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STRONG BODY STRONG MIND

BUSY WORKING MUM SURVIVAL GUIDE

A Guide for the Busy Working Mum | StrongWomenFitness

I am StrongWomenFitness

Three months earlier I had just my 4th baby, I should have been on cloud nine, I had always wanted a girl!! After having three boys.

But there I was, beating myself up, stood looking in the mirror, and what I saw was disgusting! I wasn't a fat person, well not in my head!

But the Mirror told me a very different story! I counted at least 3 rolls of belly fat, a bum that looked like the size of a house ... I had become someone who puts a pillow over themselves when they sit on a sofa, it took all my self-esteem.

Every day I would decide 'today was the day I would start going to the gym doing two back to back fitness classes' but by the evening I was tired, hungry and eating everything I could find, crying and promising myself I would start tomorrow.

I had so many failed attempts at getting the body I wanted and deserved.



So many diets started.

I was so frustrated!

I would sit outside the gym in my car and CRY (I know that seems difficult to believe now, knowing how much I love the gym, but it's the TRUTH!). Unsure what to do when I was inside and worried everyone thought I was that fat person at the gym, I found it so intimidating, it would lead me straight back to over eating again to make myself feel better.

I honestly didn't know where to start, always looking for the next miracle, trying to figure it out without a plan. There was so much information out there but this just made me overwhelmed so many people saying different things.

Eventually I figured it out, got myself a plan.

Trust me you can't do this alone.

I have built a roadmap. My **Road Map to Success** I call it.

I turned this fat, frumpy mum's body into something I'm so proud of, now I look the best I've ever looked at any age.

I am now full of confidence and self-esteem!

I decided to compete in a bikini competition which would eventually take me to be a successful fitness Model:

- Doing numerous photo-shoot's,
- Winning numerous titles
- Competing in Amateur and Pro Divisions
- Gaining my Pro card
- Winning many trophies in Bodybuilding
- Competing Internationally,
- AND ended up the **“European Overall Pro Champion Winner”** Bikini Category in Bodybuilding

ALL after the age of 40

After 4 kids



Sounds crazy I know! (You can found out more about my journey by following my [page](#).)

But this has eventually led me here, where I can help so many women, most of them mum's and busy professional women get into the shape of their lives. But mostly to regain their CONFIDENCE to give them a chance to be that confident woman, mum, wife /partner, business professional.

Are you serious about **Changing Your Life** forever, while still being able to enjoy it?

Join my [Accountability & Support Group for Busy Working Women](#)

If you feel you're ready to take action NOW, then [start your journey](#)

If you want some clarity, book a [breakthrough call](#)

What to expect in your guide:

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A Guide to Self-Isolation

If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. Here are some tips that may help.

Staying connected

Video calls: Phone calls are amazing, and are a great way to stay connected. But seeing someone's face really can make a huge difference on a phone call. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to wifi this will help if you're worried about your data allowance. Don't be shy about going on camera – your loved ones will really appreciate seeing you, even if you're in your pyjamas! You could really brighten someone's day.

Find a positive online community: There are lots of positive online communities, where you can make new friends, get inspired and chat about things you care about. You could try searching for groups involved in causes, music or TV shows you are passionate about. Why not try joining my [Accountability & Support Group for Busy Working Women?](#)

But remember to avoid anything that encourages you to do things which are harmful for your physical or mental health. If you're worried by things you're experiencing online, talk to someone you trust.

Reach out: You're probably not the only person feeling worried, bored or frustrated. It's a good time for a catch up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.

Staying calm

Mindfulness: There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts.

Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility.

Clean up your social media: You might be spending more time than usual scrolling on social media. But have you ever thought about how this could be affecting your mental health? Try un-following or muting accounts that make you feel anxious, upset or angry.

Take a break from the news: It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news.

Limit the amount of time spent checking the news by allowing a set time of day to do this. For example, saying "I will allow 30 minutes from 6pm," stops you constantly checking for updates which increases worrying.

