**Customised Workplace Wellness Program**

- <Insert #1> <Insert #2> -

Prepared by: **FIT FOR LIFE**: *Mind Body Soul*

Hello <Insert #1>,

It’s wonderful to have you join us on the **FIT FOR LIFE** Workplace Wellness Program! Before we run through your customized program, there's a few important items and reminders to cover.

Firstly, consistency is key. Even if you have a bad day or week, focus on picking yourself up and getting back onto your wellness path. By doing so, you will improve habits and see long term changes!

In conjunction with this customised program, please use our online platform as your guide and follow along every day for education, guidance, meal plans, recipes, daily routines and much more. Under Introduction on the online platform, we have requested to communicate with you via the Voxer app. If you haven't done so already, can you please install this app on your device, search for Donna Abbate and send her a message to connect. If you need any support at any time, please reach out via the app and our coaches will be there, right by your side, supporting you on this journey.

<Insert #1>’s Customised Program

Over the next 16-weeks, you will see and feel sensational with a few subtle changes! Below are your customised adjustments that we recommend to follow in conjunction with our Workplace Wellness program every day.

#3-#9: No automation/insertions required

#10. If **YES**, insert: **Congratulations on your pregnancy ☺**

As you know, you and your growing baby both need extra nutrients during pregnancy and gaining a steady weight is normal and important. However, it is also important not to gain too much weight. If you choose to follow the nutritional and exercise part of the program, pay special attention to the suggestions below to give you and your baby the best possible pregnancy. We will be encouraging you to eat foods from the five food groups, as well as limit discretionary foods and drinks high in saturated fat, added sugars and salt, found in cakes, biscuits and potato chips.

Nutritional Program During Pregnancy:

• It is highly encouraged for you to eat 3-4 serves of protein every day. Protein is essential for the development of your baby. Our meal plans and recipes will provide you and your baby with the necessary requirements of protein each day, however during your 2nd and 3rd trimester you will need to increase your protein by 0.2g/kg/day, based on your weight gain.

• I encourage you to eat a variety of fruit (2 serves per day) and vegetables (5 servings) that are colourful providing you with high doses of antioxidants.

• You will notice within the meal plans, as the weeks progress, that grain is removed, however continue to add these into your weekly meal plans. Choose mostly wholegrain, oats, buckwheat, polenta, quinoa and/or high cereal fibre varieties, such as gluten free breads, cereals, rice, pasta, and noodles. Have up to 8 servings of carbohydrates per day. You can see what a typical serving size is by referring to the serving sizes within the weekly meal plans.

• Make sure you see your doctor and test your iron levels. Make sure you keep your iron levels within the healthy range by eating foods such as lean red meat or tofu.

• Make a habit of getting enough calcium each day, you can do this by including hard cheeses and yoghurt, or adding calcium enriched alternatives into your diet. Have 2 ½ serves per day.

• Enjoying eating the wide variety of vegetables, legumes, fruit and wholegrains every day.

• Ensure you drink a minimum of 9 glasses of water per day during pregnancy and lactation. This will helpful for avoiding constipation – which is a common occurrence during pregnancy.

Special Considerations:

• You are at greater risk of getting food poisoning and should prepare and store your food correctly to avoid harmful bacteria.

• Avoid eating soft cheeses such as (brie, camembert, ricotta, feta and blue cheese), sandwich meats, bean sprouts, pre-prepared salads and pâté because they contain listeria bacteria which is harmful to you. The good news is, we have not added any of these foods into any of your meal plans so you should not be tempted to eat these.

• Avoid eating raw eggs as they may contain salmonella.

• Avoid Alcohol – this is the safest option.

• Limit eating fish that may contain high levels of mercury. To do this consume no more than one serve (100g cooked) per fortnight of shark/flake, marlin/broadbill/ swordfish, and no other fish that fortnight, or one serve (100g cooked) per week of orange roughly (deep sea perch) or catfish and no other fish that week.

• Continue avoiding any foods that you may be allergic to.

• It is essential that you have sufficient amounts of Vitamin D during your pregnancy as well as Vitamin B12 B2, iron, and folate. If you are not already on a supplement, we recommend discussing options during our 1/1 wellness consultation. It is also necessary to get your Vitamin D, iron, B12 and folate levels checked by your doctor during your pregnancy to ensure you do not become deficient.

