

HTL5

AN E-GUIDE ON HOW TO LOSE YOUR FIRST 5 KGS AND KEEP IT OFF!

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HOW TO **LOSE YOUR**
FIRST 5 KGS &
KEEP IT OFF!



**BODY
FITNESS**



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BODY**



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Vision

What is this guide?

This is your step-by-step guide to losing your first five kilograms, and beginning to feel exactly you should feel. This will build you up to being the person you really want to be, someone confident in not only their own skin, but someone who knows what needs to be done and gets out there and does it. There is no time like the present to get started, and no reason why success shouldn't be yours, so let us show you the way.

How do we know this?

This is the culmination of years of work at 4 U Body Fitness. We have put together a number of our e-books, along with some new content, to give you the best information to help you lose your first five kilos. HTL5 will discuss motivation, nutrition, exercise and keeping on track to successfully change your life for the better!

Why is it important?

Why isn't losing your first five kilos important?! There are many ways to get this done, and we have put together the things we have found successful with our clients. You could search the internet for hours and find hundreds, thousands, even millions of different ways to lose a few kilos, so we've put it all together to save you some time. The reason why you want to lose five kilos is your own reason, and that should be important to you, so this guide is here to help you along the way to realising that and getting done what needs to be done.

How to use it?

The first step would be to create a clear image of what you want to achieve. From here go back to the contents page above, and have a think of the areas you need to improve. There is a lot of information presented to give you the best knowledge available, and you should use it to fill the gaps in your own knowledge. In particular, the recipe book section will help with your nutrition planning, and the action plan is the best tool we have to lay your goals out and build to them in a step-by-step manner.

As they say, there is no time like the now to get started. So, by implementing the tools presented here, you will be well along the way in your quest to success.

Motivation

So, I was thinking, what could we open HTL5 with?? I was still trying to work out if I could even make this happen... What is the hardest aspect of achieving your goals, of course it is motivation!

You always hear about how to lose 5 kilograms in a week, and drink this crazy high tech shake with BCAA's and protein, and amino acids, and blah blah blah! Well we all know the biggest "secret" to weight loss is to sort out your food and start exercising regularly. I know some of my personal training mates are going to kill me for giving away that secret!! The real key behind it all is motivation, the motivation to keep pushing forward and harder to achieve those goals that may seem so far away. (This is where we come in but I'll talk about that later). So here are my steps to getting you super motivated so that you can achieve anything you want to do, in regards to health and fitness!

Step 1 – Be SMART

Hire an awesome 4 U body Fitness Personal trainer!

I warned you before that there would be a plug! But seriously step 1 is to work out exactly what you want to achieve! Find that end point, that deep down desired result. From here you need to set SMART goals.

Specific – This means describe in detail what you want to look like, e.g. I want to be 56kgs, size 8 with smaller thighs, bum and stomach. Or for the boys I want 6 pack abs be able to fit into a medium t-shirt and I want bigger biceps (at least another inch in circumference). Vague goals like being skinny or more toned aren't specific enough.

Measurable – So if you have an "I just want to get fit" goal, make it measurable. To measure my fitness at the moment I may be able to run 1km without stopping, and in fact when I achieve my goal I want to not just get fitter but be able to run 5km without stopping in under 30minutes. Putting numbers on your goal allows you to track your progress over time to stay on track (more on this in later chapters).

Achievable – The goal should be your goal. Something that YOU really want to achieve, not something that someone else wants for you. While others might help push you along the way, this really should be a goal that you want, need and desire.

Realistic – Make sure that your goal is realistic to achieve. Don't say in 6 weeks I want to run a marathon if in fact there are no marathons being run at that time and you haven't run 2km in years.. You want to set yourself up for success, don't risk that you won't make it.

Time-framed – Always put an end date on your goal, this will make you accountable. This will also keep you focused, sometimes when the goal is too far away you lose sight of what you're trying to achieve!



As an example: I will reach my goal weight of 65 kg (from 70kg) in 3 months from now (in time for my birthday). This goal is specific, can be measured, is achievable in the time-frame, and is meaningful to me.

Step 2 – Make a commitment

Go out and tell everyone what you're trying to achieve, this will make you accountable and you won't want to let them down, or be telling them that you fell off the band wagon....

Make a bet: if I don't have a lean ripped 6 pack by the 31st of March I'll shout the boys at the pub for the whole night! Buy something that you want to wear or book a romantic holiday that you want to look awesome for (this one also doubles as a reward).

This is also where your personal trainer comes into it, keep them updated on progress and make sure you bug them for any tips to help squeeze out that extra 5%. If you show you are committed to achieving these goals, they will be more excited to keep you accountable and see those results.

Step 3 – Pleasure and pain

Whilst your goal setting describes how you feel now, the negative emotions that have fuelled your decision to make change are very important! They are feelings that we don't ever want to feel again and you need to write these down. For health and fitness, this is best when accompanied by a pre-photo; either in your underwear or something that you don't feel comfortable in! * If you feel uncomfortable taking this photo, that is kind of the point, so stop procrastinating!

With pain we also require pleasure, so also write down how you are going to feel when you achieve your goal (If you write "good" you need to seriously assess why you are trying to achieve your goal and if the goal is actually yours!).

Also, find an older photo when you were in the condition that you want to get into again, or if you haven't been there yet, find a photo of a celebrity that has a similar body type to your goal. We want to see what you are now, right beside what you are GOING to be!

Step 4 – Reward

On your Journey celebrate your wins! Whenever you lose 3% of your body fat or hit the 5kg lost mark or run 10kms for the first time, go out and have a massage or when you get half way reward yourself with a weekend escape!

Step 5 – Test and measure

You need to know if you are achieving your results that you desire so every 4 to 8 weeks make sure you check in and take measurements, check your food diary, measure your fitness level, take a new photo, and try those pants on again! If what you are not doing isn't working or you have plateaued, then it is time to look things over and make a change.

*Note: Don't whinge or complain at this point, it happens to everyone and there is no stopping it! Make the decision to up your exercise or cut out the next bad thing to keep your weight moving.

Step 6 – Mindset

Control the voice

That little voice in your head that says this is hard, or just a little bit won't hurt; he is the little devil that will stop you achieving what you want! You control those thoughts so every time that Mr Devil thought comes out, make sure you change that negative into a positive. Always celebrate your mental wins. When you actively make a decision that takes you a step towards your goal you will feel proud and happy, this is very important as these feelings will continue to motivate you!

Don't deprive

Remember when you were a little kid and you were told not to do something? That's right, you wanted nothing more than to do it! Remember that your goals are in your hands, no one is ever going to achieve them for you. So, instead of saying I am not allowed this and that, remember you are allowed to have or do whatever you want, if having it just means that you are actively choosing to not to step towards achieving your goal. You must also know that it is 100% ok to make that decision, if that's what you want to do. On the flip side, remember if you want to achieve the best results possible choose not to have what you don't need.

For example; Chocolate mud cake, quite possibly my most favourite thing in the whole wide world, and I could eat it every day! (This is probably a shock to some of you but yeah I have a sweet tooth too!) However, I can eat it if I want but I choose not to because I want six pack abs. I know I don't "need" the cake, once I know that I can choose not to want it. I know this one is complicated but super effective get on trying to change your mindset. This may be the single most valuable tool on this page!

Step 7 – Check in



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Make sure that at least every 4 to 8 weeks you re-assess your goals and make sure that you still want to achieve what you are working so hard for! If things aren't going so well then it might be time to change things up, if it's going well then keep it up!

Tim's 7 Best Fat Melting Secrets

Tim's Best Fat Melting Tip Number 1

Goal Setting Is Motivation!

You need to start any program you do with really strong goals. Strong goals will drive you to make rational choices over emotional ones, it will help you put down the cake and pick up the iPod and runners! To set goals you need to be SMART about it (see above), literally! SMART goals require you to set;

- Specific
- Measurable
- Achievable
- Realistic
- Time-framed

As an example: I will reach my goal weight of 65 kg (from 70kg) in 3 months from now (in time for my birthday). This goal is specific, can be measured, is achievable in the time-frame, and is meaningful to me.

Tim's Best Fat Melting Tip Number 2

Hydrate To Lose Weight!

Water makes up over 2/3rds of your body and is used in almost every single function including the lubrication of joints used in transferring energy in cells and in brain function! If you are dehydrated over time, your body is going to try and fight to store water, which may result in excess bloating. If you needed any more motivation, drinking enough helps to hydrate your skin and may make you look younger.

So, are you drinking enough water each day? As a rough guide, aim to consume at least 1/3 of your body weight in kgs divided by 10, in litres. For example if you weigh in at 60kgs:

$$1/3 \text{ of } 60 = 20 / 10 = 2$$

Therefore, if you weight 60 kg, you should be consuming 2 litres of water per day normally. You should also replace whatever is lost in sweat when exercising. You could weigh yourself pre- and post-exercise and drink the difference, or aim for roughly an extra 1 litre per hour of intense exercise.

But wait there is more, according to Revive Your Life, a study conducted at the University of Washington found that drinking one glass of water before bed time eliminated midnight hunger pains in 98% of subjects. Quite often, the body can mix up hunger and thirst signals, so when you feel peckish for snack,



you might actually be thirsty. Try a glass of water, if you still feel hungry 15-20 mins later, then it is time to eat. If not, then you have just saved some unnecessary calories.

Tim's Best Fat Melting Tip Number 3

Start Your Engine! Eat Breakfast!

The number one rule when it comes to eating is making sure you give your body gets what it needs to get through the day. A great nutritious breakfast will also help your concentration level throughout the day, allowing you to be both more productive and better at making the healthy choices. This all starts with a healthy breakfast which is high in protein! Examples include:

- Omelette with vegetables
- Rolled oats with LSA
- Salmon on wholemeal toast

If you decide not to feed yourself in the morning, your body will go into a “starvation mode”, putting your body in a state of stress, releasing the stress hormone cortisol. Cortisol is great for dealing with life-threatening situations, giving you quick bursts of energy. However, over time this can signal your body to avoid using fat as an energy source, helping you to keep the kilos on. Furthermore, when you are hungry you are less likely to make a good healthy food choice.

A great example of this, do you remember the last time you were really hungry and went past a fast food outlet at lunch time? It smells “so good,” so you pull up, have a large meal and a dessert, and then feel sick an hour or so later! You just consumed a ridiculous amount of calories with nutritional value, and the guilt follows of feeling unhealthy follows. It's a bad decision that was fuelled by not fuelling your body in the morning

Tim's Best Fat Melting Tip Number 4

Eliminate Liquid Calories!

One of the most important things to do when taking on a healthier lifestyle is to cut liquid calories. This means that all you drink is water, avoiding the nasties like:

- Fruit juice
- Alcohol
- Milk shakes
- Soft drinks
- Cordial
- Energy drinks

A lot of liquid calories have little or no nutritional value and tally up to ridiculous amounts of sugar, which spikes insulin and turns your body into fat storing mode! You have added these excess calories to your body, and it will store them as fat, rather than using them in carbohydrate stores or straight away as energy. Bottom line, eliminate liquid calories! You don't need them, you get nothing out of them, why drink them??

*Note: a lot of people struggle with this, if you are one of these people, you need to set goals accordingly. Setting SMART goals to slowly and surely reduce these liquid calories might be your best bet.

Tim's Best Fat Burning Tip Number 5

Lift For Life! Do Resistance Training!

Resistance training is the single most effective exercise technique for weight loss. It has the strongest metabolic effect on your body, allowing you to burn the most calories while you recover afterwards, enabling you to burn that unwanted ugly body fat whilst you sleep.

Building muscle mass enables you to burn more fat during both exercise and rest. At rest, 1kg of muscle is estimated to burn triple the amount of calories than that of 1kg of fat. This is much higher during exercise, as it is your muscles that do all the work!

Building muscle mass also helps you look slimmer. You've probably heard the saying that muscle weighs more than fat. In reality, 1kg of fat weighs the same as 1kg of muscle. The difference is that muscle is around 16% more dense than fat, meaning that 1kg of muscle takes up 16% less space. This is what you see when you jump on the scales and your body weight hasn't changed, but you know that you are losing fat because the waistband on your pants is getting looser and looser

You can do resistance training by using weights (dumbbells, kettlebells etc.), body weight, resistance bands, weight belts, a backpack or just about anything else you can find that is heavy. You should be participating in resistance training at least 2 to 3 times per week for the best gains in strength and muscle mass.

Tim's Best Fat Burning Tip Number 6

HIIT it hard! (HIIT = High-Intensity Interval Training)

HIIT programs are short, time efficient workouts that boost your metabolism and get you burning fat on your off days! The idea of these is to put as much energy and effort into each set rest and then hit it again. For example, you might go flat out for 20 seconds, and then rest for 10, and repeat for your

target number of sets. This is usually most effective in a resistance based circuit training or when doing cardio exercises.

The most common HIIT program I use was created by Tabata in Japan. He tested a 4 minute program (8 rounds of 20 seconds exercise, 10 sec rest) on an exercise bike. He showed that this was more effective at burning fat and improving fitness than a 20 minute ride at a constant pace. What this essentially shows is that if you bust your guts for 4 minutes, you could get similar, if not better, results compared to 20 minutes of working out. Who doesn't like to save time?

Or, imagine what you could get out of smashing out a 10-15 minute HIIT workout! These Workouts compliment resistance training and can achieve amazing weight loss results when these two types of training are combined in your training program. (For more information please see the HIIT section under the exercise guide)

Tim's Best Fat Burning Tip Number 7

Get R Rated!

Rest – Without adequate sleep, your muscles will not recover and your body will stress (have a look at Tip Number 3 for the effect of stress). Better sleep means faster recovery and lower cortisol levels. In Australian study it was shown that people who get more sleep burn more fat, so hit the sack early and rest up!

Recover – If you are sick or injured, do your rehabilitation as prescribed and get back out there! Don't push it too early and destroy your training regime. In my own personal experience, and after guiding hundreds of clients through their rehabilitation, the best results come from taking the usual 2 to 4 weeks to heal, and then hitting the exercises at a 100%. Don't float along at 50% or it will probably take twice as long to get back to your peak.

Relax – If you are in a high stress environment all the time, you are going to struggle to create new habits, fight cravings, and make training sessions. Make sure you have some "Zen" time so you're at your strongest at all of these points and you will be successful. Don't be afraid to take a moment to have a massage, or catch up on your favourite TV show, or play your favourite video game. It will benefit you long term!!

Life Hacks

Here is a short list of a few little tips and tricks that can help you to achieve those goals that might seem hard!

The little dot

Putting a dot on the back of your hand is really annoying, it just sits there and stares at you. You constantly see it as you check the time on your watch or move your hands in front of you. This works perfect for a reminder. You could use it as a reminder to take a sip of water, or to stand up from the desk. Pick something you need to focus on for the week and let the dot symbolise that.

