

**EMOTIONAL**

**SPIRITUAL**

**PHYSICAL**

**BOOTS TO  
HEALTH  
FOUNDATION**

# **A COMPLETE GUIDE FOR VETERANS**



**BY LOGAN SPIEKER, OWNER OF BOOTS TO HEALTH  
FOUNDATION**

*bootstotohealthfoundation@gmail.com*

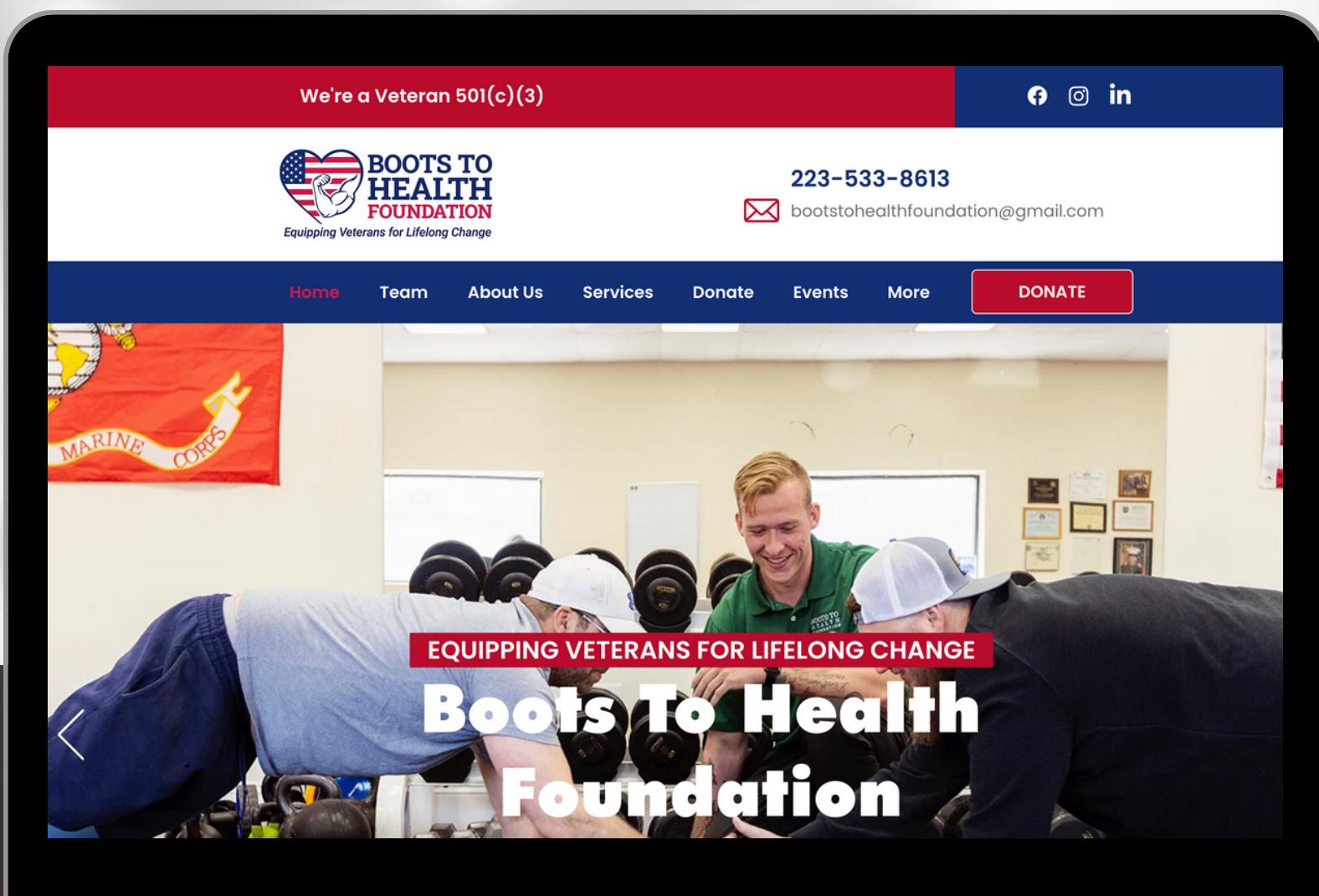
# BOOTS TO HEALTH FOUNDATION

OUR PROGRAM IS COMPLETELY COMPLIMENTARY TO VETERANS. IF YOU FIND THE CONTENTS OF THIS E-BOOK USEFUL AND WOULD LIKE TO GET STARTED ON A PERSONALIZED PLAN, PLEASE CONTACT US AT 223-533-8613.

