



A SIMPLE GUIDE TO GETTING "BACK INTO A FITNESS ROUTINE"

SLOW AND STEADY WINS THE RACE

You must understand that the fitness industry is a \$2.5 billion dollar industry in Australia alone. Much of the information out there is to SELL something to you.

The information I provide to you today is FREE, is CORRECT and WORKS.

However, it is not necessarily the FAST or EASY option (and that is why it works!) we are talking a life time of better health and wellness. Not a quick fix that doesn't work.

In saying that, slow progress and slow weight loss is SUSTAINABLE. It demonstrates you are making changes to your lifestyle to support your new habits. Yes, I can give you a restrictive diet and thrash you with HIIT and cardio but that's not sustainable or great for your already stressed immune system. If you are ready to be consistent and patient then it is SO WORTH IT.

Remember this is a lifestyle choice so let's enjoy the journey!

INTRODUCE ONE THING A WEEK

A lot of us want results yesterday. I see so many people try to do too much too soon and as a result, they crash and burn.

The more consistent you can be, the better results. What happens if you try juggling 4 balls? Often you won't catch any. If you try to juggle one ball, you will get good at that one thing. Then you can add another ball and you are likely to get good at both! Same applies for fitness. One step at a time.

DON'T WAIT FOR MOTIVATION

People tend to think that motivation comes before action... when in fact motivation comes AFTER action.

Remember the last time you finished a fitness session. I bet you felt exhilarated and left thinking "I can't wait until my next session!"

Motivation is fleeting and does not last. Relying on motivation is like sailing the sea's on a plank of wood. It is risky and sure not to last.

BUILD HABITS. So that you don't have to think about relying on motivation because you just do it.

The best advice I can give you is to just START. Start with hands shaking. Start with heart thumping. Start where you are with you you have. You are never too unfit. Just make sure you are making the right choice with where to start and who to start with.

Do your research. Make sure you find a trusted source to provide you training. You want to start gently and become educated along the way.

If they yell at you, whistle at you or do not provide technique correction then do not waste your time and money.

COMMIT AND PLAN STAN

What is your plan?

How are you going to get there?

This is the number 1 mistake I see people make!! They go to the gym with no plan, sit on the bike or treadmill, don't push themselves, they might do a class here and there. How is that going to achieve the specific results you want?

You do not go to uni to become a doctor by studying the arts!

You must have a specific plan for specific results.

If you are going to do something, do it FULLY. 100%. Commit! If you are not committed and don't get results then know that is on you.



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PRE PLAN & PREPARE YOUR MEALS

Planning what meals you will eat throughout the week and then preparing them (this can be as simple as having the ingredients on hand, cutting up your veggies or pre cooking some meat or meals) SAVES TIME and SAVES DOLLAR DOLLAR BILLS Y'ALL.

When I haven't planned my meals it takes me a while decide what I feel like eating. Often this meal will be a higher calorie meal or snack that I haven't accounted for. Add that onto moving less during the day and we have a problem.

Structure provides FREEDOM. Keeping to a meal plan will ensure you do not over eat. Keeping to meal time lines again means you have consistent energy and don't wait until you are starving to then over eat. Structure is the ultimate freedom.

DRINK MORE

As human beings we have habits. My habit is to drink water when I drive or have clients (because I talk alot!). I find that I am hardly driving and I have only a few face to face clients which means I am constantly dehydrated.

The body often confuses dehydration with hunger which leads to over eating.

Carry water with you wherever you go. We all have handbags, these are useful so that we always have water close by!

YOU DON'T HAVE TO EAT MORE WHEN YOU EXERCISE

"I exercised today so I can eat more"

"I exercised today so I can eat that piece of cake"

"I exercised today so I deserve this...."

Not if you want results girlfriend. You simply can't out exercise a bad diet. Full stop.

This is a trap so many people fall into! Especially those who have fitbits that tell them how many calories they have burned. You burned those - awesome! Now let's keep them off.

If you want to LOSE weight then sticking to a consistent diet of whole foods and minimising sugar, processed foods and alcohol WILL WORK. Treating yourself is a form of self sabotage. However, there are smart ways of doing this now that there are so many sugar free and low cal options out there!

Losing weight is hard and you must stay consistent, but maintaining that way isn't half as hard. So put in the work and reap the reward.

STRESS LESS

The lower you can get your stress levels, the less you will rely on high energy foods.

The calmer you will be.