Drink bottles

So you need to consume about 2 litres of water for the day. Three 600 mL drink bottles will be 1.8 litres, which is close to your target. Rather than refilling bottles, as you might get forgetful, have three separate bottles that you have to drink throughout the day. Or, alternatively, get a 2 litre bottle.

Goal board

An easy way to keep track of your daily activities over the week is to set a goal board. Put in rows for each thing you want to achieve, such as health breakfast, lunch, dinner and snacks, daily steps target, daily workout, etc. Rather than having to write something for each, just give it a tick or a cross for whether you met your target for the goals, or if you got it wrong/skipped out. Sure, this isn't as good as a food/exercise diary, but it is a quick and simple way to keep track. A goal book to keep track of progress over time can also be effective, make sure you pick a book that looks great and a pen you like, and use these only for writing out your goals.

Planning

"Failing to plan is planning to fail", here are some short quick planning tips:

- Planning a meal list helps you keep on track with what you need to eat and shop for
- Cooking extra for dinner can be a quick lunch option, or putting the leftovers in the freezer can provide you with a healthy convenient meal
- Get your training gear ready the night before, so it's there staring you in the face when the alarm goes off at 5:30am
- Keep nuts and water bottles in the car, this helps to avoid convenience snacking
- Get a pedometer or activity tracker to help you keep on top of your incidental exercise, aiming for 10,000 steps a day on top of your exercise program
- Set the background of your phone/computer/tablet to something that signifies your goals, it will be staring you in the face all day
- Hang up your goal clothing/swimwear/dress on the pantry door, this will be a constant reminder that snacking on chips all day won't lead to the bikini body you want

Nutrition Guide

This guide is aimed at giving you some basic nutrition knowledge to highlight the importance of your food choices and the impact they can have on your body. Included are some principles to follow to enhance your diet and a breakdown of nutrition labels to aid with product comparison.

Nutrition 101

Nutrition is the science of food; the nutrients and the substances therein; their action, interaction, and balance in relation to health and disease; and the process which the organism (body) ingests, digests, absorbs, transports, utilizes, and excretes food substances. Or in short; the study of food where it starts in our mouth goes through our body and undergoes chemical reactions and processing along the way and end up getting excreted.

Clean eating?

‘Eating clean’ isn’t a fad that should be shirked. It is important for EVERYONE. Whatever your priority; hoping to lose weight, look better, maintaining your health as you grow older, have more energy and feel fantastic or to prevent illness, eating clean is a key component for a healthy lifestyle.

Clean eating doesn’t mean you can never eat anything ‘bad’ ever again, it’s about loading up 90% of your diet with minimally processed, whole foods. Foods such as fruit, vegetables, nuts and seeds, legumes, fish and lean meats, and unrefined whole grains. These foods will provide nutrients your body needs to support healthy cell function and fight chronic diseases.

Why is adequate nutrition essential?

Over a lifetime we consume around 70,000 meals. From these meals without conscious effort our bodies are utilizing the nutrients from these foods to fuel activities, fight disease and in some occasions we even promote disease. How well our bodies perform on a day-to-day basis depends partly on your food choices.

Therefore adequate nutrition is imperative to power our bodies for everyday tasks now and in the future and it will also provide our bodies with essential nutrients to prevent and fight illness and disease.

A diet that nourishes your body will leave you feeling energetic, productive, lean and healthy. There are also many other intrinsic benefits of eating clean including regulating your blood sugar levels, which helps avoid tiring blood sugar spikes which can occur after eating processed carbohydrates. Unhealthy foods will increase your disease risk, as well as the size of your waistline! Leaving you feeling sluggish and cutting years off your life.

What are nutrients?

Nutrients are chemical substances in food used by the body for energy, structural material, regulating necessary chemical processes, maintenance and repair of the body's tissues. Certain nutrients may reduce the risk of some diseases. There are 6 main categories that nutrients fall under; carbohydrates, protein, fats, minerals, vitamins and water.

Carbohydrates

Carbohydrates are the most common source of energy for majority of animals, including humans. They sometimes have a bad reputation especially for people trying to lose weight but they should not all be feared! Glucose is the body's principle and preferred source of energy and carbohydrate containing foods serve to deliver this nutrient. Glucose is in fact the only type of energy that the brain can utilize. However it must be stipulated that unlike proteins and fats which are essential for optimal functioning of the human body there is no such thing as an essential carbohydrate and the body has other means/pathways to creating glucose from fats and protein if need be.

There are different types of carbohydrates; simple and complex, these are due to their structural differences. Simple ones are more readily absorbed as they chemically either one or two molecules. Whereas complex carbohydrates are three or more molecules and thus require more work from the body to break them down, meaning their energy is released slower into the body. You may have heard the terms Low or High glycemic index (GI) used before.

Carbohydrate containing foods can be given a glycemic index (GI) depending on how fast they increase blood glucose levels. Foods with a high GI raise it quickly, giving a sharp rise and burst in energy and low GI foods give a slower and more sustainable release of energy. Low GI foods have been noted to help with satiety (feeling full) and reduce risks of lifestyle disease such as Type 2 Diabetes and other metabolic conditions. Foods with a high GI or high in sugar can increase our risk of chronic disease and also cause dental cavities.

Sugar can be addictive as it causes a release in dopamine in the brain it is like a drug! Most people's bodies can't handle excess sugar, as we are not designed to have refined sugar, which is added to so many processed foods. Originally we only had natural sugars that were found in fruits and vegetables that were in season and honey for those that dared collected it. If you compare this to most people's diet these days we are consuming foods that appear to be 'low fat' and 'good for you' however most packaged foods if you check the nutrition label all have some sort of added sugar. Sugar has many detrimental effects on the body, we could release an entire e-book on it! Just remember look out for added sugars in food and always go for non-processed fresh foods where possible.

Protein

Aside from water, protein makes up approximately 17% of lean body tissue. Most of stored protein is in the form of muscles. Unlike carbohydrates our body cannot make all proteins from scratch, therefore it is essential we contain some proteins in our diet, these are known as essential amino acids. Amino acids are the building blocks used to make proteins. There are 9 essential amino acids in total, which are the ones our body can't produce, and therefore essential from the diet. An inadequate amount of protein over a prolonged period of time will result in many functions of the body to slow down. Protein provides a slow release of energy is the nutrient with the highest satiety rating out of protein, fat and carbohydrates. This means it makes you feel the fullest out of the main nutrients. Protein also takes a fair bit of energy from the body to break down, meaning that although it has the same amount of calories per gram as carbohydrates, it works out less due to the cost it takes to break them down.

Examples of foods high in proteins include fish, lean meat, eggs, chicken, dairy, nuts, beans and lentils.

Fats

Fats have been demonized by society! However, it is important to know that every cell in our body is made up of a fatty outer layer and they are therefore essential in the diet. Fats are also needed to keep skin and hair healthy and they aid with absorption and storage of fat-soluble vitamins. Fat is also needed for insulation around the body and helps maintain a regular body temperature. Like proteins there are some essential fats that are required by the body from the diet, these are omega 3 and omega 6 fatty acids and needed for brain development, controlling inflammation and blood clotting. Fat yields the highest amount of energy out of all the macronutrients so that is why a lot of fad-diets may recommend reducing the amount of fat in your diet. There is also a link between bad fats; saturated fats and trans-saturated fats with increased cardiovascular disease risks.

Reduced fat options

There is a variety of low-fat, no-fat options of products and these are marketed very well as 'diet', or 'healthier' options. Yes these options are lower in fat however the majority of them are then packed with extra sugar or other additives to increase the liking or to make up for the texture. These are not usually the best options due to the increased added sugar content as mentioned above.



Salt

Salt a delicious additive to almost anything, a well known flavour enhancer but should we be adding it to our meals and how much should we be having?

First of all when we are talking salt we are referring to levels of sodium in particular for this piece.



Sodium - What is it and Why do we Care?

Sodium is a crucial electrolyte in the body. Many foods contain small amounts of sodium naturally, but most of the sodium in the diet comes from salt.

Salt is made of sodium (40% by weight) and chloride (60% by weight).

What sodium does in the body is to bind water and maintain intracellular and extracellular fluids in the right balance.

It is also an electrically charged molecule, and along with potassium helps maintain electrical gradients across cell membranes, which is critical for nerve transmission, muscular contraction, and various other functions.

The body can NOT function without sodium.

The more sodium we have in our bloodstream, the more water it binds. For this reason, sodium is thought to increase blood pressure (which it does, but only a little bit).

If blood pressure is elevated, the heart has to work harder to push the blood throughout the body and there is increased strain on the arteries and various organs.

High blood pressure (hypertension) is a major risk factor for many serious diseases, like heart disease, stroke and kidney failure.

So How much should we have?

This is what I have found from the Nutrition Australia website -

<http://www.nutritionaustralia.org/national/frequently-asked-questions/salt-and-hypertension>

The National Health and Medical Research Council has set an 'Adequate Intake' of 20–40 mmol (460–920 mg) of sodium per day. This corresponds to 1.15–2.3 grams of salt. Most Australian adults have a daily salt intake of about 10 grams, i.e. many times the maximum value of the Adequate Intake range. A 'Suggested Dietary Target' of 1600 mg of sodium (equivalent to about 4 grams of salt) has been set for Australian adults. This is about half the average Australian adult's current salt intake.

Here are 10 TIPS to help reduce salt intake!

1. Start the day with no-added-salt porridge or a low-salt cereal, with or without low-fat yoghurt (stewed fruit or rhubarb can be added to enhance flavour).
2. Snack on fruit, dried fruit and nuts (unsalted).
3. Remove most of the processed foods from your shopping list and buy mostly fresh foods, especially fruit and vegetables.
4. Dress salads with olive oil and balsamic vinegar without adding salt or salty dressings.
5. Remove salt shakers from the table and the kitchen, including salt in all its guises—sea salt, garlic salt, onion salt, and all the expensive gourmet salts of various colours.
6. If you need supplementary iodine, using 'iodised salt' (salt that has been supplemented with iodine) is not appropriate. There are many other sources of iodine to help you meet your iodine requirements; these can be recommended by your pharmacist.
7. Cook food to conserve flavour using methods such as steaming, roasting, baking, stir-frying, microwaving or barbecuing. Boiling foods can result in loss of potassium and flavour into the boiling water; this may entice you to add salt after cooking.
8. If fresh vegetables, meat, poultry, eggs and fish need more flavour, use your favourite herbs, spices and vinegars, not salt, to create the flavour you desire.
9. Read the Nutrition Information Panel on processed products and select only low-salt processed foods—that is, those with a sodium content no higher than 120 mg/100 g.
10. Buy wholemeal or whole-grain bread from small bakers or specialty bread shops that cater for discriminating customers. Some low-salt breads are also available in some supermarkets. You can also make your own bread (perhaps with added iodine) in a bread-maker

Some extra help information if you are not counting your salt intake:

People who are generally healthy and want to stay healthy, there doesn't seem to be any reason to be even remotely concerned about moderate intakes of sodium.

Studies actually show that the effects of sodium may follow a J-shaped curve. Too little and too much are both harmful, the sweet spot is somewhere in between.

Also be aware that if you're on a low-carb diet, your sodium requirement may go up.



It is probably best to consume unrefined varieties of salt, such as sea salt and Himalayan pink salt. They also contain various trace nutrients that may be important.

Basic Nutrition Principles

1. Start the day well

Studies have shown that by having a healthy breakfast you are more likely to make better food choices throughout the day.

2. Preparation is the key

'Failing to prepare is preparing to fail'. Whether you are on the go all day or just at home it really helps to have a plan of what you are going to eat so that you can ensure you are able to eat regularly and eat foods that are beneficial to your goal.

3. Avoid processed foods

Processed foods contain many additives, unnatural colours, flavours and chemicals that will slow your body down, not to mention the preservatives and high salt and sugar content. Sodium is contained in many processed foods as a preservative agent however this can affect the ratio of other nutrients in our body and can lead to water retention. There is also a link to high sodium diets and hypertension (high blood pressure).

4. Stay hydrated

Did you know that you need to consume at least 1/3 of your body weight in (kgs) divided by 10 equals how much water you should be consuming per day. Approximately 70% of the body is made up of water your body can confuse thirst for hunger. Dehydration of: 2% reduces performance by 20-30%, 4% causes nausea and vomiting, 5% reduces performance by 30-40%, 8% causes dizziness and confusion and >8% = reduced organ function.



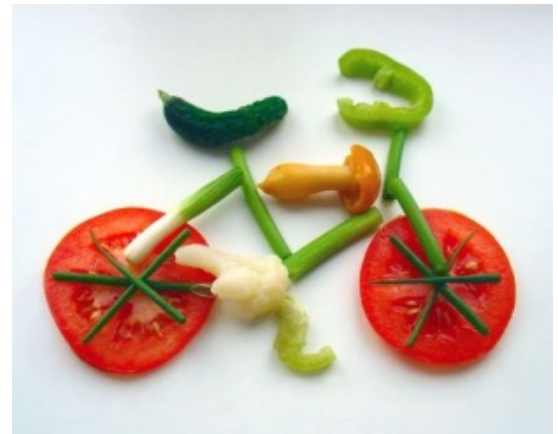
thus anti-oxidants.

6. Balance

Too much of anything isn't a good thing. Make sure you are having a variety of different foods as they all contain different amounts of nutrients.

7. Portion sizes

Foods are required in varying amounts by the body. As a general rule of thumb; meats and protein sources should be the size of your palm (thickness as well). A serving of vegetables is roughly ½ cup,





vegetables with high water content, such as leafy greens is a cup per serve. Oils should be minimised to a tea-spoon where possible or the size of the tip of your thumb. Carbohydrate/ cereal serves are approximately the size of your fist or between $\frac{1}{2}$ to 1 cup. Fruit servings are roughly one piece of rock fruits, apples, bananas and half a cup of berries.



8. Cooking methods

Cooking where you can avoid nutrient losses or conversion from saturated to trans fats is ideal (this is when fat's chemical structure get converted through high heats and trans fats are not good for us). To avoid excess fat in the diet we can reduce cooking with oils or purchasing foods cooked this way (deep frying in particular, frying with too much oil/fat). To reduce nutrient losses of vitamins try and avoid cooking vegetables for too long and in water. Therefore vegetables will retain more nutrients by eating them raw where possible, steaming and microwaving.



9. Alcohol

Alcohol is an energy source that gets prioritized by the liver as our body needs to get rid of it, long-term abuse can lead to liver damage. Less alcohol is best, over consumption will destroy your progress, often lead to poor nutritional choices and low levels of activity the next day. Alcohol is also a diuretic, dehydrates you, which leads to increased output of urine and water-soluble vitamins. Biggest part of a hangover is dehydration and loss of B-vitamins, which are essential for energy production. So if you are drinking try and ensure you drink water in between alcoholic beverages.

10. The choice is yours

You have the power to decide what goes into your body. I'm a big believer that you either feed or fight disease by the food choices you make.