Read a book: Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get your friend to recommend one?

Plan your days: Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality. Decide on your new routine and make sure you build in time to do things you enjoy. If you live with other people, you could ask them to help you. Have a spare 45 minutes? Why not schedule a [breakthrough call](#) with me!

Feel productive: Make a list of all those things you said you would do but never get round to. It could be sorting out your wardrobe, doing some gardening, fixing things around your living space etc. These tasks can make you feel productive and give you a sense of accomplishment. Tidying your living space can also make you feel calmer and more positive.

If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.

Dealing with stressful situations at home

Walk away from tense situations if you can: Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.

Create a rota: If you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota. This can help you agree a fair system and help avoid arguments.

Reach out for help: If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. There are lots of helplines which also offer text and online messenger support.



Your Home Fitness Plan

EXERCISE: Exercise when you normally would within your routine. This is a factor that the body uses to help recognise and adapt circadian rhythm and the hormonal processes around it.

KEEP YOUR ROUTINE: Set sleep and wake times. If you normally go to bed at 11pm and wake up at 7am, then stick to the same times whilst you're at home. This will help your body adjust its rhythm accordingly.

When self-isolating and working from home, it is common to sit in one place for long periods at a time. By exercising regularly it is possible to reduce the effects of being sedentary for long periods of time.

FOOD AVAILABILITY: Are you having breakfast? If not, what are your plans for the first meal of the day? Are you eating your regular, scheduled meals? Are you tempted to snack by the availability of food around you? You need to set your regular eating routine, and DEFINITELY do not do your work from the dining table where you are used to eating.

WALK: Walk, run or cycle when safe to do so, once a day. Whatever form of exercise you choose will be good for your head and body.

FOOD CHOICES

NO BOOZE: Despite claims that alcohol can help you sleep, in contrast, while it may initially make you sleepy...it actually disrupts your overall sleep pattern and can stop the body from going into the more restorative stages of sleep. Alcohol is also a diuretic and can cause further dehydration.

DRINK LOTS OF WATER: Be sure to stay hydrated. It is important to know that tap water is not always drinkable, it can effect the reaction that your gut has to all of the changes that are happening. So as best practice stick to bottled water.

CONSIDER FASTING: Intermittent fasting can be a great way to both limit calories and allow your gut to adapt to new conditions. By restricting calorie intake to later in the day it is possible to give the gut a break during the first half of the day. Fasting can sometimes help with cognitive performance as well, so this could be a technique worth experimenting with.

AVOID CARBS: Where possible stick to proteins and fats as a food source. They tend not to bloat the stomach out as much and are a more stable energy source. Try and choose bacon and eggs over a croissant or chicken and avocado salad over a sandwich.

REMEMBER VEGGIES: Don't forget to keep eating veggies while you are at home. With restaurants closed, it can be easy to forget to eat enough veggies. With essential fibre and micronutrient content it is important not to forget them.

MEAL PREP: If you are really serious about hitting your goals, consider prepping your meals. This will help you avoid making compromises to your nutrition choices.

By implementing some or all of these tips and tricks, it will be possible to minimise the negative effects of a sedentary, working from home lifestyle and be one step ahead of the competition when it really matters.

HOME WORKOUT GUIDE

This guide is designed to be used if you have limited access to a gym or if you are self-isolating and still want to progress towards your fitness, strength and endurance goals. It is important to stay active whilst working from home to help your body adapt to the effects of a sedentary lifestyle.

There are a number of workouts for you to follow, try to do a different one each day until you have completed all of the workouts then repeat. Add rest days in as you feel applicable. Make sure you warm up before starting each workout to reduce the risk of injury – I have provided an example warm up program for you to follow. I would also recommend some light stretching to further avoid injury. The workouts can be done with no equipment, but they are much more effective with the use of resistance bands which are cost effective and easy to carry with you at all times.

Let's get started.

