

A silhouette of a person standing on a rooftop, looking out over a city skyline at sunset. The sky is a mix of blue and orange, and the city lights are visible in the distance.

**Kevin Casey's**

# **Lifestyle 101**

**Your blueprint for sleep, stress  
and a balanced lifestyle**

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# **SLEEP AND ENERGY**

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**The cornerstone of any successful  
fitness journey.**

**Your ability to manage your external  
stressors and muster up the energy  
to prioritise self-improvement will  
be pivotal.**



# ASSESSING SLEEP

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Sleep is often overlooked when it comes to general health. It's seemingly the first thing we sacrifice in the pursuit of something.

'I'll get up an hour earlier and train'  
'I've got work to do - late night it is'

There's nothing directly wrong with early mornings or late nights, provided that you are actually getting adequate sleep. We can general determine how productive your sleep by considering;

- Sleep Quantity
- Sleep Quality
- Sleep Habits

## **Sleep Quantity**

As it suggests, the amount of sleep you get is a huge part of how effective your rest is. You may feel like you can run off less sleep than the recommended, but something will eventually give.

A general rule-of-thumb is to consistently hit 7-9 hours of quality sleep each night.

# BULLETPROOF SLEEP

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As mentioned in the previous page, ensuring you're well prepared to rest, and the rest you do get is of quality is completely within your control. Implementing as many of the following methods as possible prior to your sleeping window will only benefit your sleep quantity and quality;

## **Having a structured sleep and wake time**

Getting into a habit of knowing when you're going to sleep and when you're waking up helps to cement a solid sleep routine.

## **Limiting caffeine intake 6 hours of your bedtime**

If you were to drink a can of Monster (200mg caffeine) at 5pm, 100mg of caffeine will still be in your system at 11pm.

## **Don't eat 2 hours before bed**

eating a big meal right before you go to bed isn't the best idea (unless you like acid reflux).

# ENERGY MANAGEMENT

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Bulletproofing your sleep habits is one piece of the puzzle when it comes to optimising energy levels.

Optimising your approach so that these days are few and far between will give you the best chance of stringing days, weeks and months of progress together. Ensure energy levels are prioritised by:

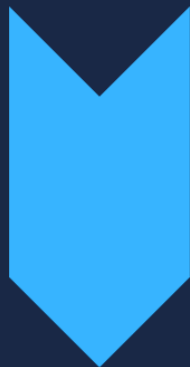
1. **Ensuring you stay hydrated: hydrated. A**  
general rule-of-thumb is to drink one litre of water per 50lbs of bodyweight.
2. **Prioritising micronutrients:**  
By consuming enough fruit and veg.
3. **Regulating caffeine (don't become dependent)**  
Caffeine should be used as a stimulant, and not as something to combat fatigue
4. **Getting enough vitamin D & natural sunlight**

# STRESS & HAPPINESS

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Stressors in life are often inevitable, but what you can do is control how well you respond to, and manage them.

Your ability to deal with life's stressors will go some way towards determining both your health and fitness destination, and your overall contentness in life.



# STRESS MANAGEMENT

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Stress is sometimes part and parcel of life. Whether through family life, relationships, career, financial, or various other forms, they can all take their toll. Even exercise, nutrition, and managing your health and fitness can be stressful to an extent. That being said, prioritising your health is obviously beneficial towards improving general mindset.

What you can manage is how you deal with the stressors that life throws at you (to an extent).

You can't control that the gym is busy, but you can go in there with a plan of action to get you in and out.

You can't control people posting negative things on social media, but you can control who you follow and unfollow.

Essentially, you will end up in situations that cause you stress, but there are ways in which you can respond which minimise the stress you feel.



# STRESS MANAGEMENT

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With regards to your training and nutrition, you can mitigate the stress with structure.

**Following a structured training programme:** knowing what you're going into the gym to do helps keep training efficient. No-one wants to be spending hours aimlessly walking the gym floor, so having a good idea of how your training is going to look is a great way to keep training as stress-free as possible.