Importance of Meals

Healthy eating includes eating sensibly and not skipping meals or going without food. Food is fuel for the body and is needed so we have energy to do what we need to do throughout the day. Eating planned meals and snacks is necessary for a healthy lifestyle and sustained weight loss and weight management. Every meal has its function and is important for day to day quality of life.

Breakfast

You've all heard it before; breakfast is the most important meal of the day, because it is true.

Everyone should be kick starting their day with a wholesome breakfast. All in the name, breakfast 'breaks' the 'fast' we have overnight from sleeping and sets you up for a good day by replenishing your glucose supply and other essential nutrients. It boosts not only your energy but your metabolism.

A good start to the day is a brekkie that includes protein, carbohydrates and fibre. It has been proven, that people that eat high fibre, protein rich breakfasts, feel fuller for longer, have sustained energy levels needed for the day and their food cravings are reduced. You will then be far less likely to eat unhealthy foods later in the day and into the evening.

An example of a good breakfast is a poached egg and sliced avocado on wholegrain toast, or rolled oats with yoghurt/milk and fresh fruit.

If you begin your day with insufficient amounts of protein and fibre, you'll often find yourself starved by lunchtime. Then, when your blood sugar is low, that's when you are likely to reach for the high carbohydrate foods, with refined sugar and little nutritional value.

A reason why people skip breakfast is often due to time. Those 10 minutes getting out of bed earlier will probably save you time in the long run. The recharge you get from breakfast will make you more alert and efficient throughout your day. It doesn't have to be a laborious task, it can be as simple as pouring milk over high fibre cereal, putting some oats in the microwave or blending a smoothie. Many breakfasts can be made or at least prepared the night before if time is a huge concern.

Lunch

For further sustained energy and a healthy body, good habits must continue with a wholesome lunch. To have a break, re-fuel and re-focus. As previously mentioned, refined sugars and starchy carbohydrates may seem like the yummy filling option, they are going to set you up for and that major afternoon crash that we want to avoid not to mention, over time, weight gain, poor health and possible lifestyle diseases. Particularly if you are in an inactive job role, your body won't be burning as many carbohydrates throughout the day, so steer clear.

The best option is to make a balanced lunch with a good protein fix, such as a grilled chicken breast, a veggie burger, egg, lentils or legumes, tuna etc, and lots of fresh veggies and a small amount of



carbohydrates. For example, a tuna and salad sandwich (or wrap if trying to lose weight), a hardboiled egg and sliced vegetables on crackers, a grilled chicken salad or a lentil dhal/soup.

Dinner

It's the last meal of the day and it's important to still make good decisions as you won't be eating for another 10-12 hours. Ensuring that there is a steady supply of glucose for the body to use as fuel for essential processes whilst we sleep is critical. If during the night, blood sugar levels fall, the action of the body having to release stored glucose can wake you and disturb sleep. To prevent this, a nourishing dinner of protein and carbohydrates is crucial to ensure a steady release of glucose and a restful night's sleep.

It still is particularly important to not over consume or eat too late in the evening. Eating later not only can cause overeating as you but can just as easily also disturb sleep but not allowing adequate digestion. It is also best to avoid stimulants with and after dinner and fatty foods which are harder to break down and digest.

Snacks

Snacking due to popular belief is not necessarily bad. As long as it's not an excuse to eat chips, chocolate and muffins! Snacking can be a way to maintain your energy levels throughout the day, keep your metabolism active, avoid overeating at main meals and a good way to add extra servings of fruits, vegetables, whole grains and healthy protein to your diet.

Everyone is different and uses different amounts of energy throughout the day. If you feel three meals a day is a healthy pattern, great, but if you get hungry between meals and binge when lunch or dinner hits, making irrational choices, best add a couple of low calorie, protein snacks. The goal is to provide your body with steady energy staying within recommended calorie intake, and will vary on how.



Beverages

People tend to forget beverages when calculating their daily energy intake. Unless it's water or herbal tea, every drink is 'liquid calories' and many should be kept to a minimum or avoided completely. Healthy homemade smoothies and juices, milk coffees and teas are all fine, but do still contain calories. Some smoothies even as much as a meal and should be consumed as a meal or snack and not as an accompaniment.

Water

Water is the most important thing we consume, yet most people don't get enough of it. Your individualized water intake requirement depends on many variables such as age, weight, gender, activity levels, but is roughly 2 litres per day. Our body composition at its best should be roughly 2/3 water and drinking it is vital for our survival and health. There are so many benefits to drinking water such as aiding in weight loss, ridding the body of toxins and fighting infections, aiding digestion, boosting energy and productivity levels, maintaining a healthy heart and skin.

Green tea

Particularly recently, green tea has got a big wrap for its health benefits and is a good water alternative for those who enjoy hot beverages, the comfort or a bit of taste. Benefits include increasing fat burning and your metabolic rate and lowering your risk of many diseases and illnesses.

Bottled juices and soft drinks

These are mostly full of processed and refined sugar so if you are trying to maintain a clean and lean diet and body, opt for the water or herbal tea instead!

Alcohol

All alcoholic drinks contain a substantial amount of calories per serve. And this is even before adding mixers which add even more. If you do the maths, alcohol contains approximately 27 kJ per gram, each standard drink has 10 grams of alcohol. This equates to 540 kJ or approx. 135 calories per day from alcohol when drinking the recommended two standard drinks per day (although the Australian average is higher than this).

Over the course of a year, this equates to around 200,000 kJ of energy, enough for the body to store 5.4 kg of fat. This is due to the actual alcohol consumption alone, not including whatever comes with it, such as mixers with spirits or hops and malt in the beer. If you regularly drink, alcohol can significantly hinder your weight loss or management. Not only that, but it can cause damage to the heart, liver, pancreas, deplete your immune system and increase your risk of developing certain cancers. Drink moderately for ideal health.



BODY
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Serving Sizes

How many servings should you be aiming for each day?

The following section is taken from the Australian Guide to Healthy Eating. This content was developed by the Department of Health based on research supported by the National Health and Medical Research Council, and serves as the basis for health eating recommendations from health professionals in Australia.

The dietary patterns in the table below provide the nutrients and energy needed by all men and women of average height with sedentary to moderate activity levels. Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by adults who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Recommended average daily number of serves from each of the five food groups*						Additional serves for taller or more active men and women
	Vegetables & legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx. number of additional serves from the five food groups or discretionary choices
Men						
19-50	6	2	6	3	2 ½	0-3
51-70	5 ½	2	6	2 ½	2 ½	0-2 ½
70+	5	2	4 ½	2 ½	3 ½	0-2 ½
Women						
19-50	5	2	6	2 ½	2 ½	0-2 ½
51-70	5	2	4	2	4	0-2 ½
70+	5	2	3	2	4	0-2
Pregnant	5	2	8 ½	3 ½	2 ½	0-2 ½
Lactating	7 ½	2	9	2 ½	2 ½	0-2 ½

* Includes an allowance for unsaturated spreads or oils, nuts or seeds (4 serves [28-40g] per day for men less than 70 years of age; 2 serves [14-20g] per day for women and older men.)



What is a serve of vegetables*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



**With canned varieties, choose those with no added salt*

What is a serving size of vegetables?



What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



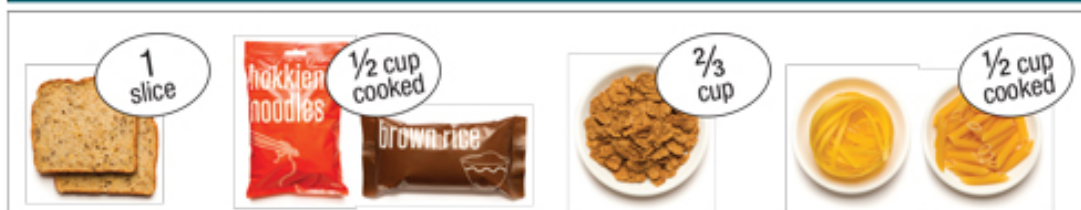
What is a serving of fruit?



What is a serve of grain* (cereal) food?

A standard serve is (500kJ) or:

1 slice (40g)	bread
½ medium (40g)	roll or flat bread
½ cup (75-120g)	cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
½ cup (120g)	cooked porridge
⅔ cup (30g)	wheat cereal flakes
¼ cup (30g)	muesli
3 (35g)	crispbreads
1 (60g)	crumpet
1 small (35g)	English muffin or scone



**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties*

What is a serving of grain?



How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500–600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



**Choose those with no added salt*

What is a serving of protein/lean meat?



How much is a serve of milk*, yoghurt*, cheese* and/or alternatives?

A standard serve is (500–600kJ):

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml



The following foods contain about the same amount of calcium as a serve of milk, yoghurt or cheese:

- 100g almonds with skin
- 60g sardines, canned in water
- ½ cup (100g) canned pink salmon with bones
- 100g firm tofu (check the label as calcium levels vary)

**Choose mostly reduced fat*

What is a serving of calcium/dairy?



What are discretionary foods?

They are considered foods that do not fit into the above 5 food categories and thus not necessary for a healthy diet as they are high in either or all of the following; saturated fat, sugar, salt, alcohol or low in fibre. These foods may be high in energy and low in nutrition or 'energy dense' and 'nutrient poor'.

The issue with these foods is they take up room in people's diet and take place over other more nutritious foods. The other problem is with a diet high in these foods with high levels of kJ, saturated fat, added sugars, salt and or alcohol is the associated increased risk for chronic diseases such as; obesity, type 2 diabetes, heart disease, stroke and some cancers.

If your goal is to lose weight it is often difficult to fit these types of foods into your diet whilst trying to reduce your energy intake and still maintain proper nutrition.

Important considerations

Whilst the guidelines are great for ensuring a healthy balanced diet they do not suit everyone's needs as they have been created for the general population. It is also important to remember that the Australian Guide for Healthy Eating is made with a healthy individual in mind. Therefore it is essential not to live by the guide and if your goal for example is to lose weight then you may want to reduce the amount of grains or high carbohydrate foods to help reduce your total energy intake.

Also remember this is for the average sized person, it does not factor in if you are above or below the average size. So smaller adults will need less than these recommendations and larger adults or people who are participating in activities on a regular basis that exert a lot of energy will have higher than normal demands.

How Do I Achieve This?

The biggest obstacle for many of us with eating right is having the food available when it's needed. It takes commitment, organisation and planning.

Planning your week's meals and snacks in advance is half the battle and will ensure that the remainder of the battle is won, by preparing yourself to consume the good stuff and build good habits. Make food choices that suit your location, tasks and preferences, that way you will enjoy what you have and it won't be a hassle. For example, if you are going to be on the run, a pre prepared packed salad may be your lunch option. Or, if it's going to be a bitter winter day and you're in an office with kitchen facilities, maybe a homemade soup will be the best hearty lunch pick me up.

Next step is to invest in some good various sized food storage containers and make meals and portion snacks to be in these convenient easy to grab containers. Making your own food means you know what you're putting in your mouth, saving money and making sensible healthy decisions whilst avoiding temptation for unhealthy treats that we are constantly bombarded with.

Weight-Loss Tips

Reduce servings of carbohydrates or grain heavy foods. As mentioned previously we do not need to consume carbohydrates in our diet as our body can convert proteins and fats into glucose. So instead of aiming for 5 servings a day you may limit the grain servings to two a day, perhaps one in the morning and one post-training, as you then have time to burn off the carbohydrate source and it is essential to replenish lost stores from exercise for appropriate and efficient recovery. You can replace sources of grain for non-starchy vegetables to help increase satiety and fibre intake whilst still reducing total calorie intake.

Ensure adequate water intake is achieved as our body can confuse thirst with hunger. By consuming water throughout the day it will also increase your fullness and there have been several studies conducted that found drinking more water lead to a decrease in food consumption. This is because the body feels full and therefore people tend to eat less.

Make time for sleep! Sleep is essential in life and it cannot be stressed enough just how important it is, especially in weight-loss. I know you might be thinking this is a nutrition guide and how does sleep fit into nutrition? Well sleep aids in the regulation of normal hormone production and specifically for this guide we will go over hormones that regulate satiety and stress. Firstly insufficient sleep has been found to decrease the amount of leptin, which is responsible for suppressing appetite, thus hunger is stimulated. This leads to an increased appetite, even when you do eat and you will tend to favour sugary foods when you do not get enough sleep.



Secondly cortisol, the stress hormone is increased with inadequate sleep and this leads to weight gain, specifically around the abdomen. If that isn't bad enough, cortisol also results in decreased metabolism and a catabolic state (breakdown, and not fat, but protein). When our protein is getting broken down and the ability to build muscle is compromised. With a decrease in muscle mass or the inability to build muscle we compromise our ability to increase or maintain our basal metabolic rate (BMR), that is you will burn less energy at rest and during exercise.

Eat breakfast within a couple of hours after waking. I'm sure you've all heard the saying breakfast is the most important meal of the day and that is true for a few reasons. Firstly the work breakfast is derived from 'break, 'fast' or breaking the fast after going hours without food from sleeping. One of the benefits of consuming a quality breakfast is that it has been found those that make good choices for breakfast are more likely to continue to make better food choices throughout the day. So start the day well!

Cutting Down the "Extra Stuff" and Bad Calories

1. Chose lean meats and trim visible fat and skin
2. Eat less sugar by adding spices and sugar replacements instead of having processed sweets and/or adding sugar
3. Cook well. Bake, grill, poach or steam over frying when possible
4. Eat more and a wider variety of vegetables. They will provide vital vitamins and minerals and minimise the amount of meat and complex carbohydrates consumed
5. Use small amounts of strong flavours and herbs to avoid other poorer choice flavour adders like high fat cheeses or processed sauces that are full of salt and sugars
6. Eat as natural as possible. The more food you eat that has gone through little to no processing, the better. Think fruit and veg, lean meats, eggs, nuts, seeds, natural yoghurt. If you fill your diet with these foods, it leaves little room for much else
7. Drink more water. Replace alcoholic, carbonated, fruit and dairy drinks with water
8. Weigh and measure out your food. Those who put an entire bag of nuts in front of themselves will most likely consume more than those who put a certain amount in a small container. Similarly, those who guess the size of their piece of meat may consume at least 50% more than their recommended serving. Stick to serving sizes outlined on packets and don't dish more than you need or go back for seconds
9. Get enough sleep. Those who sleep under 6 hours generally consume more calories throughout the day and make poorer choice
10. Plan your meals in advance. If you're not in control of your meal and you're out for dinner, check restaurant options, or meals at that restaurant to ensure you don't over consume



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How to Read Nutrition Labels

- Nutrition labels contain a lot of numbers! I'm going to go over what they mean and how to best compare products based on their nutrition labels
- Legally in Australia products have to display, in English, how much a serving size is, gms/mL per serve and per 100g; energy content (kJ), total fat content, saturated fat, protein, carbohydrate, sugar and sodium. Most contain the fibre content also
- Ingredients must be stated and are always listed from greatest to least by weight
- When comparing products by their label always follow the per 100g to get an accurate comparison between products
- In the UK they have a traffic light system based on the nutrition label. Green = best choices, orange = okay and red = poorer or sometimes. As seen below which is a great visual. You can apply this table below when shopping
- Things to remember; if something is 'low fat' it usually means high sugar, or high in chemical sweeteners. It is not always just about the fat content but also the sugar and sodium as discussed earlier

Per 100g	Best	Okay	Sometimes
Sugars	5g or less	5.1-15g	15g+
Total fat	3g or less	3.1-20g	20g+
Saturated	1.5g or less	1.6-5g	5g+
Sodium	0-120mg	121-600mg	600mg+
Fibre	6g+	3.1g-6g	0-3g

Tips when shopping

- Make a list and STICK to it
- Don't go when you're hungry
- Try and shop around the edges of the supermarket for food items as they have all the fresh produce there

See below for the Australian Government guidelines on reading the nutrition label.



HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

Total Fat ▶

Generally choose foods with less than 10g per 100g.
For milk, yogurt and icecream, choose less than 2g per 100g.
For cheese, choose less than 15g per 100g.

Saturated Fat ▶

Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶

Not all labels include fibre.
Choose breads and cereals with 3g or more per serve.

◀ 100g Column and Serving Size

If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)

Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

Exercise Guide

Getting Started With Exercise

The biggest challenge for people looking to get into training is how to get started. How to build the foundational habits that enable you to form an addiction to training and then eventually getting all the results you desire! We all know the formula for weight loss:

(Great Nutrition + Training) × (Consistency + Perseverance) = Amazing Results.

So how do we start training regularly and consistently? Everything wants to stop you right? Some of the objections we often hear are: I don't have time, I was having a bad day, I forgot, I was sore! All perfectly good excuses but excuses do not get you results!

Here is our foolproof system to making all of this possible.

- Make it easy!
- Make it quick!
- Track it and get a result!

Step 1 – Make it easy!

If you are doing nothing at the moment you should start with booking a time into your schedule (as little as 4 minutes) and get moving. I personally recommend walking. You can walk with the pram if you are a mum, if you are a corporate you can walk on your lunch break or sneak in some easy walking by parking the car a few hundred metres from work or your train stop. The point is it is that is shouldn't be hard, you do not need any equipment and you can do it anywhere!!!!!! This should be done 3-4 times per week.

Once you have nailed walking and time allocation for 2 weeks in a row the next step is to slip in a REALLY SIMPLE structured work out!



Step 2 – Gradually increasing intensity

2 steps to introduce Easy Workout. I am going to discuss how to implement a workout routine, and an easy example.

Implementation

- a) Start by just going through just the warm up 2-3 times per week.
- b) Once you have done this successfully for two weeks then add in the easy workout for one per week
- c) Then add in easy workout for three per week
- d) Finally walk on your off days.

Before you know it, and with minimal effort, you are building a foundation for the fit healthy person you desire to be. In my experience, with good nutrition, most people will still lose weight just by using this simple formula!

Total time for implementation should be from zero to easy workout in 6-8 weeks

****** Easy workout is meant to be easy, if it is too challenging for your currently level scale it down, or just do half of the workout one day and the other half the next.

Step 3 – Track, Test and Measure

You must have a diary or a spreadsheet on the fridge that is showing you when you work out and when you don't. This will enable you to stay accountable. Furthermore track your numbers. Testing yourself every 4 weeks is a good indicator of process and you should see improvements in all areas each time. There is a sample test and measure table later on in the "Keeping On Track" section.

Looks and sounds easy right? What are you waiting for! Do not hesitate in getting started make it happen today! Get started, get better and keep on track by keeping track.



Easy Workout Routine

“The hardest part about working out is putting your shoes on.” This plan has been designed as a simple exercise plan to get you into working out by yourself. If you already have had practice at this, please consider the advanced exercise programs in the appendix section at the back of this book.

Warm up 5-10minutes

Find 10m to 20m of space (usually the length of your hall way is fine, less excuses if you are doing this at home). Go through each of the following exercises twice (up and back is once through)

Lower body

- **Jog** – 50-60% of your max pace
- **High knees** – lifting your knees up to hip height whilst taking small steps forward
- **Butt kicks** - lifting your heels up to your bottom whilst taking small steps forward
- **Side shuffles** – shuffling sideways facing the same direction up and back
- **Grape vine** – shuffling sideways except this time you will cross your legs over as you go. First step you will cross your leg over to the front, secondly you will cross your leg over to the back
- **Shallow Walking Lunge** – A walking lunge but just going down low enough to feel the stretch
- **Side step and Squat** – stepping sideways and squatting in a nice wide stance

Upper body

- **Downward dog** – Start in the push up position on your toes and stretch back lifting your hips and pushing your heels flat allowing your head to tuck between your arms
- **Arm Circles** – Start with your arms out to the side Start with small circles and move into larger circles going in both directions

Work Out – no longer than 20minutes

- **Push ups** – sub max 3 sets 1 minute rest in between
- **Squats** - 3 sets X 15 1 minute rest in between (add a little bit of weight if necessary)
- **Inverted rows** OR Dips - sub max 3 sets 1minute rest in between. (if you cannot find a place to do an inverted rows dips are a good swap as you usually only need a chair instead of a heavy table or pole)
- **Lunges** – Standing in the lunge position on the spot. Moving down for as low as you can go and then pushing hard back to the top. 3 sets of 10 each leg
- **Plank** – 2 sets as long as you can hold



Sub max – This term is used to go near the point of exhaustion but not actually hit it. For example, if your maximum would be 10 push ups, then you would do 8. This is also described as doing as many as you can minus one or two.

Cool down - 5 minutes stretching

20-30 second hold on each side

- **Chest** – Using a door frame. Hold your arm out to the side with your elbow at 90 degrees. Press your hand along to your elbow on the door frame and rotate your body away from your hand
- **Back** – holding onto the door frame with your left hand, step back with your left leg and pull gently
- **Glutes** - lying down on your back. Put your Right ankle on your left knee. And pull your left knee into your chest
- **Quads** – lying on your right hand side. Reach back and pull your left foot towards your bum and push your hips forwards
- **Hamstrings** – Lying on your back with your Right leg in the air. Grab your calf with two hand and pull your leg back towards your chest
- **Calves** – Standing with your right leg back in a long stance. Push your right heel firmly into the ground



High-Intensity Interval Training

If you are interested in eliminating excess, stubborn body fat and taking your cardiovascular conditioning to the next level then this type of training is for you! This section is designed to help you build your own high-intensity interval training (HIIT) session. These intense sessions are one of the best ways to burn heaps of calories and fit it into a busy lifestyle. They are also fantastic conditioning programs for sports men and women. After just getting through your first session you will know why!

Disclaimer

Before getting into the details, notice that I didn't say HIIT would be easier, just that it would take less of your time. In fact, the HIIT approach to cardio exercise is very physically demanding and isn't for everyone. If you have any cardiovascular problems or other health concerns that limit your ability to exercise at very intense levels, or if you are relatively new to aerobic exercise or not already in good shape, HIIT is not for you—at least for now. If you are pregnant, you can still participate in HIIT exercise, however you will need to be mindful of exercises performed, your heart rate and temperature. If you have any doubts or concerns about whether it might be safe for you, check in with your medical professional before trying HIIT.

What is HIIT, and how does it work?

HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide:

- HIIT trains and conditions both your anaerobic and aerobic energy systems. You train your anaerobic system with brief, all-out efforts, like when you have to push to make it up a hill, sprint the last few hundred yards of a distance race, or run and hide from your spouse after saying the wrong thing
- HIIT increases the amount of calories you burn during your exercise session and afterward because it increases the length of time it takes your body to recover from each exercise session
- HIIT causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve your athletic endurance as well as your fat-burning potential
- HIIT appears to limit muscle loss that can occur with weight loss, in comparison to traditional steady-state cardio exercise of longer duration
- To get the benefits HIIT, you need to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals

The key element of HIIT that makes it different from other forms of interval training is that the high intensity intervals involve maximum effort, not simply a higher heart rate. There are many different approaches to HIIT, each involving different numbers of high and low intensity intervals, different levels of intensity during the low intensity intervals, different lengths of time for each interval, and different numbers of training sessions per week. If you want to use HIIT to improve performance for a particular sport or activity, you'll need to tailor your training program to the specific needs and demands of your activity.

General HIIT guidelines

HIIT is designed for people whose primary concerns are boosting overall cardiovascular fitness, endurance, and fat loss, without losing the muscle mass they already have. Before starting any HIIT program, you should be able to exercise for at least 20-30 minutes at 70-85% of your estimated maximum heart rate (200 minus age), without exhausting yourself or having problems.

Because HIIT is physically demanding, it's important to gradually build up your training program so that you don't overdo it.

Always warm up and cool down for at least five minutes before and after each HIIT session

Benefits of HIIT

- It will cut down the amount of time you are required to work out each week!
- It will help you increase lean muscle mass to give you a more toned appearance for the girls and for the boys will help increase muscle bulk and performance (the difference here is because of the different levels of testosterone and growth hormones in men and women)
- It will increase your aerobic and anaerobic capacities, making you fitter and faster
- Did I mention turn your body into a fat burning machine!

The research

One of the earliest studies, done by researchers at Laval University (Ste-Foy, Quebec, Canada), kept it basic, using two groups in a months-long experiment. One group followed a 15-week program using HIIT while the other performed only steady-state cardio for 20 weeks. Proponents of steady-state training were pleased to hear that those subjects burned 15,000 calories more than their HIIT counterparts over the duration of the study. Those who followed the HIIT program, however, lost significantly more body fat. A 2001 study from East Tennessee State University (Johnson City) demonstrated similar findings with subjects who followed an eight-week HIIT program. Again, HIIT was the better fat-burner, as subjects dropped 2% body fat over the course of the experiment. Meanwhile, those who plodded through the eight weeks on a steady-state program lost no body fat.

The most recent study, out of Australia, reported that a group of females who followed a 20-minute HIIT program consisting of 8 second sprints followed by 12 seconds of rest lost an amazing six times

more body fat than a group that followed a 40-minute cardio program performed at a constant intensity of 60% max heart rate.

Turn up the HIIT

So what is it about HIIT cardio training that sends body fat to the great beyond? There are actually several reasons, but the first and perhaps most important involves its effect on your metabolism.

A 1996 study from Baylor College of Medicine (Houston) reported that subjects who performed a HIIT workout on a stationary cycle burned significantly more calories during the 24 hours following the workout than those who cycled at a moderate, steady-state intensity due to a rise in resting metabolism. Why? Since HIIT is tougher on the body, it requires more energy (calories) to repair itself afterward. The previously mentioned 2001 East Tennessee State study found that test subjects in the HIIT program also burned nearly 100 more calories per day during the 24 hours after exercise. More recently, a study presented by Florida State University (Tallahassee) researchers at the 2007 Annual Meeting of the American College of Sports Medicine (ACSM) reported that subjects who performed HIIT cardio burned almost 10% more calories during the 24 hours following exercise than a steady-state group, despite the fact that the total calories burned during each workout were the same.

What else the research shows

Research also shows that HIIT enhances the metabolic machinery in muscle cells that promotes fat-burning and blunts fat production. The Laval University study discovered that the HIIT subjects' muscle fibres had significantly higher markers for fat oxidation (fat-burning) than those in the steady-state exercise group. And a study published in a 2007 issue of the Journal of Applied Physiology reported that young females who performed seven HIIT workouts over a two-week period experienced a 30% increase in both fat oxidation and levels of muscle enzymes that enhance fat oxidation. Moreover, researchers from the Norwegian University of Science and Technology (Trondheim) reported that subjects with metabolic syndrome—a combination of medical disorders that increases one's risk of cardiovascular disease and diabetes—who followed a 16-week HIIT program had a 100% greater decrease in the fat-producing enzyme fatty acid synthase compared to subjects who followed a program of continuous moderate-intensity exercise.

More great news

The bonus to all this research is discovering that shorter exercise sessions will allow you to hold on to more muscle. Pro physique competitors often have to walk a fine line between just enough and too much steady-state cardio because the usual prescription of 45-60 minutes, sometimes done twice a day pre-contest, can rob muscles of size and fullness. Short, hard bursts of cardio, on the other hand, will help you preserve your hard-earned muscle mass. To illustrate the point, think about the size of a marathon runner's legs compared to a sprinter's legs—the sprinter, whose entire training schedule revolves around HIIT, possesses significantly more muscular thighs. In the event you choose cycling as your primary method of HIIT cardio, you can actually add leg mass because of the increased recruitment of the growth-crazy, fast-twitch fibres in your thighs.



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HIIT could be the only way to train for people looking to lose fat while adding and/or preserving muscle mass.

Rev it up

Not everyone enjoys doing cardio, but it's a necessary component of reaching your physique goals. But that doesn't mean it needs to be monotonous to be effective, and we've shown you the science to prove it. Turning up the heat on your workouts with HIIT will keep your gym time feeling productive while speeding up your fat-burning—and in less time than you'd normally spend doing cardio.

If steady-state is the four-door sedan of cardio, HIIT is the Porsche—it's sexier, and there's enough under the hood to keep you blowing past the guy next to you.

What you need

For a HIIT session you will need different equipment depending on how you choose to structure your session. For example, if you want to swim, you will need a pool and goggles; for a ride you will need a bike and helmet. The one thing that is really important for this type of training is a timer, preferably something that beeps and that can be set up to go off at different intervals. For example in one type of interval training you will need 20 seconds of work with 10 seconds of rest if you have to keep playing with your timer you will lose valuable workout time!

Setting up your program

There are three key factors that will affect how challenging your workouts are:

- Work: rest ratio
- Exercise selection
- Ratings of perceived exertion

First factor – Work to rest ratio

There are 4 different work rest ratios that we use in our personal training sessions which have given us amazing results! The ratio of work to rest will determine how difficult the program is for you.

Ratio 1 – I am new to this let start slow - Beginner

30 seconds work: 1 minute active rest

The aim here is to build you up to 30minutes of continuous exercise. 30 seconds of work should be done at maximal effort, and your 1 minute active rest should be a light exercise to keep your heart rate up.

- Example: Spin Cycle.
- WORK: 30 seconds maximum sprint with a medium resistance
- ACTIVE REST: 1 minute ride at 50% of maximum speed with a light resistance

Ratio 2 – I can do 30 minutes it's time to feel the burn! – Intermediate

30 seconds work: 30 seconds active work

The aim here is to build yourself up to 20 min or 20 sets of work. 30 second of work should be done at maximal effort and your 30 seconds of rest should be complete rest.

- Example: Resistance circuit – exercises; push ups, Assited Chin ups, squats, lunges, plank
- WORK: 30 seconds of as many repetitions of pushups for 4 sets of work then move on to the next exercise
- COMPLETE REST: Catch your breath and relax you have 30 seconds off!