The more regulated your moods and energy levels.

Even just meditating for 10min a day can greatly reduce the stress hormone cortisol.

We live in a stressed out world. Caffeine is stress, sugar is stress and over exercising is stress to the body.

Meditate and do yoga weekly

Or DELETE and DELEGATE tasks in your life to create MORE TIME for you.



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STRUCTURE IS QUEEN

Humans crave structure and routine. Why? Because our brain likes to keep us safe (comfortable which is why we usually sit in our 'comfort zone'). And if we have routine, we know what to expect which means we know how to handle those situations - WE ARE SAFE! (our brain doesn't always have our best intentions in mind.. because growth happens OUTSIDE our comfort zone).

That is why I am a HUGE fan of:

- planning your food and exercise for the week
- planning your day with a to do list
- scheduling in daily exercise (30min per day min as per the Aust Government Department of Health guidelines)
- planning short and long term goals
- being flexible and adaptable
- scheduling in regular meals (yes my meals have a timeline!!)

SLEEP IS YOUR #1 FAT LOSS TOOL

Nothing compares to a good nights sleep. During sleep, the body releases growth hormones, which fix damaged tissues, including the skin. Sleep also reduces the body's amount of stress hormones, adjusts the hormones that control appetite and boosts the immune system.

Remember a time you didn't sleep so well. I bet you craved high energy sugary foods for an energy boost. You were probably moody and couldn't think clearly, SLEEP IS YOUR #1 PRIORITY and it is free!

MOVE MORE DURING THE DAY

Getting to an exercise session once a day is FANTASTIC!

But what about the other 23 hours of the day, 168 hours of the week? If you are sitting approx 8 ours a day... yikes!

MOVE MORE. It all adds up! I give my clients weekly step targets. Simply so they move more. It's not just great for your physical health, but your mental health as well!

So take the stairs, go for a daily 30min walk and park further away.

ENJOY IT!

At the end of the day, you will be consistent and stick to something if you enjoy it.

If you don't enjoy it then you are likely to give it away at some point.

You are 'getting back on the wagon' for longevity. So that you can live longer to meet your grandchildren.

So that you can live free of pain and disease as you age. So that you have more energy to play with your children and not be a snappy parent.

This is not about weight loss, for weight loss is a by product of respecting your body an living in alignment with what your body wants, needs and feels.





Daily Timetable

FOR A KICK ASS DAY

WAKE UP ●

Hydration reminder

*Wake up
Get up &
be
fabulous
darling*

Tick list for an unforgettable day:
- no screen time for the first 60min
- Squeeze lemon in warm water
- journal/ gratitude/ to do list
- move your body (stretch, run, walk)
You are good to go girlfriend!

MORNING ●

Breakfast

-
-
-
-
-

Mid morning snack

-
-
-
-

Hydration reminder

AFTERNOON ●

Lunch

-
-
-
-

Arvo snack

-
-
-

Hydration reminder

NIGHT ●

Dinner

-
-
-
-

SELF CARE SCORECARD

How well are you looking after yourself?
Time to fess up..

Exercise

Nutrition ...

Water Consumption ...

Sleep

Relaxation

A - actually killing it

B - bossin ok

C - could do better

D - DON'T ASK

F - f. just f.



Stretch Breath Meditation Resources

25MIN TO CALM BODY & MIND

STRETCH YOGA

Yoga to me means being able to express my body and my true self through movement. Yoga is another form of slow dance, that gives me the opportunity to breath, stretch and move in a way that celebrates my body. I.LOVE.YOGA. and if you are like me you probably don't do it enough!

Lululemon have a great Youtube channel with free yoga resources!

https://youtu.be/_kl_DxglATI

Deep breathing signals to the body that everything is ok. When you breath deeply into your belly you massage your vagus nerve (which switch on your parasympathetic nervous system - your rest and digest system) Which helps to signal that you are safe and can relax. More deep breathing please!

Wim Hof Method App

The physical, emotional, and spiritual benefits of **meditation** have been well documented for thousands of years. Scientists, philosophers, spiritualists, and religious leaders have heralded the power of witnessing awareness.

If you are not meditating and have high stress and anxiety levels you are simply leaving a whole lot of calm and deep sleep on the table.

Try

Meditation Calm - Meditation App

Shine Meditation App

ROMFIT namaste classes

BREATHING MEDITATION

Become a **STRONG GIRL!!**

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