

**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**, insert:

Perimenopause:

Perimenopause usually starts sometime during a woman’s mid-40s and can last for several years (in some cases even longer, such as up to 10 years). It’s common during this time to experience irregular periods, breakthrough bleeding and other signs that reproductive hormones are shifting.

Perimenopause is the natural progression in life where you start to experience subtle hormonal declines in estrogen, progesterone, testosterone, DHEA and melatonin. You will also experience an increase in FSH (follicle stimulating hormone). You may also have greater imbalances in thyroid function and cortisol levels during this time. When you transitioned through puberty your hormones were on the rise, however during peri-menopause hormones are on the decline and because of this you can begin to experience uncomfortable menopausal symptoms. Both puberty and perimenopause are both normal stages of life where symptoms can be minimal if you know how to support your body. How you ate, moved and managed stress prior to peri-menopause is very different when hormones begin to decline. With this in mind, you can’t put the same amount of pressure onto your body, nor eat the same volume of food, or exercise as hard, to see the results that you once did.

With this in mind, we recommend that you focus on the following:

* Eat protein for breakfast every day, and emphasize it at every meal from diverse sources
* Avoid ALL snacking
* Consume less calories overall in order to maintain your weight as you get older. Due to a decrease in muscle mass and the slowing of your metabolism, it’s more important than ever protein foods, limit processed foods and focus on eating a clean diet.
* Eat cruciferous vegetables such as broccoli, cauliflower, kale, cabbage as it contains indole 3 carbinol which naturally helps to balance estrogen levels. These veggies are also high in fiber, vitamin C, vitamin K and electrolytes which are important for blood pressure and heart health.
* Eat a phytoestrogen-plant based rich diet to counteract the effects of the hormonal imbalances. Include flaxseeds, oats, sesame seeds, apples, and grated carrots.
* Eat phytonutrients by eating the rainbow of different whole food colours everyday (red, orange, yellow, green, blue-purple).
* Include plenty of essential minerals and healthy anti-inflammatory omega 3 fats such as fish, seafood, nuts, seeds, leafy greens, and flaxseed oil. By filling up on foods which are “hormone-balancing,” nutrient-dense and unprocessed can help you eliminate your intake of empty calories and manage weight gain.
* Eat fibre to balance your production of estrogen. Best sources include nuts, seeds, legumes/beans, avocado, veggies and fruit.
* Reduce your stress and guard your sleep - poor sleep is linked with higher levels of morning cortisol, decreased immunity, trouble with work performance, and a higher susceptibility to anxiety, weight gain and depression. To allow your body to recover from stress, control your appetite and improve energy, aim to get 7–9 hours of sleep every night.
* Include probiotics into your diet. These are healthy bacteria that improve your production and regulation of key hormones like insulin, ghrelin and leptin. They’re even capable of raising immune function and protecting cognitive functioning. The best probiotic foods include yogurt, kefir, cultured veggies such as sauerkraut or kimchi, kombucha and other fermented foods.
* The restorative exercise program is highly recommended (build muscle mass through resistance training 2-3 times per week and increase cardiovascular fitness 1-2 times weekly) to improve body weight, sleep quality, insomnia, bone density, muscle mass and inflammation.

Avoid:

* Carbonated soda depletes the body of calcium and contributes to osteoporosis, bone loss and teeth problems.
* Alcohol causes hot flushes and contributes to weight gain
* Stress, which includes excessive exercise and lack of sleep increases cortisol which leads to weight gain around your abdomen, as well as exacerbating menopausal symptoms
* Sugar causes weight gain, digestive issues, worsened hormone imbalances and candida, increases hot flashes and symptoms.
* Look after your liver, by keeping processed foods and your use of chemicals found in food, skincare and household products to a minimum.
* If you are struggling with peri-menopausal symptoms and you need additional guidance, please reach out for a 1/1 consultation with our coaches by clicking this link <https://www.fitforlifemindbodysoul.com/services-checkout-page>.

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

Post-menopause:

* Because you are post-menopausal, we recommend a regular strength training program as well as doing a minimum of 2 ½ hours of moderate aerobic training each week. The restorative exercise program is highly recommended to support body weight, sleep quality, insomnia, bone density, muscle mass and inflammation.