Here is an example workout schedule for you to follow:

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Full Body 1	REST	Upper Body	REST	Lower Body	Full Body 2	REST

Warm Up

Exercise	Time / Reps	Sets
Jog on the Spot	20 Secs	2
Jumping Jacks	30 Secs	2
Lunges	20 Reps	2
High Knees	30 Reps	2
Touch Opposite Toes	10 Reps	2
Hip Circles	30 Secs	2
Shoulder Circles	30 Secs	2

Lower Body

Exercise	Time / Reps	Sets
Goblet Squat	15 Reps	3
Reversal Lunge	15 Reps	3
Split Squat	15 Reps	3
Wall Sit	30 Secs	3
Calf Raise	30 Reps	3
Side Step Squat (Bands)	12 Slow Reps	3

UPPER BODY

Exercise	Time / Reps	Sets
Press Up	12 / 15 Reps	3
Crunches	12 / 15 Reps	3
Decline Press Up	10 / 12 Reps	3
Squat Thrust	20 Reps	3
Side Lateral Raise (Bands)	15 Reps Each Arm	3
Bicep Curl (Bands)	15 Reps Each Arm	3
Plank	60 Seconds	3

FULLBODY 1

Exercise	Time / Reps	Set
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Burpees	12 / 15 Reps	3
Squat Jumps	15 Reps	3
Crunches	20 Reps	3
Mountain Climbers	15 Reps	3
Press Ups	12 / 15 Reps	3
Twist Crunches	20 Reps	3
Plank	60 Secs	3

FULLBODY 2

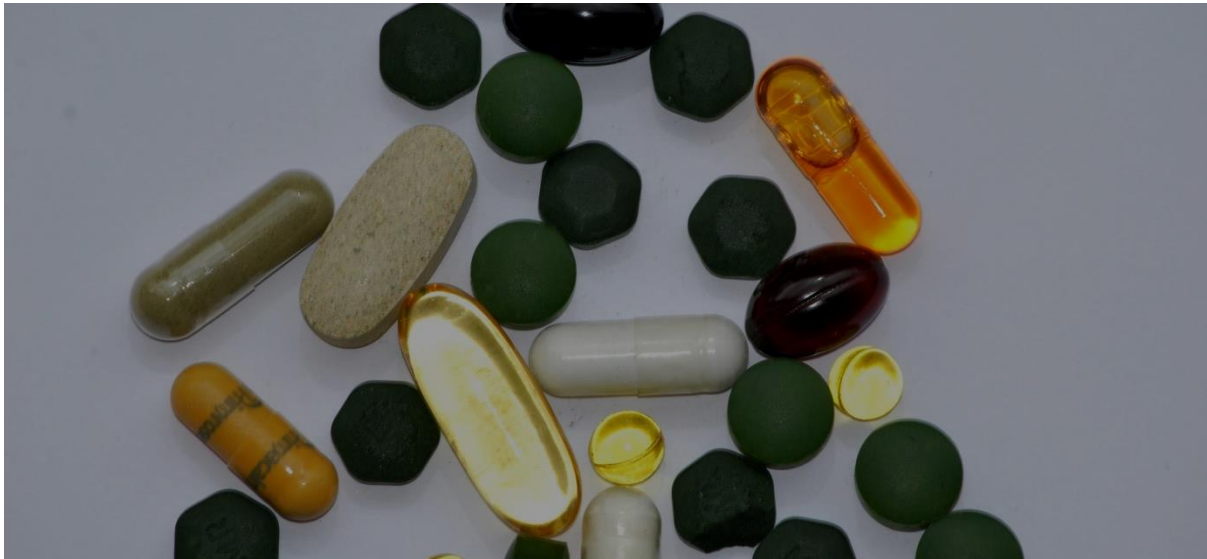
Exercise	Time / Reps	Rest
Burpees	40 Secs	20 Secs
Squat Jumps	40 Secs	20 Secs
Crunches	40 Secs	20 Secs
Mountain Climbers	40 Secs	20 Secs
Press Ups	40 Secs	20 Secs
Twist Crunches	40 Secs	20 Secs
Plank	40 Secs	20 Secs

REPEAT

Repeat all the exercises back to back, this workout should take a total of 16 minutes.

