mixed with 20g vanilla whey protein powder and topped with 30g raw nuts of choice.
	Dinner	Oily Fish: 100g grilled salmon steak or tuna steak with vegetables of choice and 1 cup brown rice.
	Snack 3	100g low-fat cottage cheese mixed with 200mls low-fat berry yogurt.
Day 2	Breakfast	1 slice rye bread topped with 50g Philadelphia extra light cream cheese and 50g smoked salmon.
	Snack 1	100g lean turkey slices on 4 Wholegrain Vita-Weat Crackers.
	Lunch	Pita bread: fill with choice of salad and 100g lean ham slices.
	Snack 2	100g low-fat cottage cheese topped with 1 cup of fruit salad and 1Tbsp slivered almonds.
	Dinner	Lamb: 100g lean lamb, grilled and served with salad of choice and 1 medium baked potato.
	Snack 3	100g fat-free natural or Greek yogurt mixed with 20g vanilla whey protein powder and topped with 1 cup of mixed berries.
Day 3	Breakfast	1 wholemeal English muffin topped with 50g lean ham and a poached egg. Optional: spread muffin with avocado or mustard.
	Snack 1	100g fat-free natural or Greek yogurt mixed with 20g vanilla whey protein powder and topped with 1 cup of mixed berries.
	Lunch	Antipasto: 20g each chicken, ham and turkey slices, 20g low-fat cheese of choice, a handful of olives and salad of choice. Plus 1 medium piece of fruit or small bread roll.
	Snack 2	100g lean chicken slices on 3 thin rice cakes with 1 medium sliced tomato.
	Dinner	Stir Fry: 120g skinless chicken breast stir fried with your choice of vegetables and 1 cup of noodles
	Snack 3	1 slice wholemeal toast with 100g low-fat cottage cheese (cracked pepper on top for savoury or a drizzle of honey for sweet)

QUICK MEAL IDEAS YOU CAN MAKE IN MINUTES

	Meal Time	Meal Details
Day 4	Breakfast	2 egg whites and 1 whole egg prepared any way you like and a handful of mushrooms on 1 slice grainy toast.
	Snack 1	100g lean chicken slices on 1 slice whole grain toast.
	Lunch	Rice Cakes: 3 thin rice cakes topped with 50g Philadelphia extra light cream cheese, 50g smoked salmon and sprinkle of capers.
	Snack 2	100g fat-free natural or Greek yogurt mixed with 20g vanilla whey protein powder and topped with 1 cup of mixed berries.
	Dinner	Grill: 100g grilled skinless turkey breast with steamed vegetables of choice and 1 small cob of corn.
	Snack 3	100g low-fat cottage cheese, top with 1 medium sliced banana and a small drizzle of honey or pure Canadian maple syrup.
Day 5	Breakfast	1 slice rye bread, 50g Philadelphia extra light cream cheese and 50g smoked salmon.
	Snack 1	100g fat-free natural or Greek yogurt mixed with 20g vanilla whey protein powder and topped with 30g raw nuts of choice.
	Lunch	Grainy Roll: 1 small grainy bread roll filled with salad of choice and 90g tuna in spring water.
	Snack 2	100g Philadelphia extra light cream cheese and pickles on 1 slice whole grain toast or 4 Vita-Weat Crackers.
	Dinner	Pasta: 40g dry-weight pasta topped with tomato based Bolognese sauce using 100g extra lean beef mince.
Day 6	Breakfast	1 wholemeal English muffin topped with 50g lean ham and a poached egg. Optional: spread muffin with avocado or mustard.
	Snack 1	3 thin rice cakes topped with a spread of avocado and 80g smoked salmon.
	Lunch	Beef Salad: 100g cooked beef strips with salad of choice. Drizzle with olive oil and vinegar. Plus 1 medium piece of fruit or small bread roll.
	Snack 2	100g low-fat cottage cheese topped with 1 cup of fruit salad and 1Tbsp slivered almonds.
	Dinner	White Fish: 120g white fish fillet served with vegetables of choice and 1 small grainy bread roll.
	Snack 3	100g low-fat cottage cheese mixed with 200mls low-fat berry yogurt.

PROGRAMME TOOLS

- 1 - Please refer to the email you received with your log in details for Nutrition Complete. [Click here to connect now](#). If you haven't received your log in details yet, then please email admin@fitnessfix.co.nz
- 2 - On day 1 and then at the start of each week after that you will weigh & measure yourself and add your updated results into Nutrition complete.