Ratio 3 – Speed Play! Fartlek Training – Intermediate

20 seconds medium intensity: 20 seconds at maximum effort: 10 seconds of active rest

This type of training is fantastic for sports specific conditioning! The aim is to get your heart rate high and to keep it there, you can extend the times on the ratio to make it more sports specific if you would like. For example footballers may want to do 1min : 1min : 30seconds, as it is more tailored to their movements.

- Example: Walk/Run
- MEDIUM INTENSITY: 20 seconds at about 65-75% of your maximum effort, inregards to running this will be a quick jog
- MAXIMUM EFFORT: 20 seconds as fast as you can go! so wether this is a full blown sprint or a hard run this is your best effort for 20seconds!
- ACTIVE REST: 10 Seconds of walking

Ratio 4 – Ultimate fat melting! Tabata training – Advanced

20seconds Max effort : 10seconds complete rest for 4 minutes per exercise

Tabata training is fantastic for getting your heart rate up and firing up your metabolism burning countless calories for the rest of the day! In conjunction with some great full body exercise it is a great flexible work out that not only saves time but it is a plateau breaker when it comes to weight loss! Try and mix up your exercises on this sort of training and aim for a 20minute workout!

- Example: full body work out! Spider man Pushups, Chin ups, Burpees, Mountain climbers and plank taps!
- MAXIMUM EFFORT: 20seconds of as many repetitions as possible. You also want to stick with the same exercise if you can for the whole 4 min period!
- COMPLETE REST: 10 seconds of catching your breath and preparing for your next challenge!



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Second factor – Exercise selection

Intensity and the amount of calories you burn can largely be determined by the exercises involved in your session. For example If you were to do squats in comparison to burpees the amount of effort and calories required to perform the exercise would be a lot higher in the Burpees. We have a listing of some basic exercises, some intermediate exercises and some advanced exercises that you can choose from to create your ultimate training session. This also lets you be flexible with full body workouts with limited equipment!

These are resistance based exercises that can be done with little or no equipment!

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
Chin ups (with feet down)	Underhand full Chin up	Overhand full Chin up
Dips (knees bent)	Full Body weight Dip	Power Chin up
Dips (knees Straight)	Spider man Push up	Close grip U/hand Chin up
Push-ups (on knees)	T Push up	Power Dips
Push-ups (on toes)	Decline Push up	Superman Plank
Plank	Cycles	Star Planks
Scissors	One leg Bridge	Burpees
Bridges	Dumbbell/Kettle bell swings	Hand Stand Push-ups Assisted (feet on wall)
Squats	Plank Taps	Hand Stand Push ups
Lunges (Step forward and back)	Jumping Mountain Climbers	Clap Push ups
Lunges (Walking)	Jump Squat	Tuck Jumps
Squat Hold	Mountain Climbers	Push up with Row
Split Squat (Static Lunge)	Jump Lunge	One leg Jump Squat
Step Ups	One Leg Squat	Double Jump Lunge
Side Plank	Walking Crawl	Muscle Up
Calf Raisers		
Lateral Lunges		
Shoulder press		
Skipping		



These are Cardio Based Exercises

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
Walking	Running	Sprinting
Jogging		
Swimming (slow lane)	Swimming (medium Lane)	Swimming (fast Lane)
Shadow Boxing	Boxing on Pads	Boxing with maximum Power on Pads
Spin Cycle (with little resistance)	Spin Cycle (medium resistance and inc. Sprints)	Spin Cycle (High Resistance inc. Sprints)
X-Trainer (No resistance)	X-trainer (medium resistance inc. sprints)	X-trainer (high resistance inc. sprints)
High Knees	Hopping	Bounding
Butt Kicks	Skipping (Sprinter Skip)	
Fast Feet	Skipping rope	One leg skipping
	Grinder (Spin cycle using arms no resistance)	Grinder (medium and high resistance)
	Rowing Machine	Rowing Machine at full speed

Third factor – Rating of perceived exertion

A rating of perceived exertion or RPE is your personal rating on how hard you are working. If you believe you're working as hard as you can you will be working at a maximum 10/10 on your perceived rate of exertion scale, this is normally when you hit your failure point. Failure point is the point when you are can't perform any more reps of that exercise for that set. The higher you can get your workout on the RPE Scale the more calories you will burn, the more effective and efficient your workouts will be and the faster you will yield results!

Conclusion

It is recommended for maximum results you do 2 or 3 HIIT sessions per week!

Make sure you always warm up and cool down. Warm up should consist of some light cardio that elevates your body's temperature! When cooling down you should take 2-3mins to wind down the body so that blood doesn't pool in the extremities. This can be done through light jogging or walking until your heart returns to normal.



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Remember with HIIT training you get out what you put in there is no point coasting along when your results are just sitting there to be taken! So what are you waiting for go out there plan your session have fun and get amazing results!

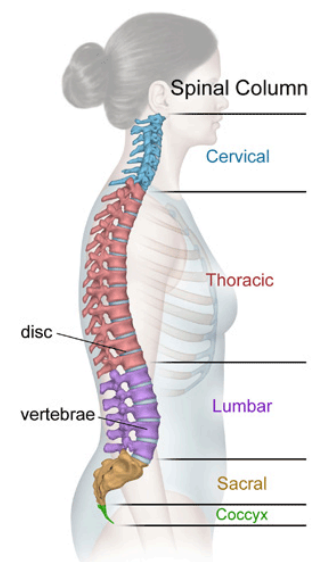


Injury Prevention: The Basics

Injuries are a common fact of life, and unfortunately they do pop up from time to time, especially with increased levels of physical activity. The best advice I could possibly give is that prevention is better than a cure. We could spend hours talking about ways to prevent and manage injuries all over the body, so in this chapter we'll discuss the basics around the spine, one of the most important and frequently injured areas of the body.

Our spine is quite literally the backbone of our body, providing a solid structure for our limbs to attach to, as well as providing crucial protection for our spinal cord which carries nerves coming from, and back up to, the brain. Most of us know this importance, however we generally do a very poor job of protecting our spine from injury. Around 85% of the human population can expect to have lower-back pain (LBP) to some degree during their lifetime. It is important to note that this figure accounts for all types of LBP including mild pain from muscular tightness during illness, as well as age related changes around the spine, injuries from exercise and workplace activities often result in severe longstanding pain and debilitation.

There are a number of mechanisms that can lead to spinal injuries, however the most common is incorrect spine positioning. Our spine has natural curves in four main segments, the cervical, thoracic, lumbar and sacrococcygeal. The curves in the thoracic and sacral curves are primary curves, formed in early foetal development, with the secondary (cervical and lumbar) curves being compensatory and formed after birth. The secondary curves are a concave lordosis curve (curved inwards), with the cervical formed when the baby can hold their head upright and the lumbar formed when the baby can stand upright. These curve in the opposite direction to the kyphotic/convex thoracic and sacral curves (which are curved outwards), allowing the spine to carry the weight of the head, arms and trunk under gravity while maintaining an upright posture. The compensatory curves are generally more mobile, and therefore at greater risk of injury through misalignment.



Injuries to the spine can commonly arise from completing a movement with the spine out of this natural alignment. Day-to-day, we commonly see this in not only personal training, but just about any workplace. The key to preventing injury is maintaining neutral spine during the whole task you are competing, whether that is a push-up, squat, picking up a box or sitting for an extended period of time. For correct neutral spine alignment, the ears, shoulders, hips, knees and ankles should be roughly in line with each other. One simple way to feel for the correct lower back curve yourself is to lie on your back with knees up as shown below. Exaggerating the lumbar curve by poking your belly up will increase



a. Too much curve (anterior pelvic tilt)...



b. not enough curve (posterior pelvic tilt)...



c. and just right (neutral pelvis).

the
curve,
while



flattening the lower back to the ground will remove that curve. Neutral spine is usually the mid-point between these two positions:

Common mistakes

Below are a couple of pictures of some common mistakes we see working in fitness, and what the correct spine position should look like.

Push-up

1. Neck is extended (eyes looking ahead not down)
2. Neutral spine (head up, chin down)
3. Neck is flexed down (very common mistake)



In the push-up especially, we see a lot of people with incorrect neck positioning. The common mistake is head down, often a compensation to make the push-up range feel shorter in those with less upper body strength. As a correction, we will ask them to bring their head up, which they often make the mistake of looking ahead instead, bringing the neck into increased extension, which is also an injurious posture for the neck. One cue I have found successful is to say head up and chin tucked in (hold your head up and make a double chin), which helps you hold your head in the neutral position. Remember the head posture should be similar to neutral spine when standing.

Picking up a box

1. Knees bent, but lower back is flexed
2. Neutral spine
3. Legs relatively straight and lower back flexed (common and dangerous lifting posture)



Lifting with a flexed lumbar spine is one of the most common causes of an acute lower back injury. The structures that support the spine, including the joints and discs, are designed to accept loads in multiple directions, however when directions of force are combined, such as lifting with a flexed spine, injuries can occur. Correct lifting positions are important to adopt, not only in training, but most definitely at work, where you are often not thinking about the correct lifting mechanics.

Core stability

One factor that may lead to poor spinal mechanics and potentially pain is low core stability. Core stability is the ability to properly engage your core muscles, which are crucial to protecting the spine. Poor core stability does not mean your spine is unstable, it means that the muscles aren't functioning properly to allow for safe movement. This should not be confused with core strength, which is the maximum amount of force these muscles can produce. An important muscle in core stability is the transversus abdominis (TA). TA is a large muscle that wraps around the stomach and provides deep stability to the abdominal wall. Through its attachment in the back, TA also helps to stiffen the spine and signal the deep back muscles to contract and further stabilise the spine. The evidence suggests that these muscles become dysfunctional in those with chronic (longstanding) LBP, however retraining these alone is not the key to resolving back pain. The best treatments for longstanding pain include education on pain management techniques, movement re-education and lifestyle change, please contact us for more information on this.

One of my best tricks for activating TA is to feel for muscle contraction on the sides of the stomach. Place your fingers on the front of your hip bone, and then move about an inch inwards and cough, you should feel the muscle contract under your fingers. Practice pulling your belly button back towards your spine at about 30% as hard as your maximum. When contracting TA, you should be able to hold it and be able to breathe comfortably, if you suck your whole stomach in you will have trouble breathing. Another way to practice this is in the crook lying position (see above when finding the neutral lumbar spine position). A particularly helpful cue I have used personally is to pretend you are sucking your lower stomach in to put on a tight pair of jeans (something I'm sure most of us have done once or twice!), ensuring that you can breathe comfortably at the same time. The key to training the strength of these muscles is to place them in a position where neutral spine alignment could be compromised (in a safe manner of course!), and resisting the loss of spine position (in exercises such as dead bugs, leg raises, bridges etc).

Conclusion

As mentioned at the start of this chapter, this is only a brief overview of spine injury prevention; the key to a healthy/successful training program and life is to prevent injuries from happening. This is just a brief discussion limited to cervical and lumbar spines, and hasn't covered what injuries can occur and their common presentations at other joints, such as the knees or shoulders. There is plenty more to



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know! Two simple ways to prevent spinal injuries are to maintain neutral spine and keep your core active during all exercises and at any time when your spine could be put in a compromising posture.

Please don't hesitate to contact us if you feel an injury might limit you in your quest to losing your first five kilograms. We are here to help you work towards success!



Keeping on track

Action Plan

This is one of our secret weapons of success, and it is something that I don't just use for my clients and myself for training goals, but I implement this system for success across my whole life! The aim is to take the information we collected in your goal setting and now put in a plan so that we can achieve it. Your Action Plan must consist of six main parts;

1. Habitual

You must do one small thing every day to take a step forward to your goal. The more you add health and fitness into your daily routine and the longer it is in there you, the less resistance you will have to doing it. It will become second nature for you to be fit and healthy

2. Flexibility

Your action plan needs to be a little flexible - your goals will change, we may be doing better than we thought or you may have overestimated your ability. Either way, you need to be able to adjust if this is the case! Note: adjusting your action plan doesn't mean that you are failing or that you can't achieve what you set out to achieve, it may just mean it take a little longer we need to find another way to do it.

3. Motivation

You need to be constantly motivated to pursue your goals make sure you have not only rewards but other incentives and motivators along the way! Pain points are very important as motivation as well. Make sure you have reminders of what originally got you started, so that you don't get complacent and fall back there.

4. Rewards

These will be at milestones in your action plans, remember the fact that you are even working towards achieving your goals is awesome and you need to be rewarded - this can be in the form of giving yourself a gift, going and getting a massage, going to the movies, Going to an event, play your favourite video game, Get your nails done etc.

5. Steps

Make sure you have everything written in detail that you need to achieve. For example if it is just a walk you need to do it should look like this - Walk At Cranbourne Botanic Gardens for 5kms with the aim of completion to 45 minutes, Tuesday's at 4pm

6. Knowledge

Do you need any to talk to friends, family, doctors, trainers, google? What information do you need to find out to make sure you are going to achieve your desired result - you don't have to be an expert at what you're trying to achieve you just need to be an expert in finding experts!

Now you have an idea about how to write your action plan let's start designing it! We have a template set up for you to start designing your own action plan. You'll find it at the end in the appendix.

Test and Measure

As previously mentioned, testing and measuring is one of the best ways to keep yourself on track with any plan you implement. This allows you to see the progress that you have made throughout your program. Fitness testing and weighing yourself each week may not be the most successful plan to make, as this may fluctuate week-to-week. However, testing over a longer period, such as four weeks, allows you to see these changes. If you are implementing the correct steps (as above) in nutrition and exercise, then it is likely that you will see changes.

When you do your test and measure this is also the perfect time to take your progress photos. Given that the kilos usually come off slowly, you may not feel these changes day-to-day, and seeing photographic evidence can be very powerful to help keep your motivation on track. We have found that a lot of people feel clothing size is important to helping with motivation, so keeping track of this can also help. The best way to do this is to write down the size of something you feel would be a good motivator. If you have had to buy new work pants then put these down, if you just bought a new dress that is a size smaller, put that down, etc. The exercises listed form a basic part of our regular testing regime with our clients, so they are a great way to see how your body is changing in relation to the exercise you are performing. Feel free to put in any other exercises you find useful to track, such as the time for a set run distance, plank hold time, number of burpees in 1 minute, etc.

	DATE:	DATE:	DATE:	DATE:
Waist (cm)				
Weight (kg)				
Push-ups (1min)				
Inverted rows (1 min)				
Squats (1 min)				
Clothing changes				



Updated progress photo				
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Conclusion

Now you have all the information needed to start to lose your first 5 kilograms. Make sure you write down your goals, get your action plan sorted and start creating the mindset required to achieve your goals! It is extremely important that you use constant motivators to keep you focused on achieving your goals!