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# CONTACT US



If you are a veteran, our services are complimentary to you. Do not hesitate to contact us by phone or on our website.

223-533-8613

# INTRODUCTION

## ABOUT BOOTS TO HEALTH

The Boots To Health Foundation began with the mentorship of Don Trott, who crossed paths with Logan Spiewak at the gym. It was from this encounter that a powerful collaboration was born. Don recognized the significance of nurturing one's physical, mental, and spiritual well-being and instilled that value in Logan; a desire to extend support to our valued Veterans.

Despite already owning his own business, Logan felt compelled to do more for our Veterans. Thus, Don and Logan joined forces to establish the Boots To Health Foundation.

The Boots To Health Foundation is passionately committed to supporting local Veterans in improving their physical, mental, and spiritual well-being, at no cost to them.

At the Boots To Health Foundation, our mission is clear: to empower Veterans to lead healthier lives by providing them with complimentary physical fitness training, nutrition coaching, spiritual counseling, and life coaching. We believe that a holistic approach is crucial in addressing every aspect of their well-being, and breaking down barriers that hinder their health priorities.

Our aim is not just to assist Veterans, but to empower them to thrive in every aspect of their lives. By leveraging our expertise and resources, we provide a comprehensive support system that goes beyond traditional healthcare approaches. Through customized physical fitness training, personalized nutrition coaching, and tailored spiritual and life counseling, we ensure that every Veteran in our program receives the individualized care they deserve.



## THIS EBOOK FOR OUR VETERANS

We trust that this ebook will be a catalyst for your fitness journey. As a token of our commitment to veterans' well-being, our program is offered completely free of charge. Don't hesitate to get in touch with us – we're here to support you every step of the way.

# TIPS FOR STARTING A FITNESS ROUTINE



Embarking on a fitness journey is a commendable decision, and to ensure a successful start, consider these essential tips. Tailoring your routine to gradual progression accommodates varying fitness levels, allowing you to build strength and endurance at a pace that suits your capabilities. Equally crucial is the significance of consulting with healthcare professionals before commencing any new exercise regimen. Seeking professional advice ensures that your fitness endeavors align with your overall health and well-being, providing a solid foundation for a sustainable and rewarding fitness journey. Remember, your health is a priority, and by incorporating these tips, you can kick-start your fitness routine with confidence and efficacy..

## SAMPLE WORKOUT PLANS

Discover a comprehensive range of sample workout plans designed to accommodate every fitness level and aspiration. Whether you're a beginner looking to establish a solid foundation, an intermediate enthusiast seeking to elevate your fitness game, or an advanced participant aiming to push boundaries, these plans cater to diverse needs. Each meticulously crafted routine emphasizes the core elements of a well-rounded fitness regimen, including strength-building exercises to fortify your body, flexibility sessions to enhance mobility, and cardiovascular workouts to elevate heart health. By incorporating these sample plans into your fitness journey, you'll embark on a path that fosters holistic well-being, ensuring a balanced approach to achieving your fitness goals.