Want to get more out of your workout? You can start TODAY!

[Join me](#) on my 16 week transformation program for a more tailored workout experience.



Nutrition and Supplements

Nutrition

Below is a simple formula for you to follow when calculating your calories per day.

Workout your weight in pounds times it by 12, this total will give you the calories per day

Make sure you download the app [My Fitness Pal](#) and weigh and track your food, upgrade to premium for the month as it's easier to use , and gives you more options. It also works well with the StrongWomenFitness app you will work with when you sign up to train with me, [find out more](#).

- Eat as many green vegetables as you need to keep you full. Graze on green vegetables all day, if you can lightly steam cook every meal.
- Eating just one meal that is off spec demands two days to get your body back in the zone.
- Try to eat only organic, hand reared and the best quality if available.
- Add as many herbs, spices, salt, pepper and lemon juice to your food as you like.
- Add cinnamon to your oatmeal and coffee for its potent anti-inflammatory qualities.

Vitamins & Supplements

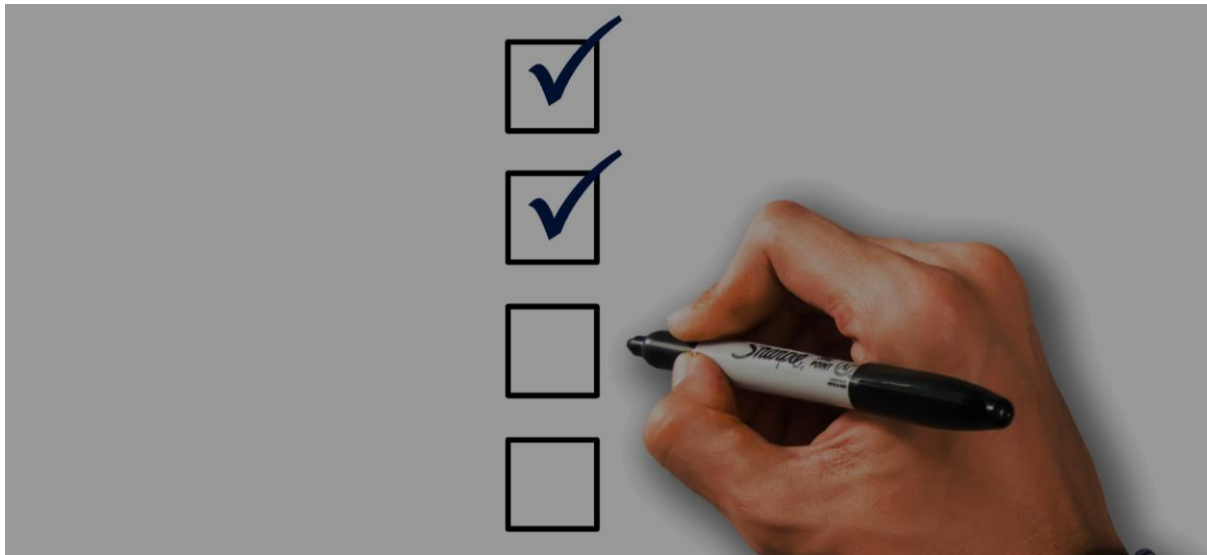
Just a few basic supplements and honestly I would make them permanent.

1. Basic multivitamin - Tick the boxes and cover the basics with this one
2. Vitamin C -1000mg protecting your immune system, good for skin and making collagen.
3. Calcium & Vitamin D3 - For the majority reading this you are going to be deficient in this - FACT! Especially if we are not outside as much also bones and teeth.
4. Omega 3 - immune system , blood pressure, healthy fat , improves sleep.