Persistence (P), Consistency (C) and Determination (D) will be the big factors in achieving great success and helping you tear off those first five kilograms, eliminate bad habits and help get you through those initial days of detox. Please remember those who are successful use the formula:

$$\text{PCD} + \text{Time} = \text{Results}$$

Thank you for taking the first step in your health and fitness goals! If you would like anymore free advice please do not hesitate to send me an e-mail - tim@4bodyfitness.com.au. I am extremely passionate about helping people get into the best shape of their lives and love it when you ask questions as it enables me to help so many more people on a deeper level!

If you are interested in getting an expert personal trainer or jump into one of our fun and motivating bootcamp sessions go to www.4bodyfitness.com.au/contact-us

A very special thank you to my team that helped me build this amazing resource!

Tim Coombs – Life hacks, injuries, editing and design

Rhiannon Leake – Nutrition guide and recipes

Katrina Rotunno - Nutrition guide and recipes



Appendices

Appendix 1. Recipe Book

SNACKS

Snacks give us the opportunity to increase our intake and ability to assimilate nutrients throughout the day and also help maintain blood sugar levels (provided we are making the right choices!) Some easy quick snack ideas are cutting up vegetables, this is also a great way to increase your vegetable servings, and you should be aiming for 5 a day. Easy vegetables that can be cut up and eaten raw are;

- Carrots
- Celery
- Capsicum
- Cucumber

Dips

You can have the dips with vegetable sticks or with rice crackers
(Such as Sakatas – one row = one serving)

AVOCADO

Ingredients:

- ½ Avocado
- 1 tbsp Lemon Juice
- ½ Diced Tomato (optional)
- ¼ Diced Onion (optional)
- Salt and Pepper for Seasoning

Method:

- Mash avocado with a folk
- Stir through other ingredients

HUMMUS

Ingredients:

- Can of drained rinsed chickpeas
- 2 Cloves garlic
- 1 tbsp Tahini paste
- 1 tsp Cumin
- Juice of one lemon
- ¼ Cup water

Method:



- Place ingredients into a blender/food processor, blend until smooth

CUCUMBER AND YOGHURT

Ingredients:

- 2 Lebanese cucumbers, peeled, halved lengthways and diced
- ½ tsp Salt
- 1 ½ Cup Greek yoghurt
- 2 Cloves garlic, crushed
- 2 tsp Olive oil
- 1 tsp Cumin
- Juice of half a lemon

Method:

- Place yoghurt, garlic, oil and cumin in a medium bowl and stir to combine
- Stir cucumber through the mixture

Eggs

Can be boiled and eaten as snacks or made into mini Frittatas as a convenient handheld snack or breakfast.

FRITTATAS

Ingredients:

- 1 ½ Medium red capsicums, seeded and diced
- 2 Cloves of garlic
- 1 Large zucchini, cut into small pieces
- ½ Onion, diced
- ½ tbsp Olive oil
- 1 tbsp Fresh parsley chopped
- ½ tsp Salt
- 2 Whole eggs and 3 egg whites
- ¼ tsp Cayenne pepper
- 1 tbsp Finely shredded parmesan cheese

Method:

- Preheat oven to 180 degrees
- Spray muffin tray with oil (pick what size you would like)
- Fry; capsicum, garlic, zucchini and onion with oil cook for 8 minutes or till vegetables are Tender
- In a medium bowl, whisk eggs, salt and cayenne pepper
- Add vegetables and cheese to the mix and pour into muffin tray
- Bake for 30mins or until center is set



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NUTS AND SEEDS

Nuts and seeds are a great source of protein and good fats. You can have them on their own and there is also a recipe for protein balls that contains nuts and seeds too. If you are having plain nuts and seeds remember they do contain high amounts of energy so a portion size for nuts and seeds is approximately the size of a matchbox and you should go for the unsalted varieties.

PROTEIN BALLS

Ingredients:

- ½ Cup Sunflower seeds
- ¼ Cup Quinoa flakes
- ¼ Cup Brazil nuts
- 2 tbsp Tahini or nut butter
- ¼ Cup Coconut, desiccated
- 2 ½ tbsp Raw cacao
- 1tsp Cinnamon
- ¼ Cup Honey
- Pinch of salt
- Up to 1 tbsp water (use as needed)

Method:

- Place all nuts and seeds in food processor or blender until blitzed.
- Transfer to bowl and add all other ingredients except the water.
- Combine well, add water if needed. Consistency should be firm enough to hold together.
Roll into 12 small balls and then roll in coconut then refrigerate.

MIXED SEED AND NUT BARS

Ingredients:

- 1 Cup quinoa flakes
- ½ Cup pumpkin seeds
- ½ Cup roasted hazelnuts
- 2/3 Cup raw honey
- 2/3 Cup tahini
- 1 tbsp Cold pressed olive oil
- 6 tbsp Protein powder
- 1 Egg white

Method:

- Preheat oven to 180°C. Mix all ingredients together.
- Press into greased baking tray.
- Mark out 12 bars and bake for 10 – 12 minutes until browned and allow to cool.



PROTEIN OAT BARS

Ingredients:

- 1 Cup rolled oats
- ½ Cup pumpkin pepitas
- ½ Cup slithered almonds
- ½ Cup shredded coconut
- ½ Cup sesame seeds
- 1 Cup ground almonds
- ½ Cup dried apricots or apples
- 1 tbsp Cold pressed olive oil
- 2 tbsp Protein powder (vanilla)
- ½ cup Tahini
- 2 Egg whites
- ½ Cup rice or barley malt
- ½ Cup apple juice concentrate

Method:

- Add eggs, beat egg whites and fold in other ingredients.
- Press into a greased tray.
- Bake for 20 min on 180°C.
- Cover when golden brown with foil and store in the fridge.
- Cut into bars.



BREAKFAST

Studies have shown that those who consume a healthy breakfast are more likely to make better food choices throughout the day.

BREAKFAST SMOOTHIE

- Smoothies are a quick way of getting in a nutrient dense meal.
- Time to make <5mins
- **Directions:** Add all ingredients into blender, blend until smooth
- **Variations:** Add a couple of ice blocks for a chilled smoothie.
- Use leftovers to make ice blocks, pour into ice block moulds and freeze.

WATERMELON REFRESHER

Serves 4

Ingredients:

- 900g Seedless watermelon, chopped coarsely
- ½ Cup (125ml) Orange juice, chilled
- 2 tbsp Lime juice

Method:

- Blend or process watermelon, orange juice and lime juice until smooth.
- Garnish with slices of lime, and serve with ice.

BERRY AND MUESLI

- ½ Cup low fat or soy milk.
- 2 tbsp Low fat natural yoghurt or vanilla yoghurt
- 1 Ripe banana
- ¼ Cup chopped berries eg: strawberries, raspberries, blueberries
- 1 – 2 tbsp Muesli (Gluten Free)
- ½ Cup ice water



BERRY BLITZ

- 200-250mL Milk of your choice (low fat, almond, soy, rice, oat or A2)
- ½ Cup berries (frozen ones will make it nice and cold)
- 1-2tbsp Rolled/quick oats
- 1 tsp Cinnamon

BANANA GINGER

- ½-1 Banana
- 1 tbsp Honey
- ½ tsp Grated ginger
- ½ Cup Greek/Natural yoghurt/milk

GREEN TEA, BLUEBERRY AND BANANA

- 3 tbsp Green tea (make tea and let stand for 4mins, add honey and stir until dissolved)
- 2 tsp Honey
- 1 Cup Frozen blueberries
- ½ Banana
- ½ Cup milk

PINEAPPLE PASSION

- 1 Cup Greek/natural yoghurt
- 6 Cubes of ice (make sure your blender is ok with ice!)
- 1 Cup of pineapple chunks

TROPICAL PAPAYA

- 1 Papaya cut into chunks
- 1 Cup Greek yoghurt or natural yoghurt or milk
- ½ Cup fresh pineapple chunks
- ½ Cup crushed ice

SUPER GREEN

- 1 Handful of baby spinach or lettuce
- 1 Stalk of kale
- ½ Green apple cut into small pieces
- ¼ Avocado
- Pinch of parsley and or mint
- ½ Stalk of celery
- ¼ Cup water



BODY
FITNESS



***Optional for all recipes**

Any or all of these can be added to your smoothie

Serves 2

- ½-1 Scoop of protein powder
- 1tsp Chia seeds or 1 tbsp LSA mix (added fibre and good fats)
- 1tsp Flaxseed oil (good plant source of omega 3)
- ½- 1 tsp Cayenne pepper (to add a bit of a kick and get that metabolism up)
- 1tbsp Greek/natural yogurt (to thicken up the recipe and for some prebiotics)
- 1-3 tsp Honey (for added sweetness)

Add 1-2 teaspoons of honey.

Eggs

Eggs are an excellent source of protein containing all the essential amino acids required by the body.
Cook time <5mins -10mins

EGGS OLE

Ingredients:

- 2 Large eggs
- 2 tbsp Salsa
- 1 tbsp Guacamole

Method:

- Crack eggs into a preheated non-stick fry pan over high heat, breaking the yolks
- Cook on one side for approx. 50sec, or until fully cooked
- Add salsa and guacamole on top and serve

MEXICAN SCRAMBLED EGGS

Ingredients:

- 3 Egg whites (lightly beaten)
- ¼ Cup bean mix
- 1 tbsp Low fat cheddar cheese
- 2 tbsp Salsa

Method:

- Add all ingredients except the salsa into a preheated fry-pan, cook eggs through
- Top with salsa and serve



BODY
FITNESS



EGG-WHITE MUFFIN MELT

Ingredients:

- 3 Eggs whites
- 1 Whole grain English muffin (could use a wrap instead)
- ½ Cup spinach
- 1 Slice reduced fat-fat cheese or cream cheese
- 2 Slices of tomato

Method:

- Scramble egg whites
- Toast muffin
- Add contents to the muffin and enjoy

EGGS AND 3 SERVES OF VEGGIES

Ingredients:

- 1-2 Eggs (cooked to how you prefer; my favourite ways are poached or boiled)
- 1 Cup of spinach
- 1 Diced tomato
- ½ Cup diced mushroom
- 1 tsp Crushed garlic
- Pinch of pepper
- ¼ tsp Cayenne pepper
- ½ tsp Olive oil

Method:

- Cook eggs to your liking
- Heat oil in fry pan with garlic, cayenne pepper and black cracked pepper
- Add veggies and cook for 5 minutes

OATS

BERRY PORRIDGE

Ingredients:

- 1/3 Cup rolled oats
- ¼ Cup berries of choice
- 1 tsp Cinnamon
- 1 Serve protein powder
- ½ Cup milk
- 1 tbsp LSA mix

Method:

- Add milk and oats together and microwave for 1 ½ minutes



- Stir through other ingredients

BLUEBERRY AND BANANA OATCAKES

Ingredients:

- 1 Ripe banana, mashed
- 1/2 Cup rolled oats
- 1/4 Cup honey
- 1 tsp Cinnamon
- 1/4 Cup blueberries (frozen or fresh)
- Dash of vanilla extract (optional)
- 1 tbsp Chia seeds (optional)
- 1 tbsp Coconut flakes (optional)
- 2 tbsp Cocoa powder (optional, for a chocolate banana cake)

Method:

- Mash banana
- Add everything else except blueberries and stir
- Gently fold in blueberries
- Spray bowl with cooking spray and put batter in
- Microwave for 3 ½ to 4 ½ minutes
- Allow to cool and then serve

NATURAL MUESLI

Ingredients:

- 2 Cups rolled oats
- 2 Cups spelt flakes
- 1 Cup quinoa, puffed amaranth and puffed millet
- ½ Cup almonds
- ½ Cup flaxseeds
- ½ Cup sunflower seeds
- ½ Cup rice/oat bran or psyllium husks
- ½ Cup Pumpkin pepitas

Method:

- Add all ingredients together and store in an airtight container.
- Have a cup of muesli, add soy or rice milk.
- Add dried fruit if desired.



PERFECT WINTER PORRIDGE

Ingredients:

- 1 Cup rolled oats (GF: rice or soy flakes)
- 1½ Cups low fat milk (Lactose Free: soy or lactose free milk). You can use half water
- 1 tbsp LSA (ground linseed, sunflower seeds and almonds)
- Handful of fruit pieces (banana, mango, pear, apple, berries) – optional
- 1 – 2 tbsp Raw organic honey

Method:

- In a small saucepan add oats and milk.
- Cook over a medium heat for 3 minutes, stirring well.
- If using rice or soy flakes, add 2 ½ cups of boiling water, cover and simmer over medium heat for 20 minutes or until soft and creamy.
- If using brown rice, soak in water for 30 minutes, drain water and add to saucepan.
- Add 2 cups of milk and 1 cup of water, cover and simmer on medium heat for 45 minutes, or until soft and cooked through.
- Add diced fruit and LSA and cook for another 3 minutes until porridge has a creamy texture and fruit is cooked through.
- Take saucepan off the heat and stir in honey.



LUNCH OR DINNER

WARM MANGO CHICKEN SALAD

Serves 4

Ingredients:

- 4 Small chicken breasts, skin off
- 200g Salad mix (mix of salad leaves)
- 1 Mango, sliced into wedges
- 1 Large avocado, thinly sliced
- 1 Cucumber, sliced thinly lengthways
- 1 Cup cherry tomatoes, halved
- 1 Spring onion, finely sliced
- ½ Cup mango chutney
- 2 tbsp Balsamic vinegar
- 1 tbsp Hot water
- Salt & pepper to taste

Method:

- Grill chicken breast on a preheated hot char grill or in a frying pan for 4-5 minutes each side.
- Wrap in foil and set aside.
- Combine the salad mix, mango, avocado, cucumber, cherry tomatoes and spring onion and toss lightly.
- Slice the chicken into thin slices and place on the salad.
- To serve, combine the mango chutney, balsamic vinegar and water and pour over salad.

CUCUMBER ASIAN SALAD

- Serves 4, * Enjoy with grilled chicken or pork.

Ingredients:

- 1 Continental cucumber
- 1 Small brown onion
- 1 Medium tomato
- 1 tsp Sugar
- ½ Cup white vinegar
- ½ Cup water
- Salt & pepper to taste

Method:

- Peel and thinly slice cucumber, onion and tomato – put aside.
- Combine vinegar, water, sugar, salt and pepper in a bowl.



- Add cucumber, onion and tomato to the bowl.

THAI NOODLE SALAD

Serves 6

Ingredients:

- ¼ - ½ Cabbage, finely shredded
- 1 Bunch baby bok choy, finely shredded
- 4 Spring onions, finely chopped
- 100g Toasted slivered almonds or pine nuts
- 1 x 100g Packet Chang's original fried noodles
- Carrots, finely julienned, optional
- Red capsicum, finely julienned, optional

Dressing:

- ¼ Cup white vinegar
- ¼ Cup castor sugar
- 1 tbsp Soy sauce
- ½ Cup light olive oil
- 2 tsp Sesame oil, or to taste

Method:

- **Dressing:** Combine all dressing ingredients in a jar with a tight lid, and shake until sugar has dissolved.
- **Salad:** Toss together cabbage, bok choy, and spring onions in a large salad bowl.
- Just before serving, add dressing and toss, then add almonds and noodles and toss thoroughly to combine.

