

Getting **STARTED**



PT *Renee*
WITH

TO GET STARTED ON THE JOURNEY OF A HEALTHY LIFE...
there are a few things that you will need to do before getting in your activewear and working out!

What You Need

» **A REALISTIC GOAL OR GOALS**

Set some SMART goals to keep you motivated and to give you more of a purpose to start exercising and making better food choices. Once you have set your main goal/s, you then have your WHY- Your WHY is a reason to get started on this journey.

» **A WEEKLY ACTION PLAN**

Firstly decide whether or not you are a AM person or a PM person. Once you know what suits you best create a plan for each week (something that you can stick to) and treat your planned workouts as an important business meeting with yourself.

» **DETERMINATION**

Be determined throughout this journey, every time you feel like giving up or life just gets too busy take a moment to breathe and remember why you started in the first place.

» **MOTIVATION**

Find motivation! By having a goal that you want to achieve, it can usually be enough to keep you motivated, but it also helps if you are following people on social media who are aspiring to do the same as you are, listening to inspirational podcasts or reading motivational books. Do whatever you can to keep motivated and inspired to keep on going!

» **A JOURNAL**

Have a journal, notebook or even your phone to record your workouts, record what you did, what you managed to do, what you couldn't do, what extra things you did and how you felt before and after your sessions. By recording everything you have something to look back on which can be motivating to see how far you've come from when you first started.

» **A POSITIVE MINDSET**

Try and see the good in everything, sometimes you may not feel as though you are happy and everything is just too much, but try and rise above all of that and keep moving forward! Don't be afraid of the "down days" though, you can only handle so much sometimes and remember you are only human!

» **A SUPPORT SYSTEM**

Having people around you who are excited for you and your journey is going to make you feel good about the positive changes you are making in your life. If you can't stand to exercise alone find a girlfriend or someone else in your family who you can share this journey with, workout together, walk together or arrange a healthy lunch date! Having a support system is so important because you will stop self doubting yourself and find giving up rather hard!

What is a GOAL?

“A goal is a desired result or possible outcome that a person envisions, plans and commits to achieve.”

Set a SMART Goal

Make sure your goal is:

Specific **M**easurable **A**chievable **R**ealistic **T**ime bound

“Goals give you direction. It allows you to stay mentally and physically focused on the road to where you want to go.”

Have an ACTION PLAN

- » You need to start making the time to set aside for your workouts.
- » Make sure your plan is realistic so that you can actually stick to it, don't commit yourself to an hour of exercise if you only have 45 minutes available to workout.
- » Treat the time you set aside to exercise as an important business meeting or appointment with yourself. You wouldn't cancel an important meeting at work if you couldn't be bothered so avoid doing the same with your time for exercise.
- » Put these exercise appointments in your diary or phone to remind yourself that you must get it done!
- » Always have your workout planned before you do it, write it down, have it printed out or a screenshot on your phone saved. This holds you accountable to getting all of the workout done.
- » HAVE A PLAN TO HOLD YOURSELF ACCOUNTABLE!

MOTIVATION *“When you feel like quitting remember why you started.”*

DETERMINATION *“Is doing what needs to be done, even when you don't feel like it.”*

A solid SUPPORT SYSTEM

To be successful not just with achieving your health and fitness goals but anything in life, you need to have a solid support system.

If your friends are not 100% into what you are wanting to do then that's fine, don't give up because they aren't on the same page as you, just stick to what you are doing and be proud of yourself for your new journey.

Find a friend or family member who are keen to make similar changes, perhaps you can work together to exercise, make good food choices and stick to your programme.

If you find exercising alone hard then find yourself an exercise buddy.

They don't have to be your best friend or your sister they can be someone that you've meet at work or even someone else in the gym that you get along with really well. Don't feel you have to be alone on this journey there will always be someone out there who will want to help or guide you along the way.

A positive MINDSET

If you are in the right frame of mind you are more likely to achieve your goals. In order to be in the right frame of mind you need to do things that are going to make you feel good.

Some of those things could be:

- » Eliminating the negativity from your life
- » Sleeping more
- » Taking the time to take a breath
- » Not sweating the small stuff
- » Doing more tasks that make you happy
- » Spending time with friends/family that uplift your spirits
- » Moving your body and exercise
- » Making a change in your life
- » Setting a goal that makes you excited to work towards

Lifestyle QUESTIONNAIRE

Let's check in to see how you are currently living your lifestyle and how you are feeling now.

Fill out the questionnaire provided, before you start your 12 week journey this may help you with what direction you want to go in with your health and fitness journey.

Use this questionnaire again for after your 12 week lifestyle challenge to see if you have made some changes from when you first started. Having all of this documented is such a great way to see the progress that you have made and can continue to motivate you to keep on going with your new lifestyle changes.

QUESTIONS	WORDS OF ADVICE
<p>How would you describe your current diet?</p>	<p>Be as honest as you can, because writing down 'what we eat in a day' can actually be quite daunting. Have a good look at what you have written down, this can help you to figure out what you want to change to help make your eating habits healthier.</p>
<p>How would you describe your current sleep pattern?</p>	<p>Many of us find it hard to get to sleep, sleep for a long period of time or just staying asleep in general. If you do not get enough sleep then your body doesn't work as well as it should. Your metabolism and communication system will not work efficiently and your body will start to go into a semi-survival state with high cortisol (stress hormone) - all of these effects can actually prevent weight loss.</p>
<p>How often do you go to toilet? Do you feel as though you go all of the time or not enough?</p>	<p>If you find it hard to go to the toilet regular or you are going far too much, this can be a sign that your body is not absorbing food as well as it could or is unable to get rid of waste effectively.</p> <p>Look at it like this, if something doesn't feel right about what is coming out then something is not right for your body and digestive system going in.</p>
<p>Do you find it easy to move your body and be active, if so what do you do?</p>	<p>Do you find it easy to walk up flights of stairs and get up and down off the ground? Do you find it hard to stand up for a period of time, have sore knees, hips and other achy joints? Do you lose breath 5 minutes after doing something physical or even just walking? These are some of this signs that moving your body more is more necessary in your lifestyle. Move your body for better quality of life, not just to lose weight, that is just a bonus to begin with.</p>

QUESTIONS	WORDS OF ADVICE
<p>Describe your current weekly routine.</p>	<p>Looking at what you do on a week-to-week basis can determine what you can do to make the changes you want to make. Examine your current routine and make more time to do the things in your life that will help you on this journey.</p>
<p>Do you drink enough water or herbal tea regularly throughout the day?</p>	<p>Take note and record how much water you are consuming in a day. Sometimes when you are feeling hungry it could actually just be that your body just needs to be hydrated. Are you drinking beverages such as fizzy drinks, sports drinks, caffeinated drinks and alcohol more than you should? Is your wee a dark musty colour instead of clear? Look at what liquids you are currently consuming on a day-to-day basis as this could be a reason why you feel lethargic and feeling tired all of the time.</p>
<p>Do you feel energetic and able to do the tasks you set yourself to get done most days? Do you wake up feeling energised?</p>	<p>If you don't wake up feeling energised all the time and able to get all of your daily tasks you set yourself done, chances are you are not getting enough sleep, nourishment or you could be stressed. Take note of what you start to change in your daily routine and see if this makes a difference to how you feel day-to-day.</p>

Well done for taking the time to fill out the questionnaire.

Your future self will thank you for putting in the hard work!

XO