## BOOTS TO HEALTH FOUNDATION

***If you are a Veteran and would like a complimentary, customized fitness routine, please contact us at 223-533-8613 or e-mail us at [bootstohealthfoundation@gmail.com](mailto:bootstohealthfoundation@gmail.com)***

# AN EXAMPLE FITNESS PLAN

## Day 1: Full-Body Strength Training

### 1. Warm-up:

- 5-10 minutes of light cardio (e.g., brisk walking)
- Dynamic stretches (arm circles, leg swings)

### 2. Strength Training Circuit:

- Bodyweight squats: 3 sets of 12 reps
- Push-ups (can be modified): 3 sets of 10 reps
- Dumbbell rows (or resistance band rows): 3 sets of 12 reps per arm
- Plank: 3 sets, hold for 30 seconds each

### 3. Cardio Finisher:

- Stationary biking or brisk walking: 10-15 minutes

## Day 2: Cardio and Flexibility

### 1. Cardio Workout:

- Interval jogging or brisk walking: 20 minutes
- Jumping jacks: 3 sets of 1 minute

### 2. Flexibility and Mobility:

- Static stretching routine focusing on major muscle groups: 15 minutes

## Day 3: Active Recovery or Rest Day

- Light activities such as walking, swimming, or yoga to promote recovery.

## Day 4: Upper Body Strength and Cardio

### 1. Warm-up and Mobility:

- 5-10 minutes of light cardio
- Arm circles, shoulder rolls, neck stretches

### 2. Upper Body Strength Circuit:

- Bench press (or push-ups): 3 sets of 10-12 reps
- Dumbbell bicep curls: 3 sets of 12 reps
- Tricep dips: 3 sets of 10 reps
- Lat pulldowns (or assisted pull-ups): 3 sets of 12 reps

### 3. Cardio Finisher:

- Rowing machine or swimming: 10-15 minutes

## Day 5: Flexibility and Core

### 1. Dynamic Warm-up:

- Light cardio and dynamic stretches

### 2. Core Workout:

- Plank variations: 3 sets, hold for 30 seconds each
- Russian twists: 3 sets of 15 reps
- Leg raises: 3 sets of 12 reps

### 3. Flexibility and Mobility:

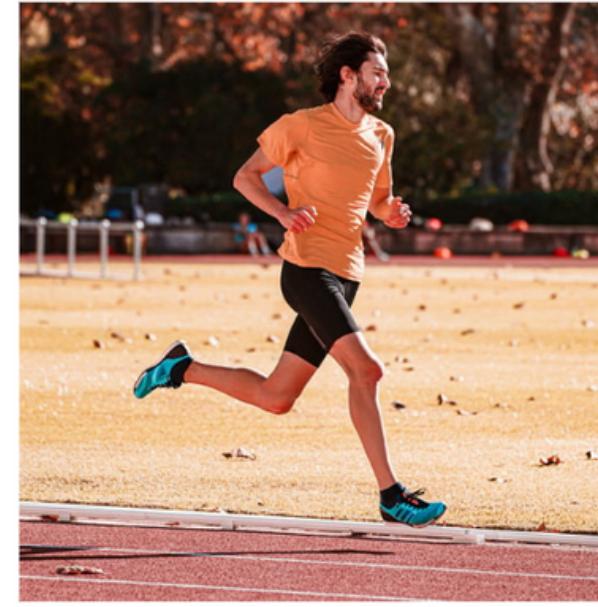
- Yoga or Pilates routine: 20 minutes

## Day 6: Outdoor Activity

- Hiking, biking, or any outdoor activity of choice: 60 minutes

## Day 7: Rest Day

- Allow the body to recover and prepare for the upcoming week.



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# AN ADAPTIVE FITNESS PLAN

## Day 1: Seated Strength Training

### 1. Warm-up:

- Seated leg lifts: 2 sets of 10 reps
- Arm circles: 2 sets of 10 reps in each direction

### 2. Adaptive Strength Circuit:

- Seated chest press (using resistance bands): 3 sets of 12 reps
- Seated rows (using resistance bands): 3 sets of 12 reps
- Seated leg press (using resistance bands): 3 sets of 10 reps
- Seated shoulder press (with light dumbbells): 3 sets of 10 reps

### 3. Cardio Finisher:

- Arm ergometer (upper body cycling): 10-15 minutes

## Day 2: Chair Yoga and Stretching

### 1. Chair Yoga:

- Gentle seated yoga poses focusing on flexibility and relaxation: 20 minutes

### 2. Flexibility and Mobility:

- Seated stretches for major muscle groups: 15 minutes

## Day 3: Active Recovery or Rest Day

- Light activities such as seated stretching, breathing exercises, or relaxation techniques.