WHOLEMEAL VEGETARIAN PIZZA BITES

Serves 4

Ingredients:

- 1 tbsp Cold pressed extra light virgin oil
- 12 Wholemeal light cruskits
- 2 Red or green capsicums
- 2 Large gourmet tomatoes
- 2 Large brown onions
- Fresh spinach and crumbled feta cheese to garnish (if desired)

Method:

- Thoroughly wash capsicum, spinach and tomatoes then pat dry.
- Bring to boil spinach then drain excess water.
- Heat oil in a pan on medium heat.
- Dice capsicum and onion and place in pan, cook until onion is slightly browned.



- Remove onions and capsicum from heat and transfer onto paper towel.
- Slice tomatoes and place in pan. Cook until desired then transfer to paper towel.
- Place tomatoes on crusts then add capsicum and onion.
- If desired, sprinkle spinach and feta on top of pizzas

CHICKPEA & ROASTED SWEET POTATO SALAD

Ingredients:

- 2 Medium (800g) sweet potatoes, peeled and cut into 2cm cubes
- Olive oil
- 400g Lean lamb steaks, cut into strips
- 2 tbsp Moroccan spices
- 6 Cups (200g) baby spinach leaves
- 1 x 425g Can chickpeas, drained
- 2 tsp Moroccan spices, extra

Method:

- Pre-heat oven to 180°C. Place sweet potato cubes into a baking dish and brush with olive oil. Roast in oven for 30 mins or until cooked and golden. Allow to cool.
- Heat a little olive oil add spices in a frying pan over medium-low heat for 12 minutes to develop flavour. Add lamb strips, stir through spices to coat well, cook until meat medium-well done, then remove from heat.
- In a large bowl combine baby spinach leaves, sweet potato and chickpeas. Distribute over four serving plates. Top with cooked lamb and pan juices. Sprinkle salad with additional spices and drizzle olive oil to taste.

Vegetarian option – Make salad with spinach, chickpeas and potato as above, crumble feta cheese over salad. May be dressed with a sprinkling of Moroccan spices and a little olive oil or *Kraft 99% Fat Free Moroccan Salad Dressing*.

AVOCADO CAPRESE SALAD

Serves 4

Ingredients:

- 4 Large vine-ripened tomatoes (480g)
- 250g Cherry bocconcini cheese
- 1 Large avocado (320g), halved
- ¼ Cup loosely packed fresh basil leaves
- 2 tbsp Olive oil
- 1 tbsp Balsamic vinegar

Method:



- Slice tomato, cheese and avocado thickly.
- Arrange slices of tomato, cheese and avocado on serving platter; top with basil leaves, drizzle with combined oil and vinegar. Sprinkle with salt and freshly ground black pepper, if desired.



TACO STYLE SALAD

Serves 2

Ingredients:

- 250g Beef mince
- 1 Onion
- 1 Carrot
- 1 Can kidney beans
- 1 Can crushed tomato
- 1 tsp Each of cumin, ground coriander, chilli powder
- 1 tbsp Paprika
- Cooking spray
- Salad – lettuce, tomato, avocado, cheese (optional), 1 cup low fat corn chips or tortilla chips, natural yoghurt

Method:

- Sauté beef until brown and remove from pan. Wipe out pan and spray with cooking oil. Sauté onion and then add spices. Cook until they become fragrant. Add in tomato, carrot and beef and ½ cup water and simmer until mixture thickens. Add beans toward the end of cooking.
- Divide lettuce, tomato, and avocado between 2 bowls, Crush up tortilla chips and sprinkle on top of salad. Spoon some of the beef mixture over top and garnish with dollop of natural yoghurt, fresh coriander and cheese if using.

CHICKEN & ROAST VEGETABLE WRAP

Ingredients:

- 2 Lebanese breads or flat breads
- 1 Cooked chicken breast, cut into strips
- ½ Red capsicum, cut into strips
- ½ Yellow capsicum, cut into strips
- 1 Small zucchini, cut into strips
- Handful of lettuce
- 2 tbsp Mango chutney, tomato salsa or tzatziki

Method:

- Lightly spray a frying pan with olive oil and place over a medium heat.
- Cook capsicum and zucchini until tender.
- Lay all ingredients down the middle of both flat breads and wrap.
- Toast if desired.



TOFU & VEGETABLE SLICE

Ingredients:

- 5 Eggs
- 1 Cup silken tofu
- 1 tbsp Cold pressed olive oil
- 2 tbsp Lemon juice
- 210g Can salmon or tuna
- 3 cups Grated zucchini
- 2 cups Steamed broccoli
- 2 tbsp Seeds (sunflower, pepitas)

Method:

- Mix egg, tofu, oil, lemon, and salmon in a bowl.
- Add remainder of ingredients.
- Pour into quiche dish (greased).
- Sprinkle with seeds
- Bake in 180°C oven for 40 min, until firm.

THAI CHICKEN BURGER

Serves 2

Ingredients:

- 200g Lean chicken mince
- 1 Shallot chopped
- 2 tbsp Chopped fresh coriander
- 1 Small red chilli, finely chopped
- Olive oil cooking spray
- 1 (90g/3.2oz) Wholemeal bread bun, halved and hollowed out
- 4 Iceberg lettuce leaves, shredded
- 1 Small (125g/4.4oz) tomato, sliced
- 1 Small (125g/4.6oz) Lebanese cucumber, peeled into ribbons
- 60g Bean sprouts

Method:

- Combine the chicken mince, shallot, coriander and chilli in a bowl with wet hands – shape the mixture into 2 patties
- Lightly spray the non-stick frying pan with olive oil and heat over medium heat.
- Toast the bun halves then line with lettuce.
- Top with tomato, a chick patty, some cucumber ribbons and sprouts.



BODY
FITNESS



FRESH PRAWN SPRING ROLLS

Makes 16

Ingredients:

- 125g Rice vermicelli noodles
- 2 tbsp Lime juice
- 2 tbsp Grated palm sugar
- 1 tbsp Fish sauce
- 16 x 16cm-Round rice paper sheets
- 16 Large fresh mint leaves
- 16 Cooked medium king prawns (720g), shelled, deveined,
- 1 Lebanese cucumber (130g), seeded, cut into thin strips
- 6 Spring onions, sliced thinly
- 16 Sprigs fresh coriander
- 1 Cup (50g) Alfalfa sprouts

Sweet Chilli Dipping Sauce

- ½ Cup (125ml) Sweet chilli sauce
- 2 tbsp Lime juice

Methods:

- Place noodles in medium bowl of hot water about 5 minutes or until softened; drain well, Chop noodles coarsely.
- Meanwhile, make sweet chilli dipping sauce – combine ingredients in bowl.
- Combine noodles with juice, sugar and sauce in medium bowl.
- Place 1 sheet of rice paper in medium bowl of warm water until just softened; carefully lift from water, place on board covered with tea towel. Place 1 mint leaf, 1 prawn, 1 heaped tbsp of the noodle mixture, some of the cucumber and onion, 1 coriander sprig and some of the sprouts across centre of sheet. Fold in two opposite sides; roll to enclose filling. Repeat to make 16 rolls.
- Place rolls on tray lined with plastic wrap; cover with damp paper towel, refrigerate until ready to serve.



SMOKED SALMON & ZUCCHINI FRITTERS

Serves 4

Ingredients:

- 2 Eggs
- 1 ½ tbsp Olive oil
- ½ Cup milk
- 1 ½ Cups self-raising flour
- 100g Smoked salmon, thinly sliced
- 2 Large zucchini, roughly grated
- 1 tbsp Chopped dill

Method:

- Combine eggs, olive oil and milk in a large bowl. Add flour and whisk until smooth. Stir through smoked salmon, zucchini, dill, salt & pepper.
- Spray a large non-stick frying pan liberally with oil and heat over medium heat. Place 1 tablespoonful of the smoked salmon mixture into the pan, allowing room for spreading. Cook for 2-3 minutes each side or until golden underneath and cooked through. Remove and keep warm. Repeat with remaining mixture, regreasing the pan with oil spray between each batch.
- Serve with a simple green salad and sweet chilli sauce on the side.



PUMPKIN, SPINACH & RICOTTA QUICHE

Serves 4

Ingredients:

Pastry (Optional)

- ¾ Cup wholemeal or brown rice flour
- ¾ Cup ground pecans
- ½ Cup water

Filling:

- 6 Eggs
- 1 Cup soy or any nut milk
- 1 Cup spinach
- Handful ricotta pieces
- ½ Cup red capsicum, thinly sliced
- 1 Cup pumpkin diced
- 1 Small onion, finely chopped
- 1 tbsp Pepitas (pumpkin seeds)
- Pinch of nutmeg, sea salt and pepper (optional)

Method:

- Preheat oven to 180°C.
- Mix all base ingredients together.
- OR place pre-made pastry into dish.
- Beat eggs with milk.
- Heat some oil in a fry pan, add onion and pumpkin.
- Cook till tender, add capsicum and cook for a further couple of minutes.
- Mix pumpkin mixture into egg mixture, with spinach and seasoning.
- Lightly fold through ricotta pieces.
- Pour mixture into dish.
- Sprinkle with pepitas.
- Bake for 30 – 40 minutes, until set and golden brown.
- Serve hot or cold with green salad.



CHICKPEA PATTIES

Variations: Add can of tuna/salmon. Add 350g firm tofu. Roll in sesame seeds. Add 1 green chilli. Add 1kg of chicken or beef mince (cook first). Roll patties in rice bread crumbs or gluten free crumbs.

Ingredients:

- 1 tsp Tamari or soy sauce
- 2 Eggs
- 1 Can chickpeas or white beans
- ½ tsp Sea salt
- 1 Grated carrot
- 1 Grated zucchini
- 2 tsp Basil
- 2 Onions
- 1 tbsp Cold pressed olive oil
- 1 Clove garlic
- 1 Cup quinoa or rice (cooked)
- 1 tbsp Curry powder (optional)
- 1 tbsp Ginger

Method:

- Sauté onion & garlic in frying pan.
- Mix all ingredients together in a bowl, add sautéed onion & garlic.
- Make patties & cool in fridge.
- Shallow fry patties in a little olive oil for 5 mins each side OR cook in a 180°C oven for 20 minutes.



MUSHROOM AND BACON RISOTTO POLENTA BURGERS

Serves 4

Ingredients:

- 1 ½ tbsp Olive oil
- 1 Small brown onion, finely chopped
- 2 Garlic cloves, crushed
- 1 Rash gluten free, rind less middle bacon, chopped
- 100g Button mushrooms, sliced
- 2/3 Cup Arborio rice
- 2 tbsp Finely grated parmesan cheese
- 1 Egg, lightly beaten
- 2/3 Cup polenta

Method:

- Line a baking tray with baking paper.
- Heat 2 tbsp oil in saucepan over medium-high heat.
- Cook onion and garlic for 4 minutes or until softened.
- Add bacon and mushroom.
- Cook, stirring for 4 to 5 minutes or until the mushroom has softened.
- Add rice. Stir to coat.
- Add 1 cup cold water
- Bring to the boil.
- Reduce heat to medium-low Simmer
- Stirring occasionally, for 10 minutes or until rice has absorbed liquid.
- Add ¾ cup cold water.
- Cook for another 8-10 minutes or until rice is tender.
- Remove from heat.
- Stir in cheese.
- Spread rice mixture on prepared tray.
- Refrigerate for 1 hour or until cool enough to handle.
- Using ¼ cup rice mixture per ball, roll into 8 balls.
- Flatten slightly. Place on a plate.
- Place egg into a shallow bowl.
- Place polenta on a plate.
- Dip 1 risotto patty into egg, then polenta.
- Place on a plate. Repeat with remaining patties.
- Heat remaining oil in a large frying pan over medium-high heat. Cook patties for 3 to 4 minutes on each side or until brown and crisp.
- Serve with salad.



CHOW MEIN

Ingredients:

- 500g Lean beef mince
- 1 Onion, chopped
- 2 Cloves of garlic
- 1 or 2 tsp Curry powder
- 1 Cup French beans
- 1 Large carrot, diced
- 1 or 2 Packets dry chicken noodle soup mix
- ½ Cup long grain rice
- ½ Cabbage, finely chopped
- 2 ½ - 3 cups water

Method:

- Brown meat, then cook onion, garlic and curry.
- Add carrots, beans, cabbage, soup and rice, stir well.
- Cover with water. Bring to the boil then simmer for approx. 20-25 mins with lid on.

BEEF CURRY

Ingredients:

- 1 kg Diced beef
- 1 Clove of garlic
- 1 Large onion, diced
- 3 tbsp Mild curry paste
- 2 tbsp Plain flour
- 400g Can diced tomatoes
- 2 ½ Cups beef stock
- 300g Potatoes, diced
- 2 tbsp Oil
- Fresh coriander, chopped (optional)

Method:

- Cut beef into 3cm cubes. Season with salt and pepper and add about 2 tbsps of oil, mix well.
- Heat a large frying pan over a medium-high heat. Brown the beef and set aside.
- Add onion and garlic to frypan and cook until soft, then add the curry paste and flour, stir until the onion is coated. Gradually pour in the tomatoes and stock, stir well.
- Place the browned beef in the mixture. Partially cover and keep at a low heat.
- Stir occasionally; add water if needed during the cooking procedure to keep the ingredients well covered.
- Simmer until meat is very tender.



BODY
FITNESS



ROAST VEGETABLE SALAD

Ingredients:

- Chicken breast fillets
- Half a butternut pumpkin
- 1 Bunch Dutch carrots
- 1 Can baby beetroot
- 1 Red onion
- 1 Small baby cos lettuce
- Small amount of fetta or ricotta

Method:

- Dice pumpkin into small cubes. Peel and halve carrots. Drain and halve beetroot. Peel and cut onion into triangles.
- Spray baking dish with olive oil spray and cook veggies for approx. 30 – 40 minutes at 180°C.
- Spray another dish, add chicken fillets.
- Wash and prepare baby cos and serve with cooked vegetables and cooked sliced chicken. Sprinkle a small amount of the fetta or ricotta on top.

ITALIAN CHICKEN CASSEROLE

Ingredients:

- 1 tbsp Olive oil
- 1 kg Chicken drumsticks or 4 skinless chicken breast fillets
- 1 Onion, diced
- 2 Cloves of garlic, crushed
- 3 Medium potatoes, chopped
- 2 Zucchini's, chopped
- 1 Carrot, chopped
- ½ Cup plain flour
- 4 tbsp Tomato paste
- 1 tsp Dried Italian herbs

Method:

- Preheat oven to 220°C. Heat oil in a large flameproof, ovenproof casserole dish* over high heat. Add chicken and cook until well browned on all sides.
- Add onion, garlic, potato, zucchini and carrot. Cook for 2 mins.
- In a jug or bowl, combine flour, with stock until well mixed. Stir in tomato paste and herbs, and then pour over chicken. Bring to the boil, stirring regularly.
- Cover and bake for 30-35 mins, or until chicken and potatoes are cooked through. Serve with rice, pasta or mashed potatoes.