To keep your bones strong: After menopause, you are at a higher risk for developing osteoporosis due to the lower levels of estrogen. Strength training, adequate vitamin D levels, foods high in calcium, and following our whole foods meal plans each week will support your bones and cardiovascular health.

* We recommend eating a plant-based diet that incorporates phytoestrogens such as flaxseeds or (or flaxseed meal). These foods are incredible for your hormones and gut health, as well as being rich in essential fatty acids.
* Phytoestrogen foods also include the cruciferous veggies (broccoli, cauliflower, brussels sprouts, cabbage), alfalfa sprouts, sesame seeds, fresh apricots, peaches, red grapes, oranges, blueberries, and strawberries.
* Phytoestrogen rich foods help reduce hot flashes, and will also protect your heart.
* Avoid ALL snacking
* Consume less calories overall in order to maintain your weight as you get older. Due to a decrease in muscle mass and the slowing of your metabolism, it’s more important than ever protein foods, limit processed foods and focus on eating a clean diet.
* Include plenty of essential minerals and healthy anti-inflammatory omega 3 fats such as fish, seafood, nuts, seeds, leafy greens, and flaxseed oil. By filling up on foods which are “hormone-balancing,” nutrient-dense and unprocessed can help you eliminate your intake of empty calories and manage weight gain.
* Keep alcohol to a minimum as it contributes to hard to shift weight gain.

Reduce your stress and guard your sleep - poor sleep is linked with higher levels of morning cortisol, decreased immunity, trouble with work performance, and a higher susceptibility to anxiety, weight gain and depression. To allow your body to recover from stress, control your appetite and improve energy, aim to get 7–9 hours of sleep every night.

If you are struggling with menopausal symptoms and you need additional guidance, please reach out for a 1/1 consultation with our coaches by clicking this link <https://www.fitforlifemindbodysoul.com/services-checkout-page>.

#13-#15: No automation/insertions required

#16. If **18.5 or under**, insert:

BMI:

Your BMI is a little low for your current height and weight. We recommend for you to focus on building up your lean muscle tissue for extraordinary anti-aging gains as well as for your overall health, shape and metabolism. You will do this by following our recommendations within this program.

#16. If **18.5 – 24.9**, insert:

BMI:

You currently have a healthy BMI and if you lose weight you will still be within the healthy range. What is most important is that you will feel much better within yourself.

Your BMI score does not measure how much lean muscle mass you have, so even though your score is within the healthy range I recommend for you to focus on building up your lean muscle tissue for extraordinary anti-aging gains as well as for your overall health, shape and metabolism.

#16. If **25 or over**, insert:

BMI:

You currently have a high body mass index (BMI) score that is not in the healthy range for your height and current weight. By following our guidance within this customised program you will reduce this score.

However, body mass index (BMI) does not differentiate between fat and lean body mass. Therefore, if you have a large amount of muscle mass you may automatically be placed into the overweight, or obese categories, even though you clearly have very little body fat. In such cases a high BMI can be healthy. BMI is a surrogate measure of body fatness because it is a measure of excess weight rather than excess body fat. It would be ideal to get your BMI below 25 to be in the healthy weight range.

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

Losing Weight:

You will see significant changes in your body shape, feel much better in your clothes as well as lose weight by following this program. Strength training and adequate sleep is highly recommended because it will increase your metabolism. Remember muscle weighs more than body fat, so if your weight does not change on the scales, do not get discouraged if you are following the exercise part of this program. Increased muscle, managed stress, adequate sleep and nourishing nutrition is the key for long lasting weight loss changes.

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

Losing Weight:

On this program you will change body shape, rather than lose weight if you are choosing to engage in the strength training program. If you have any body fat to lose, this will be replaced by muscle and your shape will change. From week 8 onwards, the program suggests for you to reduce your carbohydrates and increase your cardiovascular activity each day. You do not need to do this if you are not interested in dropping body fat.

#20, if less than 6:

Energy Levels

Because your energy levels are low at the moment, we highly recommend you avoid, eating processed foods, sugar and drinking caffeine as energy boosters. Prioritise your sleep and Remember to structure in more time for recovery. It’s time to make choices that improve your life force and fill up your cup, so do what you can to withdraw from activities that deplete you.