## Day 4: Adaptive Cardio and Core

### 1. Adaptive Cardio:

- Seated marching or leg cycling: 20 minutes
- Seated jumping jacks: 3 sets of 1 minute

### 2. Adaptive Core Workout:

- Seated torso twists: 3 sets of 15 reps
- Seated leg raises: 3 sets of 12 reps
- Seated side bends: 3 sets of 12 reps on each side

## Day 5: Adaptive Flexibility and Balance

### 1. Adaptive Flexibility Routine:

- Seated or supported standing stretches for flexibility: 20 minutes

### 2. Adaptive Balance Exercises:

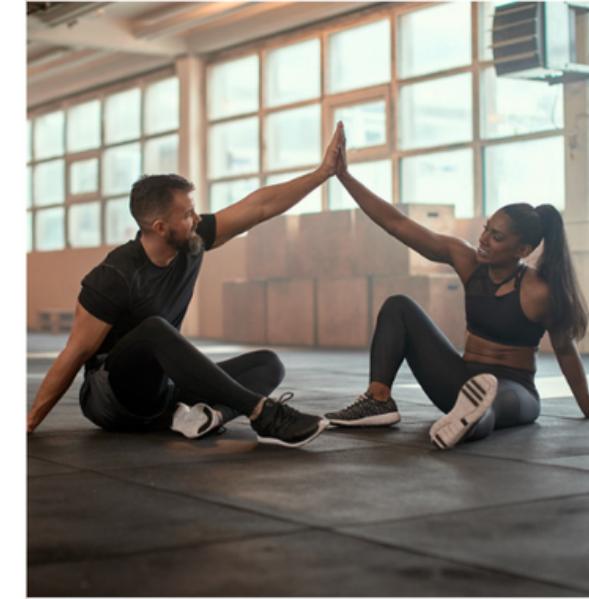
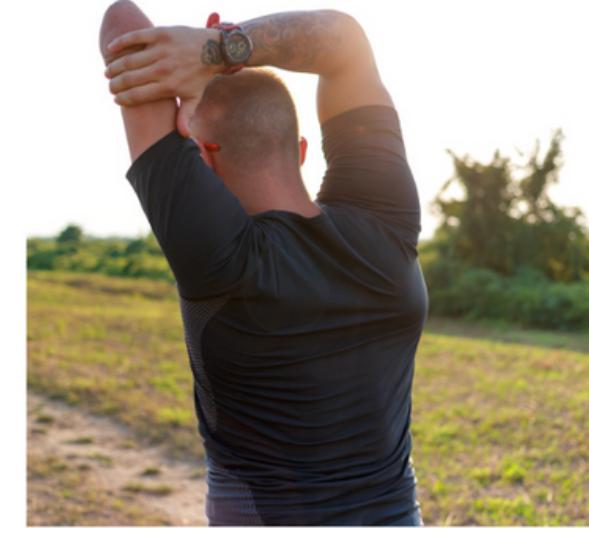
- Seated or supported standing balance exercises: 15 minutes

## Day 6: Outdoor Adaptive Activity

- Accessible outdoor activities such as nature walks or adapted biking: 60 minutes

