



# *The Health & Fitness Workbook*

Health & Style Club

[WWW.HEALTHANDSTYLECLUB.COM](http://WWW.HEALTHANDSTYLECLUB.COM)

# Health & Fitness

What is the surest way to fail in any health and fitness program? Trying to force something into your life that isn't sustainable or doesn't fit. That is the reason why so many diets fail. If it doesn't work with your lifestyle, it won't last. I want you to forget about the word diet. This isn't a diet, we are simply going to tweak some of our habits! How easy is that?

1

Let's follow the 80:20 rule for eating. 80% of the time, you should aim to eat nourishing, clean, and healthy foods such as: lean meats, fish, vegetables, fruit, wholegrain, pulses (beans), and nuts. There should be no processed or packaged food in your diet 80% of the time. 20% of the time, you can eat other foods such as dairy, bread, or a little dessert. If you are trying to lose weight, you will want to stick with healthier options for your treats.

2

Water should be your main drink. It is really the only drink your body needs. If you have coffee or black tea, try to limit to two per day. If you drink fruit juice, limit this to one small cup per day. Fruit juice is full of sugar and lacks the fibre you get when you eat the whole fruit. If you like smoothies, try to use a juicer/ blender which keeps the fruit and vegetables intact. Try to limit your caffeine intake by drinking decaffeinated coffee and tea.

3

Start by gathering all the sweets and junk food in your cupboard and put them up on a high shelf where you won't have to look at them everyday or even throw them away. While you are allowed the occasional treat, you want to avoid reaching for them casually. Out of sight = Out of mind

4

Stock the fridge and cupboard with healthy snacks: crudité's, nuts, fruit, hummus, yogurts, dates, and rice cakes. Don't give yourself carte blanche to snack all day long, but to have one snack between lunch and dinner. If you do feel hungry, at least there will be something healthy to reach for.

5

Learn to love your soup! It is so easy to make, so healthy and really satisfying. Soup can be done in the slow cooker ready for dinner on a busy day and with leftovers for lunch the next day. Plan to make soup twice a week and experiment with different flavours.

6

Make a salad everyday with your main meal (lunch or dinner). Filling up on a delicious green salad will help you balance out your meal, cut down on your intake of carbohydrates such as rice and pasta within your meal, and increase your nutrient intake. Again, get creative and add some seeds or good quality extra virgin olive oil.

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7

Let's talk portion sizes. If you are struggling to control your weight, then your food portion sizes might be to blame. Try to stick to these rough portion guidelines:

Meat: the size of your palm

Carbohydrates (bread, pasta etc): the size of your clenched fist

Vegetables should make up the majority of your dinner and brightly coloured vegetables contain the most antioxidants so try to have a rainbow meal.

8

Time to move! Aim to do at least 30 minutes of cardio per day; whether power walking, jogging, playing a sport or dancing around your lounge. If you have a fitness tracker, set yourself a challenge of walking at least 10,000 steps per day.

9

Ensure you are getting quality sleep. Stop using your electronic devices 30 minutes before bed. If you find your mind is racing with things you need to do, write them all out on a 'dump list' before you go to bed. Your bedroom should be all about sleep so try to avoid working or watching tv in bed.

10

Stress management should be one of your top priorities. It is one of the most overlooked elements of a health and fitness plan and yet unmanaged stress causes: emotional eating, sleep disruption, alcohol abuse, and fatigue. In addition to exercise, try to incorporate a few moments of meditation or breathing exercises into your day. If you need help, try a meditation app such as, *Headspace*.

11

Find something you love and do it every week. Try out new exercise classes: yoga, pilates, dance, tennis, bootcamp, circuits. If you are enjoying it, it won't feel like hard work.

*Remember, to do something today that  
your future self will thank you for.*

# Health & Fitness

## *Changing your Mindset*

1

Changing your mindset is one of the most important things we can do to help ourselves maintain our new healthy lifestyle. Listen to the voice in your head. If you are constantly talking yourself down and making yourself feel bad about your looks, your choices, or your lifestyle then you need to make a change. Speak to yourself as you would speak to a friend going through a difficult time. Be encouraging and be kind. You deserve it.

2

I want you to forget the word 'Diet'. When you are staring down a pack of biscuits, instead of saying 'I'm not allowed that', I want you to say 'I choose not to have that'. Instead of 'I have to work out', try 'I want to feel strong and healthy'. It is a small adjustment, but it gives you the power back. You are making a choice to eat well and to look and feel your best.

3

I want you to imagine for a moment that you have achieved all your health and fitness goals. How do you feel? How do you look? Do you carry yourself differently? Are you dressing differently? Are you styling your hair and makeup differently? If the answer is yes, I want you to start incorporating those changes in to your look straight away. You don't need to be a certain weight before you put your best foot forward and look and feel your best. That person is you! Right now! You are a reflection of your own beliefs about yourself. If you allow those beliefs to be limiting, you will sabotage your own efforts.

4

Create an immediate change to your appearance by changing your posture. Walk tall, with your shoulders pulled back and your stomach pulled in. Keeping your core muscles engaged throughout the day also helps build core strength. Bonus!

5

Be realistic and patient. Creating a meaningful change in your shape takes time. Crash dieting is unhealthy and not sustainable in the long term. Don't focus on weight, but rather how your clothes fit and how you feel. Rather than striving to be thin, aim to be comfortable in your own skin.

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## *Health & Fitness Re-set Month*

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Use the calendar above to plan and track your workouts over the next month.

Some activities I enjoy and will include in my routine this month are:

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I will aim to work out for \_\_\_\_\_ minutes each day.

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What are your top 3 Health and Fitness goals for this month?

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Why do you want to commit to a healthier lifestyle?

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What are the top 3 Excuses which you might use to not work out or eat healthy:

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What will you do to combat these excuses?

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What steps will you take daily to ensure that you stay on track?

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How do you want to feel at the end of the month?

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