Exercise During Your Pregnancy:

• We recommend that you follow the restorative program for the entire duration of your 16 week program and pay specific attention to only following the exercises with the ( \* ) next to it.

• If you weren't active before you got pregnant, don't suddenly take up strenuous exercise. It’s important to build your body up slowly which can be done by doing 15 minutes of continuous exercise, 3 times a week and increase this gradually until you are getting a minimum of 2½ hours a week. Walking and swimming are great forms of steady state cardio during pregnancy. Remember that exercise doesn’t have to be strenuous to be beneficial — and any physical activity is better than none.

• Strength training, stretches, qigong and meditation are recommended and will be included within your weekly restorative program.

During Pregnancy It’s Important **Not** To:

• Lying flat on your back. Particularly after 28 weeks because the weight of your bump presses on the big blood vessels and can make you feel faint, as well as reducing blood flow to your baby.

• Contact sports where there’s a risk of being hit, such as kickboxing, judo, squash, tennis, football and hockey.

• Horse riding, downhill skiing, ice hockey, gymnastics and cycling, because there’s a risk of falling

• Significant changes in pressure, as in scuba-diving, because the baby has no protection against decompression sickness and gas embolism (gas bubbles in the bloodstream).

• Exercise at more than 2,000m above sea level until you have acclimatised to avoid the risk of altitude sickness (a decrease in oxygen).

• Repetitive high-impact exercise, or exercise with lots of twists and turns, high stepping or sudden stops that cause joint discomfort.

• Avoid exercise where you get too hot. When your body’s temperature is slightly higher during pregnancy, or from doing intensive exercise it may cause your core temperature to rise to an unsafe level for your baby.

• Drink plenty of water, wear lightweight clothing and only exercise in cool, well-ventilated places (no spas or saunas)

• We also recommend getting specific advice from your doctor or midwife before you start doing my exercise program. This will give you the reassurance and specific advice that you need during your pregnancy.

#11. If **YES**

#12. If **YES**, insert:

#13-#15: No automation/insertions required

#16.

#17

#20, if less than 6:

#25, custom insert:

Willing to eat caffeine free

#26, if YES insert:

#27, if YES insert:

#28, custom insert:

#29,

#30, custom insert:

#31, custom insert:

#33, custom insert:

#34, custom insert:

#35, custom insert:

#image1

#image2

#image3

What are you willing to eat?

#36, custom insert:

Meals per Day

#37, custom insert:

Daily Meals

#38, custom insert:

#39. If **YES**, insert:

#40, custom insert:

#41. If **YES**, insert:

Challenging or Restorative?

#43. Custom insert:

#44. Custom insert:

#45. Custom insert:

#47. Custom insert:

When do you plan to exercise?

#48. Custom insert:

How much time to exercise?

#49. Custom insert:

Where to exercise?

#50. Custom insert:

#51. If **YES**, insert:

#52. Custom insert:

#55. If **YES**, insert:

#57. If **YES**, insert:

#59. If **YES**, insert:

#60. If **YES**, insert:

#62. If **YES**, insert:

Bedtime

#63, custom insert:

#64. If **NO**, insert:

Difficulty getting back to sleep

When you wake up in

#66. If **YES**, insert:

How much sleep?

#67, custom insert:

Refreshed?

#69. If **NO**, insert:

#71. If **YES**, insert:

How you unwind after work will either *fuel* you or *deplete* you.

#72, custom insert:

#73, custom insert IF less than 6:

#78. If **YES**, insert:

#80, insert if any selected:

#82. If **YES**, insert:

#85. If **YES**, insert:

#87. If **YES**, insert:

#89. If **YES**, insert:

#91. If **NO**, insert:

We understand that there are a lot of suggestions and this is a very detailed report.

We encourage you to highlight all of the points that you are willing to change and be consistent with them weekly for 16-weeks. We will be checking in with you at week five with a follow-up questionnaire to see how you are tracking, as well as offer you our ongoing support via Voxer - and look out for our weekly emails for inspiration!

By actively participating in the above customised guidelines, you will see and feel a significant change to your performance mentally, physically and emotionally. Often life-changing!

The **FIT FOR LIFE** team looks forward to being a part of your transformation ☺

*Yours in wellness,*

**Donna Abbate**

**#fitForLife**