5. Z M A: Zinc & Magnesium & vitamin B6. I have this before bed immune health, sleep , moods, stamina and muscle recovery.
6. Ashwaghandha - One I've added personally over the last few months and now a staple before bed! Some great benefits on the sleep and stress management, anxiety & fatigue.
7. Buy Protein Isolate, and add Protein Shakes to your diet, and high protein high.

Start with these and you'll be on the right track!



How to Set up New Habits You Can Stick To

"How do you eat an elephant? One bite at a time." That old joke illustrates why many people fail to make new habits, and stick to them.

They have started out by biting off more than they can chew. Someone wants desperately to lose weight. They have had enough with being overweight or obese, tired and out of shape, and scared to look at themselves in a mirror.

The time has come to lose weight once and for all, and this intense emotion seems unbeatable at this point. They drastically adopt a diet which is going to be hard to stick to. They virtually starve themselves, limiting their calorie and carbohydrate intake significantly, and possibly at an unhealthy level.

When you consume fewer carbs and calories than your body needs, you are going to lose weight. That is just a simple fact of how the human body works. However, the person who adopts this "all or nothing" approach early on in the game, especially on day one, usually meets with failure.

That is because any lasting change is usually following years or even decades of opposite behaviors.

It is unreasonable to expect to lose that extra 25 or 50 pounds of body weight quickly, when it has taken you 20 or 30 or 50 years to pack it on. That brings us to the #1 the way to make habits stick, which tops the following list of proven habit-forming techniques, tips and strategies that can help you change any behavior for good.

1. Take it slow in the beginning. Set yourself up for small daily wins. There is a science behind the reason why this is so successful of a strategy in making habits stick. Your brain rewards good behavior by releasing chemicals and hormones that are pleasurable to experience. Even a small win, smoking 7 cigarettes instead of your usual 10, triggers a positive feeling in boosting your self-esteem. Your mind and body want to feel this way again, so you find

yourself building on these smaller victories until you have created a 180 degree change to a new positive behavior.

2. Begin stacking your habits. Everything you do, every action you take, is linked to some other behavior or result. Getting to sleep early means you wake up early as well. This may lead to more productivity on the job, which finally lands you that promotion you've been aching for. If you are attempting to form a new habit (such as eating healthier foods), stack that behavior with related new habits (packing your lunch, avoiding fast food restaurants, exercising regularly and cutting back on the amount of sugar, salt and white flour in your diet). All of those habits will improve the possibility of success in your attempt to eat healthier foods.
3. Track your habit-changing efforts. Rootein, HabitForge and Joe's Goals are 3 excellent online habit trackers. When you record and measure something it is easier to change it. (An exact process for tracking your habits is included in a later section entitled "How to Break Bad Habits".)
4. Get other people involved. Let the people you care about know of the new habit you are trying to develop. A powerful support network reminds you that you are not alone in your fight to defeat some type of negative behavior, and develop a positive replacement.
5. Develop a big enough reason for your new habit to succeed. There is no doubt some reason why you are trying to break an old habit, and start a new one in its place. In many cases, people refer to the wrong motivation for them creating a new habit, and that is why they fail in the process. Dig down deep, and uncover the true and emotionally powerful reason behind your efforts. If you say you want to lose 20 pounds so you can look good at the beach this summer, there are probably some much deeper emotional reasons for you to establish a habit of weight loss. Looking slim and sexy so you can boost your self-confidence and shut the mouth of your "friend" who is always teasing you about being overweight could be a deeper core reason you need to focus on to improve your possibility of success.
6. Use the "but" trick to foster better behavior. Behavioral therapists and psychiatrists mention this tip to help interrupt negative thought patterns and behaviors. When you encounter thoughts that could lead to behaviors not in line with your new habit, use the word "but" to interrupt your way of thinking. For instance, "I would really love a double bacon cheeseburger, but, I decide not to eat one because I am starting to eat healthier foods."

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