**Pre-tracking and preparing food in advance:** dieting can be stressful without a 'winging it' mentality. Meal prepping and getting your food diary in order can make nutrition a lot smoother to manage, and also reduce the possibilities of succumbing to cravings, or blowing your food and drink out of the water due to poor planning.

**Focus on what you enjoy:** if you prefer going for long walks in the park over stomping on the treadmill, go for it. Rather train at the weekend when you have a little more time on your hands? No problem at all. Having a structure that compliments your hobbies, lifestyle and goals means that your structure will be a lot easier to stick to.

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# SIGNS YOU'RE BURNING OUT

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It's very important to know what to look for within yourself (and others) when it comes to mental burn-out. Here are some of the signs you should be looking out for:

**Mental & Physical  
exhaustion**

**irritability**

**Inability to focus**

**Change in appetite  
and sleeping habits**

**Loss off interest  
in hobbies**

**Negative outlook  
on everything**

**self-doubt & low  
motivation**

**decreased  
satisfaction**

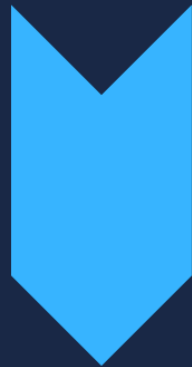
**Isolating yourself  
from others**

**Procrastination**

# Lifestyle Management

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Life can sometimes feel like you're spinning plates. Controlling all of the variables that go into your quality of life, and being able to identify what will benefit you (or hinder you) from improving your lifestyle, is vital on your journey.

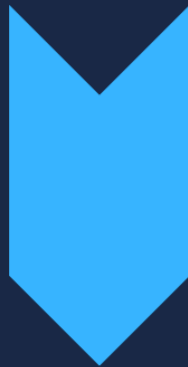


# Lifestyle Management

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As well as the obvious elements of improving quality of life through training and nutrition, there are other areas which can have a bearing on this. It's important to understand what will benefit us, hinder us, and ultimately determine our overall lifestyle. Below are a few variables which will play a part in your journey;

- Alcohol Consumption
- Work-Life Balance
- Relationships



# Lifestyle Management

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## **Alcohol Consumption**

An obvious one from a calorie-perspective, but it's generally the knock-on effect of alcohol that could cause it to become a speed bump to your progress. That's not to say that alcohol should be completely avoided, but it is important to consider;

### **The effects on mood and levels of anxiety:**

alcohol is a depressant, so over-consumption or over-reliance upon it is likely to impact on your mental well-being.

### **Impaired training performance/recovery:**

If you're due to train the day after a night out, training performance may suffer as a result of dehydration and general fatigue. Even if you're due a rest day, recovery can also be impacted, further contributing towards risk of injury.

### **Heavy influence on other variables:**

Food choices pre/intra/post drinking, sleep quality/quantity, and lack of activity can all be bi-products of overconsuming alcohol.

# Lifestyle Management

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## **Work-life balance:**

Sometimes easier said than done, and one of the most volatile plates you'll arguably spin. The main focus with a variable like this is focusing on what you can control. You may struggle to control what happens in work, and maybe sometimes when/how long you're in work, but what you can control is what you do outside of those hours. Be as organised and routine as you can outside of working hours with things that benefit you. Ensure adequate time for hobbies, your goals, and enough downtime to allow you to mentally recover from your day's work.

It's massively important for the longevity of your fitness journey that you're able to flick the switch between work and life. The analogy (again) that you can't pour from an empty cup is suitable here. Ensure that your priorities are yours and you'll find that the carryover into your working life actually benefits in tandem.

# Lifestyle Management

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## **Relationships:**

This isn't wholly exclusive to your partner, but also includes;

- Family
- Friends
- Colleagues

Having a circle of people around you who support you on your journey is crucial to your success. They don't necessarily have to understand your goals, but they should respect them and support you on your journey. There'll be enough natural on the way without those in your circle making things more difficult for you.



# Focus your energy on what you can control

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Let's be real for a sec....

Information without accountability **rarely works.**

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community, and a proven system, check out my  
**FULL Programme.**

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