Go to your profile, and from the profile navigation select “my progress profile” I suggest you weigh yourself first thing in the morning to get the most accurate and consistent results.

- 3 - Each week you will receive an email with a weekly recording & worksheet to complete. These weekly recordings are around 15- 20 minutes in duration.
- 4 - Nutrition Complete user's manual – [download here](#)
- 5 - Click here to view the nutrition complete videos
How to set up your dietary profiles [download here](#)
How to navigate the meal planner [download here](#)
How to print your shopping list [download here](#)
How to search and print recipes [download here](#)
How to add your own recipes [download here](#)
How to update and monitor your results [download here](#)
- 6 - Clean Lean Protein is a 100% vegetable protein isolate made from European Golden Peas. It has the highest protein content of any vegetable protein, is very low in fat and comes all the way from Belgium. It has the advantage of being alkaline and is ideal for everyone; from your kids to athletes. Clean Lean Protein is the ideal every day protein supplement free from dairy, whey, gluten, soy & GMOs. I personally endorse this product and use it everyday to add a high quality protein into my diet. Clean lean protein order details - [download here](#)
- 7 - This handy chart will ensure that you don't overdo your portion Sizes - [download here](#)

GET STARTED 3 STEP CHECKLIST

Step 1 - Getting Started

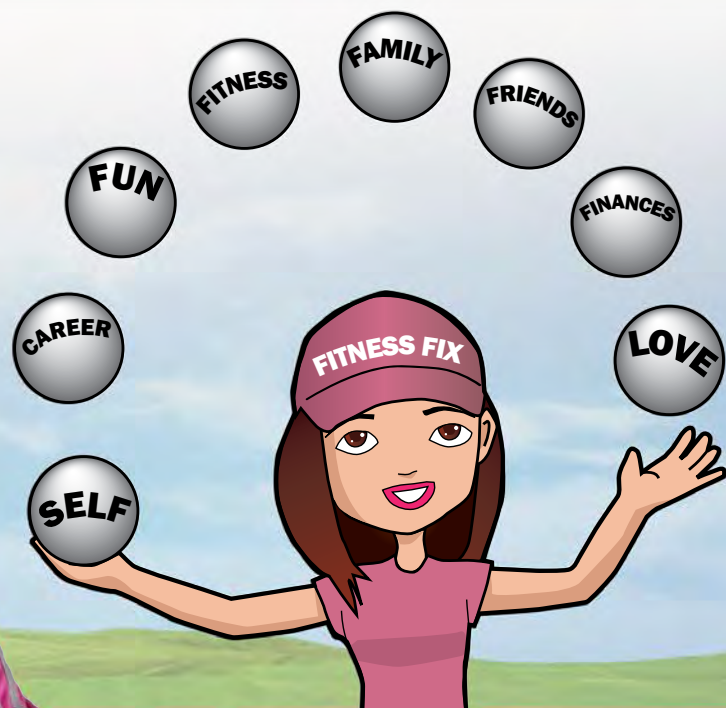
- ☐ *I have filled out my Nutrition Complete user profile*
- ☐ *I have watched the tutorial to create meal plans and print recipes*
- ☐ *I have watched the tutorial to print my weekly shopping lists*
- ☐ *I have watched the tutorial to learn how to track my progress each week*
- ☐ *I have been grocery shopping to prepare myself for the first week*
- ☐ *I have taken my before photo and I have uploaded it to my nutrition complete page so I can remind myself of where I started*

Sally Feinerman

fitness fix

Exercise

GET Firm and Foxy PROGRAMME



EXERCISE – ONE THING THAT CAN MAKE THE DIFFERENCE

Being consistent is the one thing that can make all the difference in terms of fitness and weight loss results. So in this next 12 weeks remember that consistency is key.

When you set a goal and then be consistent with your actions this leads to the realisation of that goal. This in turn gives you a feeling of control over your future and your ability to decide how you wish that to look like.

Once you have decided on the exercise you want to engage in, creating consistency means being realistic about how much time you need to devote to your regular exercise regimen.

Creating a workout schedule and writing it down will help to solidify your commitment to your exercise plan, and allow you to see your progress. I highly recommend that you fill out your exercise plan during the weekend so that you are all prepared for the upcoming week.