## Day 7: Rest Day

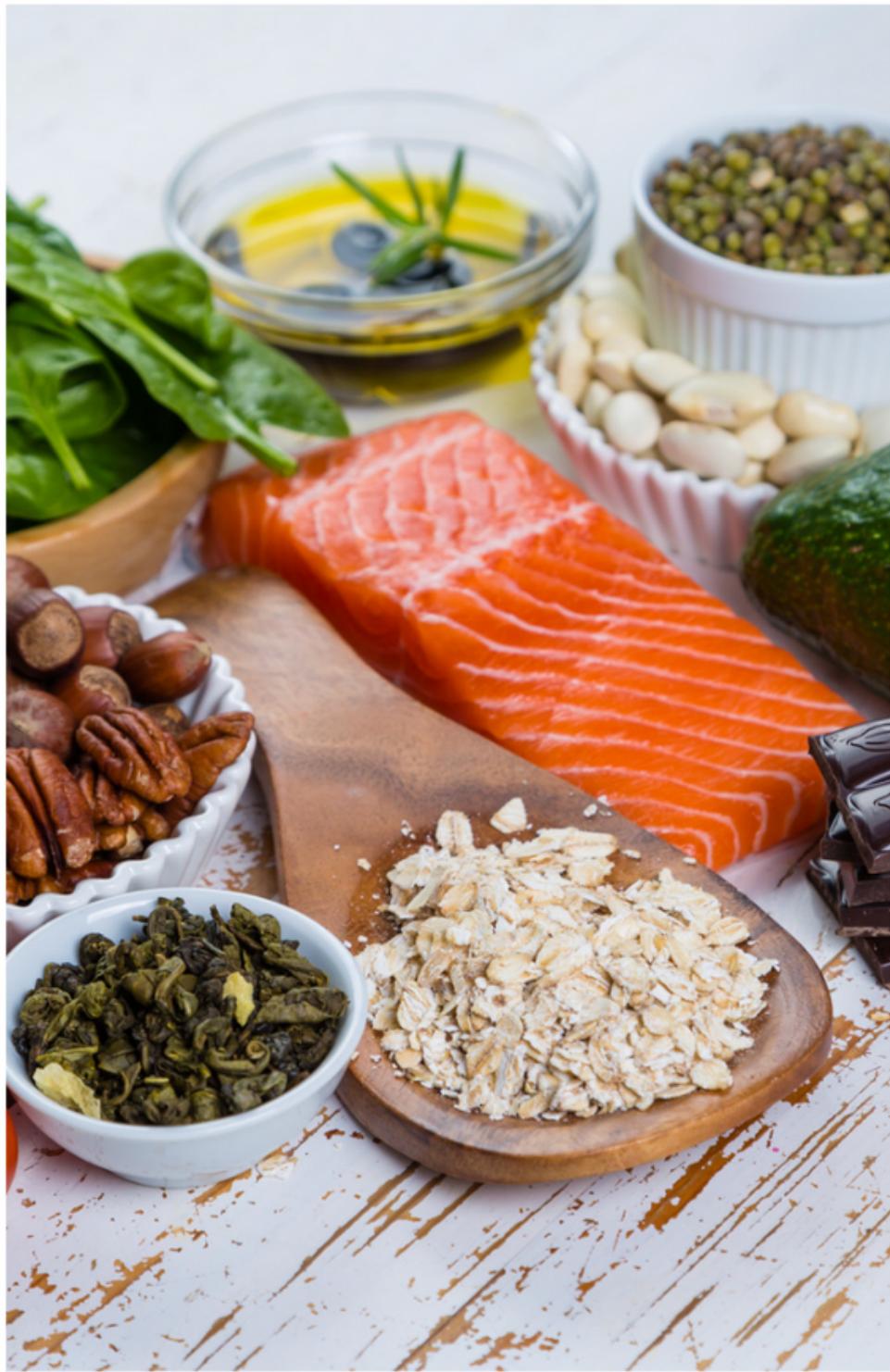
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# NUTRITIONAL WELLNESS



Welcome to the nutrition section, where we delve into the integral link between nutrition and overall wellness. At Boots To Health, we recognize the profound impact that a balanced and nourishing diet can have on one's physical, mental, and spiritual well-being. In this chapter, we provide a brief yet insightful overview of our organization's nutritional guidance. Our commitment is to empower you with the knowledge and tools needed to make informed and healthy choices. Discover the key principles that underpin our approach to nutritional wellness, as we guide you on a journey toward a healthier and more vibrant life.