#25, custom insert:

Caffeine

If 1, insert:

We recommend that you drink your cup of coffee or tea prior to 11am each day, if you are not willing to cut it out completely. This is because caffeine promotes wakefulness by completely reversing the effects of adenosine in your body. Adenosine is important for relaxing your nervous system and is needed for the production of melatonin needed for sleep and anti-aging. Adenosine builds up during the day and it takes 8 hours. Every time you drink caffeine you have to start again, hence why drinking it earlier in the day is ideal rather than at 3-4pm

If 2, insert:

Caffeine promotes wakefulness by completely reversing the effects of adenosine which is important for relaxing your nervous system and is needed for the production of melatonin needed for sleep and anti-aging. It takes 8 hours to build up your adenosine each day so each time you drink caffeine you are losing this precious organic compound. This process affects brain functions such as sleep, cognition, learning, memory and energy levels. Caffeine also depletes B vitamins, vitamin C, Magnesium and zinc which are needed for good digestion, energy, cognition, mood and sleep.

For this reason, if you are not choosing to cut back, we recommend drinking no more than 2 cups of caffeine per day prior to 11am or consider drinking water and water filtered decaf coffee to avoid the effects of caffeine. A double shot of coffee (or regular sized coffee) equates to two cups of coffee. If you are having 2 regular sized coffees per day you are really having 4 coffees.

If 3, insert:

Caffeine promotes wakefulness by completely reversing the effects of adenosine which is important for relaxing your nervous system and is needed for the production of melatonin needed for sleep and anti-aging. It takes 8 hours to build up your adenosine each day so each time you drink caffeine you are losing this precious organic compound. This process affects brain functions such as sleep, cognition, learning, memory and energy levels. Caffeine also depletes B vitamins, vitamin C, Magnesium and zinc which are needed for good digestion, energy, cognition, mood and sleep.

For this reason, we recommend drinking no more than 2 cups of caffeine per day prior to 11am or consider drinking water and water filtered decaf coffee to avoid the effects of caffeine. A double shot (or regular sized coffee) equates to two cups of coffee. If you are having 3 regular sized coffees per day you are really having 6 coffees.

If 4, insert:

Caffeine promotes wakefulness by completely reversing the effects of adenosine which is important for relaxing your nervous system and for the production of making melatonin, an important antiaging antioxidant hormone enabling you to sleep. It takes 8 hours to build up your adenosine each day so each time you drink caffeine you are losing this precious organic compound. This process affects brain functions such as sleep, cognition, learning, memory and energy levels. Caffeine also depletes B vitamins, vitamin C, Magnesium and zinc which are needed for good digestion, energy, mood and sleep.

For this reason, we recommend reducing your caffeine. You can do this by reducing your intake slowly until you are only drinking it prior to lunch time each day. A double shot (or regular sized coffee) equates to two cups of coffee. If you are having 4 regular sized coffees per day you are really having 8 coffees.

#26, if YES insert:

The duration of caffeine withdrawal symptoms varies from person-to-person, but usually lasts between 24-48 hours and no more than 4 days for some. Because of this, we recommend that you do not withdrawal from your caffeine consumption abruptly instead gradually decrease the number of cups down until you are either on water filtered decaf or no caffeine at all. Symptoms can occur when withdrawing from even 1 double shot of coffee per day. Headaches, anxiety, tiredness, difficulty concentrating, mood changes, cognitive effects are the common symptoms. It helps to take magnesium and drink lots of water if you are experiencing detox headache symptoms. It works far better than Panadol for pain relief.

#27, if YES insert:

Like Donna, you love the taste of coffee, but you can do without the caffeine. By drinking a good quality decaf, you do not feel like much as changed, all you are doing is switching your choices around so you improve your energy and cognitive production rather than decrease it. This is a really good choice.

Most common methods of decaffeination involve chemical solvents, usually ethyl acetate or methylene chloride, which is worse for your health than having caffeinated coffee. Because of this we recommend drinking Swiss Water decaf or water filtered decaf because it is free of all the chemicals and retains most of the coffee's original flavour.