Sticking to a regular exercise plan will help you feel revived both physically and mentally. When you exercise with consistency, your muscles will develop gradually and your mind will experience reduced levels of stress and greater relaxation.

Learn to be consistent and realistic with your time. If you are struggling to find 30 minutes to fit your exercise in then find ways to chunk it down.

For example you could do 3 x 10 minute bursts of exercise throughout the day. Or if you take your car to work why not park 10 – 15 minutes from the office and walk briskly from the car to the office. Doing this means that you still have the opportunity to be more active on a day that you normally wouldn't be.

EXERCISE PLAN – CARDIO WORKOUTS

The cardio part of the programme is based on interval training and is recommended to be done at least three times per week.

You should gradually increase your activity levels and always consider your fitness levels. In other words, you should not start out with too aggressive routine to avoid adverse effects. Or as I like to say it is good to “make haste slowly”

If you are looking for ways to shorten your workout then step up the intensity & you’ll burn the same number of calories or more in less time. If you ride, run, row or walk, try ramping things up to rev your burn.

WARM UP

Make sure that you start each cardio session with a warm up for 5 minutes. This can be any activity such as a slow jog, easy row or bike as long as it is well below the intensity that you will do in the class.

INTERVALS

Make sure that you do the cardio exercise you enjoy doing the most.

Choose from the following:

- A. Follow the 30 minute at home audio.... [Click here to download](#)
- B. Follow the real body 22 minute fat burner... [Click here to download](#)
- C. Or do your favourite form of cardio exercise such as walking, running, cycling, rowing, using the cross trainer, rebounder, dancing or doing your favourite cardio class at the gym... just move it!
- D. [Click here to join the Free walking group](#)

COOL DOWN

If you have been following the interval workouts then finish with a 5 minute brisk walk to cool down and then follow the Stretch exercises in this book.

If you have been doing your own cardio workout then finish this with doing the same exercise at a reduced rate for the last 5 minutes. For example finish your 30 minute run with a 5 minute slow jog and then do the stretches in this book.

EXERCISE PLAN – CARDIO WORKOUTS

EXERCISE PLAN – STRENGTH TRAINING

[Download the strength training planner](#) Slaving away inside your body — right this minute — is your very own personal trainer working tirelessly to help you burn calories and shed fat.

It's called your metabolism, and it's the sum of everything your body does. Each time you eat enzymes in your body's cells break down the food and turn it into energy that keeps your heart beating, your mind thinking, and your legs churning during a gruelling workout.

The faster your metabolism runs the more calories you burn. The more you burn, the easier it is to drop kilos. And get this — you can make your metabolism work harder, a lot harder, 24 hours a day.

Take it slow: This isn't easy, but when you strength train, count to 3 as you lower the weight back to the start position. Slowing things down increases the breakdown of muscle tissue — yeah, it sounds bad, but all that damage you're incurring is actually a good thing.

The repair process pumps up your metabolism for as long as 72 hours after your session, but pass on those featherweight dumbbells — you need to use weights that are heavy enough that you struggle to complete the final few reps.

Adults who do not strength train lose between 2.2kg and 3.2kg of muscle every decade. The good news is that strength training helps to maintain our muscle mass and strength as we age. And because regular strength training prevents muscle loss, it also prevents the accompanying decrease in resting metabolic rate.

If you plan to include strength training as part of your 12 week programme then please download the strength training PDF sent to you in the getting started email.

Don't fall into this exercise trap...

I think the thing that is really interesting to understand when we start exercising, and is something you need to watch out for, is the justification mentality that we find ourselves in ... quite often when we start exercising we actually give ourselves more excuses to have more treats, or to not watch what we eat as much, you know, that little voice that tells you it's ok to have a few Tim Tams, or the piece of chocolate cake because you trained hard today.

So whilst exercise certainly has many benefits, from improving your health, to keeping yourself fit and strong, when it comes to losing weight what you eat and how often you eat actually makes up around 70-80% of your results.

TIPS TO ACTUALLY ENJOY EXERCISING

Is staying in shape always something that gets bumped to the bottom of your list? I know many people that complain about not having enough time to exercise. I think they are lying to themselves. The real problem is that they hate exercising, so it will never be a priority.

Here are some tips to make exercise something you actually want to do:

Make it a Habit – Remove the thinking element. If you can make exercise a habit, then it becomes that much easier to go.