## THE IMPORTANCE OF HEALTHY EATING.

Maintaining healthy eating habits is paramount for veterans as they navigate the path to overall well-being. A balanced and nutritious diet plays a pivotal role in supporting physical health, mental clarity, and sustained energy levels—critical elements for individuals who have served in the military. Healthy eating is not merely a matter of fueling the body; it serves as a foundational pillar for resilience and recovery, addressing the unique challenges that veterans may encounter post-service. Proper nutrition is intricately linked to mental health, aiding in the prevention and management of conditions such as PTSD, anxiety, and depression. By fostering healthy eating habits, veterans can enhance their immune function, promote optimal cognitive function, and contribute to the overall improvement of their quality of life. At Boots To Health Foundation, we recognize the significance of nutrition in the holistic well-being of our veterans, offering personalized meal plans and nutritional guidance as essential components of our commitment to supporting their journey to health and happiness..

# AN EXAMPLE MEAL PLAN

## Breakfast:

- Scrambled eggs (2 eggs) with spinach and diced tomatoes
- Whole-grain toast
- A serving of Greek yogurt with berries

## Morning Snack:

- A small handful of mixed nuts (almonds, walnuts, etc.)
- An apple or a banana

## Lunch:

- Grilled chicken breast (4-6 oz) with a side salad (lettuce, cucumber, bell peppers) and a light vinaigrette dressing
- Quinoa or brown rice (1/2 cup)

## Afternoon Snack:

- Baby carrots or celery sticks with hummus

## Dinner:

- Baked salmon (4-6 oz) with steamed broccoli and roasted sweet potatoes
- A side salad with mixed greens and your choice of vegetables

## Evening Snack (optional, if needed):

- A small serving of low-fat cottage cheese or a low-sugar protein shake

## Hydration:

- Drink plenty of water throughout the day.
- You can also have herbal tea or infused water for variety.

## Notes:

- Portion sizes can vary based on your specific caloric needs and goals (weight loss, maintenance, muscle gain).
- Try to include a variety of colorful vegetables in your meals to ensure you get a wide range of nutrients.
- Aim for lean protein sources, whole grains, healthy fats, and limited added sugars.
- Adjust the meal plan to accommodate your dietary preferences (vegetarian, vegan, etc.) and any food allergies or intolerances.



Remember, a personalized meal plan should take into account factors such as your age, gender, activity level, medical history, and specific goals. A registered dietitian can provide expert guidance tailored to your unique needs.

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# MENTAL HEALTH

Understanding the vital role that mental health plays in your overall well-being is a crucial aspect of post-service life. Mental health is not a sign of weakness but a cornerstone of resilience and strength. At Boots To Health Foundation, we want to emphasize that prioritizing your mental well-being is a proactive and courageous step toward a healthier and happier future. Consider incorporating mindfulness practices into your daily routine, such as deep breathing exercises or meditation, to alleviate stress and promote mental clarity. Stay connected with friends, family, and fellow veterans; building a support network can provide valuable emotional reinforcement. Additionally, engage in activities that bring you joy and purpose, whether it's pursuing hobbies, physical exercise, or volunteering. Recognize that seeking professional help is a sign of self-care, and our personalized counseling sessions are here to provide the support you deserve. Remember, you are not alone, and by nurturing your mental health, you equip yourself for a more fulfilling post-military life. Your well-being is our priority, and we're here to guide you every step of the .

# COPING STRATEGIES

## **CONNECT WITH PEERS:**

FOSTER A SENSE OF CAMARADERIE BY CONNECTING WITH FELLOW VETERANS. SHARED EXPERIENCES CAN PROVIDE UNDERSTANDING AND EMOTIONAL SUPPORT.

## **MINDFULNESS AND MEDITATION:**

PRACTICE MINDFULNESS AND MEDITATION TO MANAGE STRESS. TECHNIQUES SUCH AS DEEP BREATHING OR GUIDED MEDITATION CAN HELP CENTER THE MIND AND PROMOTE RELAXATION.