Some of our Australian favourites include <https://byronbaycoffeeco.com.au/shop/decaf-espresso-500g/> and <https://www.questcoffee.com.au/product/decaf-de-casa-blend-roasted-coffee/>.

#28, custom insert:

Alcohol

If Once week, insert:

Within your report you noted that you are only having one glass of alcohol per week which will not cause any concern to your wellbeing. If you find yourself waking up during the night due to excess heat, we recommend removing it completely. It’s best to have alcohol with food to avoid the raise in blood sugar levels.

If 1-3 nights per week, insert:

We can see from your questionnaire that you are currently drinking alcohol between 1-3 nights per week. If you find yourself waking up during the night, we recommend removing it completely. Alcohol alone leads to poor sleep. It helps you to get to sleep, but will result in waking you up later in the night, which will affect your deep restorative sleep. When this happens, you will wake up feeling unrefreshed, with cravings the following day for caffeine and unwanted food choices such as refined carbohydrates. Alcohol sequesters your levels of zinc, B vitamins and Magnesium which are all essential nutrients needed for sleep, energy, mental performance, mood and brain health.

If 3-5 nights per week, inset:

You mentioned in your questionnaire that you are currently drinking alcohol between 3-5 nights per week which would be leading to adverse effects to your health. Alcohol alone leads to poor sleep. It helps you to get to sleep, but will result in waking you up later in the night, which will affect your deep restorative sleep. When this happens, you will wake up feeling unrefreshed, with cravings the following day for caffeine and unwanted food choices such as refined carbohydrates. Alcohol sequesters your levels of zinc, B vitamins and Magnesium which are all essential nutrients needed for sleep, energy, mental performance, mood and brain health.

If Every day, insert:

Due to your current alcohol intake, it’s leading to adverse effects to your health. Alcohol alone leads to poor sleep. It helps you to get to sleep, but will result in waking you up later in the night, which will affect your deep restorative sleep. When this happens, you will wake up feeling unrefreshed, with cravings the following day for caffeine and unwanted food choices such as refined carbohydrates. Alcohol sequesters your levels of zinc, B vitamins and Magnesium which are all essential nutrients needed for sleep, energy, mental performance, mood and brain health.

If Weekends only, insert:

We can see from your questionnaire that you are currently drinking alcohol on weekends only! It’s fun to have a drink and let your hair down, however be careful not to binge. Alcohol alone leads to poor sleep, waking up unrefreshed and cravings for caffeine and sugar the following day. You can improve this entire cycle by removing alcohol.

#29, IF less than #28, insert:

It is sensational hearing that you are committed to reducing your alcohol consumption. By doing this, you are making a significant change to your health as well as improve your mental performance, energy, mood, hormonal and gut health.

When you choose to drink alcohol, watch that you only drink X2 100ml glasses of wine if you are small in stature or X2 x 200ml if you are a larger frame. If you drink more than this you are exceeding the Australian requirements of alcohol. When you drink alcohol, your body has to take care of the alcohol you have consumed first because it is a harmful toxin, and puts off all the other important jobs your liver needs to do in order for you to have peak physical and mental health.

#30, custom insert:

Water

If 1-5, insert:

We recommend you begin to increase your water consumption. At the moment you may be experiencing symptoms of dehydration which include reduced energy, poor sleep, fluid retention and headaches. Try and drink a minimum of 8-10 glasses of water per day. As a guide, you should never feel thirsty and your urine should be clear by the end of each day. We recommend drinking clean, fresh, pure alkaline water or LifeFX.

If 6-8, insert:

We recommend you begin to increase your water consumption. At the moment you may be experiencing symptoms of dehydration reduced energy, poor sleep, fluid retention and headaches. Try and drink a minimum of 8-10 glasses of water per day. As a guide, you should never feel thirsty and your urine should be clear by the end of each day. We recommend drinking clean, fresh, pure alkaline water.

If 9-12, insert:

Congratulations on your daily water consumption, keep it up! Because water is one of the best ingredients for your health and you drink a lot of it per day, make sure you choose clean, fresh, pure alkaline water.