Get a Partner – Get someone else to go to the gym with you. Pick someone who is committed to their health. Not only can you socialize with someone while you're there, but you'll have a backup in case your motivation alone isn't enough to drag yourself out there.

Tune Your Challenge Level – Your goal is to set a workout routine that is challenging, but not overwhelming. Challenge is key to enjoyment.

Set Goals – Not weight-loss or muscle gain goals, but fitness goals. Set goals to beat your past records in distance ran, push-ups or chin-ups you can do, weight you can lift or degree you can stretch. Fitness goals make the gym a game where you strive to beat your previous high-score.

Get Past Your Comfort Zone – So what if you aren't the most svelte or muscular person in the gym? Self-consciousness can be a big obstacle to enjoying your workout. The key is to get used to it. When you continue to show up, you'll pay less attention to the people around you and more to your workout.

Experiment – Don't stick with the same routine. Mix it up and try different activities. There are many different exercise routines you can follow or activities to try. If you don't like lifting weights or running, try sports, martial arts or dancing. Assuming that exercise needs to be pumping iron or jogging may limit you from finding something you would truly enjoy.

Music – This shouldn't come as a surprise, but music can enhance a workout. I find running almost twice as enjoyable with music as without it.

Short Workouts – Just go for twenty or thirty minutes. Shorter workouts can be better than longer ones if the intensity is higher and you become more focused as a result.

TIPS TO ACTUALLY ENJOY EXERCISING

Reward Showing Up, Not Weight Loss - Some people have gotten the idea that they should reward themselves for losing weight or gaining muscle. I disagree. Instead, I think you should reward showing up to the gym and exercising regularly. There are many ways you can lose or gain weight in unhealthy fashions. Rewarding exercise is rewarding your commitment to health.

Make Exercise Your Stress Relief - I know many people that swear by using the gym to relieve stress. Some of them will head to the gym because of a frustrating day even if it isn't on their schedule. Exercising can be cathartic and release negative feelings if you get used to using it that way. Then instead of avoiding the gym because of a stressful day, it will be your reason to go.

Record Improvements – Again I recommend recording fitness over body improvements. Recording weight loss or muscle gain is a good idea, but because of the way your metabolism functions it becomes increasingly harder to make weight changes as you go to the gym more regularly. But fitness improvements can, if you work on it, continue to rise. Keep a record of your strength, endurance and flexibility so you can get pride in your accomplishments.

Make Time – You can't say you don't have time to exercise. Exercise improves your energy levels and mood which makes you more productive than any time lost. Find your forty minutes somewhere in the day and make it a commitment. Get up a bit earlier and go in the morning. Or schedule it right after work before you settle down for the day. Once you make time and make it a habit, you'll actually want to exercise instead of just feeling you should.

EXAMPLE WEEKLY FITNESS ROUTINE

MONDAY	30 minute at home cardio workout (cardio) <input type="checkbox"/> YES <input type="checkbox"/> NO
TUESDAY	Walk with friend 45 minutes on hills (cardio) <input type="checkbox"/> YES <input type="checkbox"/> NO
WEDNESDAY	Strength Training Session (Strength) <input type="checkbox"/> YES <input type="checkbox"/> NO
THURSDAY	22 minute fat-burner workout (cardio) <input type="checkbox"/> YES <input type="checkbox"/> NO
FRIDAY	Strength Training Session (Strength) <input type="checkbox"/> YES <input type="checkbox"/> NO
SATURDAY	Day OFF <input type="checkbox"/> YES <input type="checkbox"/> NO
SUNDAY	30 minute at home cardio workout (cardio) <input type="checkbox"/> YES <input type="checkbox"/> NO

DON'T FORGET TO CARRY YOUR WATER BOTTLE & SIP LOTS!

FITNESS FIX AT HOME WORKOUT

This workout has been designed to do at home, in the backyard, or at the playground.

If you do this work out on a regular basis you may want to switch up the exercises to suit. For example you could change skipping for running up and down the stairs.

This session is called a Tabata session. This is one of the most effective ways to do high intensity interval training, it's also the most intense & surprisingly it's the shortest in duration, it is only 4 minutes on each station... but those 4 minutes bursts produce remarkable effects.

If you are just starting out then gradually build up the intensity. If you have a good level of fitness then the more intense you workout the better the results will be.