## **PHYSICAL EXERCISE:**

ENGAGE IN REGULAR PHYSICAL EXERCISE, WHETHER IT'S WALKING, JOGGING, OR PARTICIPATING IN ADAPTIVE FITNESS PROGRAMS. EXERCISE HAS PROVEN BENEFITS FOR MENTAL HEALTH AND CAN ACT AS A NATURAL MOOD BOOSTER.

## **HOBBIES AND LEISURE ACTIVITIES:**

PURSUE HOBBIES AND ACTIVITIES THAT BRING JOY AND FULFILLMENT. WHETHER IT'S ART, MUSIC, OR SPORTS, ENGAGING IN ACTIVITIES YOU LOVE CAN PROVIDE A POSITIVE OUTLET FOR STRESS.

## **ESTABLISH ROUTINE:**

CREATE A DAILY ROUTINE THAT INCLUDES STRUCTURE AND CONSISTENCY. HAVING A SCHEDULE CAN OFFER A SENSE OF STABILITY AND CONTROL.

## **SEEK PROFESSIONAL SUPPORT:**

DON'T HESITATE TO REACH OUT TO MENTAL HEALTH PROFESSIONALS. INDIVIDUAL COUNSELING OR GROUP THERAPY SESSIONS CAN PROVIDE VALUABLE TOOLS FOR COPING AND MANAGING MENTAL HEALTH CHALLENGES.

## **MIND-BODY PRACTICES:**

EXPLORE MIND-BODY PRACTICES SUCH AS YOGA OR TAI CHI. THESE PRACTICES INCORPORATE BOTH PHYSICAL MOVEMENT AND MINDFULNESS, PROMOTING OVERALL WELL-BEING.

## **PRACTICE SELF-COMPASSION:**

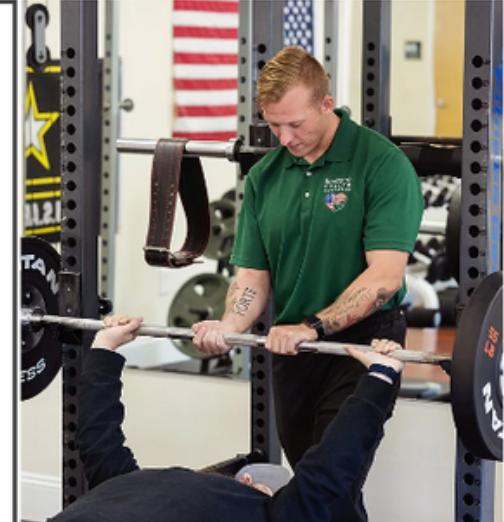
BE KIND TO YOURSELF. RECOGNIZE THAT EVERYONE FACES CHALLENGES, AND IT'S OKAY TO SEEK HELP AND PRIORITIZE YOUR MENTAL WELL-BEING.

# TAKE THE NEXT STEP

IF YOU ARE A VETERAN WHO WOULD LIKE ADDITIONAL SUPPORT IN THESE AREAS AT NO CHARGE, PLEASE LET US KNOW

## PERSONAL TRAINING

WE ARE PROUD TO OFFER COMPLIMENTARY MEAL PLANS AND GROCERY SHOPPING LISTS AS PART OF OUR 90-DAY PROGRAM. IN ADDITION, YOU WILL ALSO HAVE ACCESS TO 6 NUTRITION COACHING SESSIONS TO SUPPORT YOUR HEALTH AND WELLNESS JOURNEY.



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## SPIRITUAL COUNSELING

EMBARK ON A MEANINGFUL JOURNEY TOWARDS SPIRITUAL WELL-BEING WITH OUR PERSONALIZED COUNSELING SESSIONS. OUR WEEKLY BIBLE STUDY PROVIDES A SUPPORTIVE COMMUNITY FOR SPIRITUAL GROWTH AND EXPLORATION



## ADDITIONAL SERVICES

FROM COMPLIMENTARY HAIRCUTS, VIRTUAL ONE ON ONES, AND MUCH MORE. IF YOU HAVE A SPECIFIC NEED, PLEASE CONTACT US SO WE CAN DEVELOP A CUSTOMIZED, COMPLIMENTARY PLAN FOR YOU.