*If you don't have a flameproof, ovenproof casserole dish then use a large saucepan or deep frying pan to cook chicken and vegetables then transfer to an ovenproof casserole dish, cover and cook for a further 10 minutes than the cooking time above.

LEAN BURGERS

Serves 4

Ingredients:

- 500gm Kangaroo or turkey mince
- 1 Egg beaten
- 2 tbsp Tomato paste
- ½ Onion diced
- 1 tsp Cayenne pepper
- 1 tsp Cumin
- 2-4 tbsp Wholemeal bread crumbs (depending on consistency)

Method:

- Mix all ingredients together
- Heat fry-pan or BBQ
- Cook for approx. 3-4 min each side
- Serve with salad in a bun or alone

SWEET POTATO/PUMPKIN SHEPARD'S PIE

Ingredients

- 200g Lamb mince (reduced fat)
- 60g Onion, finely diced
- 10g Garlic
- 100g Broccoli, cut into florets
- 400g Can of chopped tomatoes
- 200g Sweet potato, peeled and cut into cubes
- 200g Pumpkin, cut into cubes
- Fresh parsley, chopped to serve
- Also, add any other desired vegetables.
- Cracked Black Pepper
- Sea Salt

Method:

- Place sweet potatoes and pumpkin in small sauce pan and cover with water cook until tender.
- Preheat non-stick pan over medium heat.
- Add onion and cook until translucent, add garlic and cook further one minute.
- Add lamb mince to pan and stir in with onion until well combined.
- Cook lamb mince until well browned, add broccoli, chopped tomatoes, salt and pepper stir until well combined. Set aside
- Mash sweet potato and pumpkin together.



- Lightly grease four oval oven proof ramekins and evenly place lamb mince in each until $\frac{3}{4}$ full...or just use a bigger size baking dish.
- Place sweet potato and pumpkin over the top and cook in oven at 180 degrees or 160 degrees (fan forced) for 10 minutes or until bubbling.
- Serve immediately with salad or cooked green vegetables if desired.

MEXICAN MIX

Serves 4

Ingredients:

- 2 Chicken breast, diced or 500g lean mince of choice
- 1 tsp Cayenne pepper and/or chilli flakes (more or less depending on how hot you like it)
- 1 tsp Ground coriander seed
- Juice from 1 lemon
- 1 tsp Crushed garlic
- 1 tsp Olive oil
- 1 Small can of corn
- 1 Diced onion
- 1 Medium zucchini
- 1 Small can diced tomatoes
- 1 can Mexican beans
- Rice or quinoa

Method:

- Heat oil in a pan with cayenne pepper, garlic, lemon juice, coriander seed
- Add onion cook until soft, then add diced chicken – cook through
- Add in the rest of the ingredients and cook until vegetables are soft
- Make rice or quinoa and serve together

PIZZA

Serves 4

Ingredients:

- 2 Wholemeal wraps (can use 4 small ones)
- 2 tbsp Tomato puree
- 100g Thin sliced cooked chicken /smoked salmon/tuna/ lamb
- Pick what you would like on top (ideas)
 - Cooked sweet potato
 - Capsicum
 - Rocket lettuce or spinach
 - Small handful of low fat grated cheese
 - Avocado
 - Mushrooms
 - Prawns

Method:

- Preheat oven to 200 degrees, or preheat grill



- Put tomato puree over the wholemeal wrap and add toppings
- Cook 5-10mins depending on your toppings

SPAGHETTI SAUCE

Serves 4

Ingredients:

- 1 tsp Olive oil
- 500gm Kangaroo mince
- ½ Onion
- ½ Capsicum
- 1 Medium zucchini (grated/ finely diced)
- 1 Carrot, grated
- 6 Tomatoes or 420gm can diced tomatoes
- 1 tsp Basil
- 1 tsp Oregano
- Pinch of salt
- 1 tsp Crushed garlic

Method:

- Heat oil in large fry-pan with garlic and onion
- Add meat and cook through
- Add all vegetables
- Simmer for 15-20mins (longer if you have time)
- Stir through salt and herbs

*Try serving with lightly fried strips of zucchini instead of pasta for a lighter alternative

HONEY AND SOY STIR-FRY

Serves 6

Ingredients:

- 500 gm Lean meat of your choice
- 1 Onion
- 4 Mushrooms
- 1 Handful bean shoots
- 1 tsp Olive oil
- 1 tbs Honey
- 2 tbs Soy sauce
- 1 Carrot
- 1 Bunch bok choy
- 1 Handful snow peas



- 1 Can baby corn
- 1 Red capsicum
- 1 tsp Garlic
- 1 tsp Chilli flakes

Method:

- Heat oil in wok or fry-pan with garlic, onion, chilli flakes
 - Cook meat through
 - Add honey and soy
 - Cook vegetables until soft
- Serve with rice or rice noodles

PRAWN STIR - FRY

Serves 2

Ingredients:

- 200g Prawns
- 2 tbsp Coconut oil
- Juice of one lemon
- 1 tsp Cayenne pepper/chilli flakes
- Pinch of salt
- 1 tsp Garlic paste or 1 clove
- ½ Packet of frozen stir fry vegetables or approximately 300g of fresh vegetables of choice

Method:

- heat oil, juice, pepper, garlic and salt
- add all other ingredients and cook to your liking (Approx 15mins total)

SWEET POTATO MASH

Serves 2

Ingredients:

- 2 Small sweet potatoes, cut into small chunks
- 50g Philadelphia cream cheese
- 1 tbsp Coconut oil
- 1/2 tsp Ground cumin
- Pinch of salt

Method:

- Boil sweet potato until soft
- Add the other ingredients and mash



STICKY KICKING CHICKEN

Serves 8

Salad ingredients:

- 200g Thin rice noodles
- Sesame oil
- 800g Watermelon
- 2 Little gem lettuces/ lettuce of your choice
- 1 Handful of radishes
- 1/2 Bunch of fresh mint
- 1/2 Bunch of fresh coriander

Chicken:

- 8 Boneless chicken thighs
- 1 tbsp Chinese 5-spice
- Olive oil
- 2 tbsp Sweet chilli sauce
- 2 tbsp Sesame seeds

Dressing:

- 2 tbsp Low-salt soy sauce
- 1 tbsp Fish sauce
- 1/2 Fresh chilli
- 1/2 Thumb sized piece of fresh ginger
- 2 Spring onions
- 2 Limes
- 1 Small clove of garlic

Method

- Submerge noodles in boiling water in large bowl
- On a large sheet of baking paper, toss chicken in 5-spice
- Fold paper over chicken and flatten to 1.5cm using a rolling pin
- Put chicken into large fry-pan with 1 tbsp olive oil, turn after 3-4 minutes, until charred and



nicely cooked through

- Drain noodles and toss with 1 tbsp sesame oil and place on a large serving platter
- Put ¼ of noodles into the a medium fry pan, tossing regularly until nice and crunchy
- Cut watermelon into chunks and remove the skin and place over platter
- Slice lettuce into small wedges and half the radishes
- Finely slice the mint and coriander leaves and scatter on the plate

Put coriander stalks into blender with soy and fish sauce, chilli, peeled ginger and spring onions, a splash of water, 1 tbsp of sesame oil

ALMOND CRUSTED CHICKEN

Serves 2

Ingredients:

- 1/2 Cup almond meal
- 1 tbsp Finely chopped parsley
- Zest and juice of half a lemon
- 1 Large chicken breast (slice in half widthways so you have 2 thin pieces)
- 1 tbsp Arrowroot, cornflour or coconut flour
- 1 Egg beaten
- 2 tbsp Coconut oil

Method:

- In a shallow bowl, add almond meal, lemon zest and parsley
- Lightly coat chicken in flour, then dip into egg, followed by almond meal
- Heat coconut oil in media fry pan, cook chicken over low-medium heat for 5-6 min and turn once



DESSERTS

*These desserts are only healthy in moderation!

STRAWBERRY APPLE CRUMBLE

Serves 6

Ingredients:

- $\frac{3}{4}$ Cup plain flour
- $\frac{1}{4}$ tsp Baking powder
- $\frac{1}{4}$ cup Brown sugar
- 2 tsp Ground cinnamon
- 60g Health tick-approved margarine
- $\frac{1}{2}$ Cup rolled oats
- 2 tbsp Sesame seeds
- 800g Can apples
- 250g Strawberries, hulled and halved
- Reduced fat Greek yoghurt, to serve

Method:

- Preheat oven to 200°C fan-forced. Lightly grease 1.5 litre (6 cup capacity) oven proof dish with canola spray.
- Combine flour, baking powder, sugar and cinnamon in a bowl.
- Drop heaped teaspoons of the margarine into the flour mixture and using your fingertips, rub the margarine into the flour until it starts to come together.
- Add the oats and sesame seeds and continue rubbing together until well combined.
- Spoon the apples into the dish.
- Add strawberries and gently stir to mix.
- Sprinkle crumb mixture over the fruit to cover and bake for 30 mins or until crumble is golden.
- Serve warm with a dollop of yoghurt.



BANANA PIKELETS

Makes 12

Ingredients:

- 1 Egg
- 1 Banana
- ½ Cup brown sugar
- ¾ Cup reduced fat milk
- ½ tsp Vanilla essence
- 1 ¼ Cups wholemeal self-raising flour
- 1 tsp Margarine or lower saturated fat dairy spread

Method:

- Break the egg into a cup or small bowl and beat using a fork.
- Peel the banana and place in a mixing bowl. Mash using a fork.
- Add the sugar, egg, milk and vanilla essence to the mashed banana.
- Stir in the flour, then allow it to sit for a few minutes, so the flour absorbs some of the milk and the mixture thickens slightly.
- Heat a frying pan over medium-high heat.
- Add the margarine or lower saturated fat spread, and cook ¼ cup of mixture per pikelet (you will need to cook them in batches).
- After about 1 ½ minutes, when bubbles appear on the uncooked surface, turn the pikelets over and cook on the other side for about 2 minutes.
- Put the cooked pikelets on a paper towel ready to use.
- If not using them all at once, cover the pikelets with a tea towel until ready to use.

Note – To make plain pikelets, leave out the banana; replace the brown sugar with 1 ¼ cup caster sugar and use 1 cup reduced fat milk.

These desserts are only healthy in moderation!



Appendix 2. More Advanced Workouts

Here we have three advanced workouts, not aimed at beginners. Sorry my rookies, these are for those who have been training for at least 3-6 months and are confident in performing the exercises below with the correct technique. The workouts are designed to increase strength power and help your body shift stubborn body fat!

As always, add weight if you need more of a challenge.

Important Rules

1. Have strict technique on all of the exercises! This way you will safely get maximum benefit from each work out!
2. Go in with the mindset that you want to work hard and it will be easy. Do not go in with mindset that it is going to be hard because then it will be hard
3. Check in with yourself on each exercise and keep questioning if that is really your max effort that you are giving!
4. Have fun with the work out. Push yourself but smile, stay positive throughout and congratulate yourself on the completion!

Workout 1

Tri-set (back to back to back exercises then rest for 1 minute)

Do three rounds of each as fast as possible

- Push ups - to failure (chest to floor)
- Jump squats - 15 (as high as possible)
- Mountain climbers - 100
- Inverted rows (dips if you don't have somewhere to row) - to failure (chest to the bar. If doing dips down to 90 degrees on each)
- Jump Lunges - 24
- Bicycle crunches - 50
- Plank - one minute (tension based plank squeeze every muscle in your body)
- One legged Bridge - 10 each side
- Bear Crawl - 20m



Workout 2

20 seconds work 10 seconds rest for 2 minutes per exercise, if you can no rest in-between. Whilst in work push as hard as you can with as much range of motion as possible

- Burpees
- Mountain climbers
- Push ups
- Dips
- Jump squats
- Jump lunges
- Chin-ups
- Inverted rows

Workout 3

1 minute on 30 seconds rest for 4 rounds.

- T-push ups
- Pulse squats
- Inverted row with a knee tuck at the top
- Lateral Lunges
- Side plank (30 seconds each side)



Appendix 3. Action Plan Template

Use this tool to build your goals and action plan

Long-term goal: _____

Short-term goals for this period

- The smaller steps to immediately take to achieve the long-term goal above
- SMART goals. Why I want to achieve this? How much out of 10 does it mean to achieve?

1.

Why? /10

2.

Why? /10

3.

Why? /10

How much time do I need per day/week to achieve each short-term goal?

1. minutes/day hours/week

2. minutes/day hours/week

3. minutes/day hours/week

Motivation

- When in the day am I most motivated? _____
- How am I going to feel when I achieve all of these goals? _____

Motivators (choose at least three, circle here and list them on the final page)

- Clothing
- Measurements
- Posts on social media
- Affirmation or quote (know this off by heart and reflect on it every morning)
- Photos you now next to your goal photo (old self, celebrity etc.)
- Positive self-talk (take control of the voices in your head – Negative Nancy and Positive Pete)
- Report to your PT
- Vision Board (wall, cork board or white board with goals, quotes, pictures)
- Mr. or Mrs. Accountability (someone that you trust to pull you up honestly when you stray from this action plan)



- Meditation (relax and reflect)
- Shopping – new exercise gear or goal clothes

- Scales (only for a select few, not widely recommended)

Who do I need to consult before I start to achieve this goal? Who will help keep me accountable? Why are they important to my goals?

Name:

Phone Number:

Date I will Contact them by:

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:

Relationship to goal:

Do I need any physical items? To buy/borrow/find.

Item:

When do I need this by:

Cost/location:

Item:

When do I need this by:

Cost/location:

Item:

When do I need this by:

Cost/location:

Item:

When do I need this by:

Cost/location:



Action Plan

This is the action plan summary sheet, with SMART goal for the period and daily steps to achieve it

SMART Goal:

Target Date:

Days Left:

Motivators 1:

2:

3:

Steps I will take every day to ensure the success of my goal:

- Use my most motivated time of the day to do the most challenging tasks!
- Below are the action items – the daily targets to achieve my goal
- Make sure to write out the time required each day to achieve this

Exercise

Nutrition

1.

4.

Time:

Intensity:

2.

5.

Time:

Intensity:

3.

6.

Time:

Intensity:

How **ready** am I to make all this happen?

/10

How **confident** am I to make all this happen?

/10

- If you answered less than 7/10, the steps to achieve may be too much at this point in time.
- This is not an issue at all! You can adjust your short-term goals to make them more achievable and less challenging. Remember that any success, however small, is a win in the grand plan
- “Under-promise and over-deliver”