On page 30 -41 of this guide we step you through the equipment that you need and a demonstration of each exercise.

You will then be all ready to go with everything you need to do your very own at home workout!



FITNESS FIX AT HOME WORKOUT

EQUIPMENT:

If you have a plate or set of dumbbells you can use this for your squats. You need a skipping rope for the skipping station, although you can improvise & skip without a rope.

PREPARATION:

Set yourself up prior to the start of the workout so that you flow from one exercise to the next. You may choose to do the workout in doors, or in the backyard or at the play ground.

WARM UP:

Warm up for 3 – 5 min such as a brisk walk or light jog.

TABATA SESSION:

Consists of 6 x 4 minute rounds – 24 minutes total

WARM DOWN:

Cool down for 3 – 5 minutes with a brisk walk & a stretch.

OTHER EXERCISES:

Replace any of the exercises with a bike, cross trainer, rebounder, or do stair running instead of skipping or step ups instead of squats.

TOTAL TIME:

30 minutes including a warm up and cool down

BREAKS:

You may need to pause the audio to allow enough time to set up at your next station and stop for a quick drink break.

MONITOR:

Modify the workout as needed and avoid any exercises that cause pain. See your doctor if you have any medical conditions, illnesses or injuries.



STATION ONE ~ PUSHUPS ON KNEES



1. *Walk the arms out so that they are perpendicular to the shoulder. Extend the upper body in a straight line from the knees up.*



2. *Lower the upper body to the ground so that the chest is touching the ground or exercise mat. Squeeze the glutes while lowering the body to control the movement. Make sure the core is locked on.*



3. *Raise the body back to the starting position by pushing up with the arms*

STATION ONE ~ FULL PUSHUPS



1. *Position hands slightly wider than shoulders, hands should be straight below shoulders. Lift head to keep it aligned with your neck, lock on core and tighten your butt muscles.*



2. *Lower yourself only as much as you are able to while maintaining your form & ensuring you can get back up. Maintain entire body in set-up position while you bend your elbows to lower yourself.*



3. *Lock in lower back & be careful not to let it sag. Lift yourself back up.*



4. *Finish in the same position as the starting position*

STATION TWO ~ SHUTTLE RUNS



1. *Either use a set of cones or simply run between 2 fixed points approx 20 m apart.*



2. *Turn and repeat as many laps as you can in the 20 seconds.*



3. *Walk or slowly jog it out for the 10 second rest. If you are just getting started it is fine to power walk rather than running.*

STATION THREE ~ SQUATS WITH WEIGHTS



1. *Stand with feet hip width apart. Hold a 10kg plate in front of your body or 2 x dumbbells just outside the thighs*



2. *Bend the knees and lower into a squat. Stop when your knees are 90-degree angles or before you lose the natural arch of your back. At the bottom of the movement, make sure you take your hips back, as though you're about to sit in a chair. Don't let your knees go beyond your toes.*



3. *Slowly stand back up without locking the knees & keeping your glutes and torso strong.*

STATION THREE ~ SQUATS WITHOUT WEIGHTS



1. Stand with feet hip width apart.



2. Cross your arms in front of your chest. Bend the knees and lower into a squat. Stop when your knees are 90-degree angles or before you lose the natural arch of your back. At the bottom of the movement, make sure you take your hips back, as though you're about to sit in a chair. Don't let your knees go beyond your toes.



3. Slowly stand back up without locking the knees & keeping your glutes and torso strong.

STATION FOUR ~ SKIPPING



1. *When skipping don't lean forward or skip too slowly. Both of these result in the rope being caught by your feet.*



2. *Keep your back straight, and for beginners jump two footed with your feet just above the ground*



3. *Alternating feet when jumping is easy to learn, aim to jump a few times on one foot, then try the other foot*

STATION FIVE ~ TRICEP DIPS



1. *Sit on a chair or bench & place hands next to hips, Take hips forward so they are just in front of the bench.*



2. *Bend elbows & lower down.*



3. *Lower down until elbows are about 90 degrees. Squeeze triceps to push back up*

STATION SIX ~ BURPEES – WALL ASSISTED



1. *Start in the standing position with feet about hip width apart.*



2. *With your knees bent and your core locked on, place your hands on the wall in front of you (or a box).*



3. *Jump your feet back keeping your back parallel to the ground and keeping your core locked on*

STATION SIX ~ BURPEES – WALL ASSISTED



4. *Jump your feet back in.*



5. *And land back in the squat position.*



6. *Finish the burpee by jumping as high off the ground as you can. Use the wall to help push you back up.*

STATION SIX ~ BURPEES – UNASSISTED



1. *Start in the standing position with feet about hip width apart.*



2. *Go down into the squat position with hands on the floor in front of you.*



3. *Kick your feet back to a push up position.*

STATION SIX ~ BURPEES – UNASSISTED



4. *Immediately return your feet to the squat position.*



5. *Leap up...*



6. *...as high as you can from the squat position*

EXERCISE BENEFITS

PUSH UPS:

Push-ups are one of the most effective exercises for improving total body fitness. While they will help sculpt your chest and shoulders, they will also work your abdominals, the upper back, and the core muscles of the spine. With this in mind push ups can do a lot for your mid-section and posture also.

SHUTTLE RUNS:

Shuttle runs add more intensity as they have a sudden change in direction. So they are also great for balance, power and coordination. Sprinting will help to activate your bulkier, shapely fast twitch muscle fibres. These fast twitch muscle fibres lie dormant when you do slow-paced cardio sessions (hint run as fast as you can in your 20 seconds).

SQUATS:

Performing squats will help you tone up your lower body. A body weight squat will help to keep your legs and glutes nice and firm. If you want to increase the intensity you can hold the squat at the bottom for your 10 second rest... this is sure to create some serious thigh burn.

SKIPPING:

The osteoporosis society recommends 2 to 5 minutes of skipping per day. Skipping increases levels of calcium, thus helping to prevent osteoporosis. And of course skipping is great for cardio fitness, co-ordination and rhythm. But most importantly it is a serious laugh and will make you feel like a kid again.

TRICEP DIPS:

Having strong triceps will help you with lots of other arm exercises. And of course we want to balance out the arms, so we will work the biceps doing push-ups. They help to tone up the saggy, baggy arm look & best of all they look nice once you start to see the definition.

BURPEES:

The burpee is the ultimate full body exercise. Just one simple movement tests both your strength and aerobic capacities. Because you're using your full body when doing burpees and because they are such an intense workout, the burpee is one of the best exercises to burn fat. So if you are looking to get rid of that excess weight, then burpees are going to help you get there.

GET STRETCHING

One of the best ways to keep your body flexible and reduce the chance of injury is to stretch.

HERE'S SOME TIPS FOR YOU:

- **Avoid stretching to the point of pain** – take each stretch to the point of some tension, hold, then release. The more often you do them, the more flexible you will become
- **BREATHE NORMALLY while stretching** – avoid holding your breath
- **AVOID BOUNCING when you stretch** – take it slow and steady and relax into each movement
- **Pay special attention** to **LARGER MUSCLE GROUPS** or those that you are about to work hard

For more information on how to prevent sports injuries, visit acc.co.nz or activesmart.co.nz



1. SHORT AND LONG CALF

- *Keeping front leg straight, place ball of the foot against a wall, with heel on the ground*
- *With an upright torso and hands on wall, push hips forward to feel stretch along the entire calf*
- *Hold for 30-60 seconds, rest, repeat each side*



2. ADDUCTOR / HAMSTRING

- *Sit on the ground, legs apart and flat on the ground, lean forward with a straight back*
- *Hold for 30-60 seconds, rest, repeat*



GET STRETCHING



3. HIP FLEXOR / QUAD

- *Kneel on ground with front knee at 90°*
- *Back straight, chest out, pushing forward*
- *Hold for 30-60 seconds, rest, repeat each side*



4. CHEST

- *Stand side on to wall, closest leg forward*
- *Place forearm on wall, elbow at 90° and at / slightly above line of the shoulder*
- *Turn upper body away from wall*
- *Hold for 30-60 seconds, rest, repeat each side*



5. LOWER BACK

- *Lie on the floor with arm stretched out, palm downward. Raise one leg to 90°, cross over the other and use your other hand to stabilise the leg*
- *Movement to the side should be comfortable and not cause lower back pain or discomfort*
- *Hold for 30-60 seconds, rest, repeat each side*



6. LATS STATIC

- *Stand with feet outside shoulder width and slightly bent knees*
- *Lean forward with a flat back, place hands against wall and head facing downwards*
- *Hold for 30-60 seconds, rest, repeat*