#31, custom insert:

Processed Foods

If YES, insert:

Processed foods create an enormous amount of stress inside your body. This is due to the high level of inflammation it causes. Over the following 16-weeks, try and cut back on packet foods because they are high in sugar, trans fats, soy, wheat and preservatives. Instead, crowd out these foods with natural ingredients from wholefoods. If you would like some guidance look at the weekly meal plans and recipes for motivation within the Members Only area, and see if you can make small changes to see better results. Download the recipe book found under Education/Nutritional secrets within the members only area too.

If NO, insert:

Processed foods create an enormous amount of stress inside your body. This is due to the high level of inflammation it causes as well as causing dysregulated blood sugar levels which can lead to poor sleep and recovery. We are encouraging change in this area because it has the most impact overall. If you change your mind and decide to make some changes to your diet, look at the weekly meal plans and recipes for motivation within your members only area each week, and see if you can make small changes. Download the recipe book found under Education/Nutritional secrets within the members only area too.

#33, custom insert:

Weekly Meal Plans

If NO, insert:

In your questionnaire you mentioned that you are not in a position to follow the meal plans. We can understand the additional commitment it takes to do this. To achieve results without following my meal plans can be as simple as, using the meal plans as your guide when eating out! Donna and Marcello eat out a lot, and choose good cafes and restaurants that offer the healthiest options. Google the menu at the venue in advance to choose your meals to avoid going off track. Always choose veggies and a good protein source along with all of your other basic requirements suggested within this customised program and you will notice the changes.

If YES, insert:

It is wonderful to hear that you are able to follow the meal plans provided during your membership. All of these meals are anti-inflammatory wholefoods. By eating this way, you will definitely see and feel extraordinary changes. When you are eating out we recommend you continue using the meal plans as your guide. Just think each venue you eat at, you have a personal chef cooking specifically for you. Google the menu at the venue in advance to choose your meals to avoid going off track. Always choose veggies and a good protein source along with all of your other basic requirements suggested within this customised program and you will notice the changes.

#34, custom insert:

Food Preparation

If YES, insert:

You mentioned that you are going to do food preparation each week. We have recorded a video on how to do this within your members only area under EDUCATION/NUTRITIONAL SECRETS/FOOD PREPARATION. No doubt you will find this information helpful. The recipes within your meal plans are simple and easy to follow, and if you would like more variety, download Donna’s wholefoods recipe book found under EDUCATION/NUTRITIONAL SECRETS. When following the recipes within the recipe book, adjust the macronutrient amounts to align with the meal plan each week. E.g. Week 1 meal plan says: 120gm chicken within the recipe. When you look in the recipe book it says 180gms, so change it 120gm. Do this for the carbohydrate amount as well.

If NO, insert:

You mentioned that you are not in a position to do meal preparation each week. You may find it helpful to arrange a food delivery service to help you stay on track. We have taken the hard work out for you, and have provided you with a list of wholefood home delivery companies. Our list of delivery services can be found under EDUCATION/NUTRITIONAL SECRETS within your members only area. Unfortunately, we haven’t done this for each country, however we are happy to give you recommendations if you need help finding one, just reach out through the Voxer app. Remember to request a company that is wholefoods, includes good quality protein, avoids gluten,sugar and any other restrictions you need to avoid.

#35, custom insert:

Diet Type

If Meat Eater, insert:

Meat Eater:

We have provided you with a new meal plan each week which includes meat, chicken, fish, seafood, nuts, seeds, eggs, fruits and veggies to support your goals. By eating this way, you will improve your body composition, enhance your energy, digestion, cognition and mood. If there are any foods that you are allergic or intolerant too, just remove them from your recipes. If you like to consume red meat, it is recommended to limit your intake to no more than 350g (cooked weight) per week or no more than 3 times per week. It’s also recommended to limit your intake on nitrate rich meats such as bacon, ham and any processed red meats, as these are linked to adverse health outcomes.

If Vegetarian, insert: (can you put includes: Lacot-ova (eats eggs & dairy), Lacto (eats dairy), Ovo (eats eggs), Pollo vegetarians (eats poultry)

Vegetarian (Includes: Lacto-ovo (eats eggs & dairy), Lacto (eats dairy), Ovo (eats eggs), Pollo vegetarians (eats poultry):

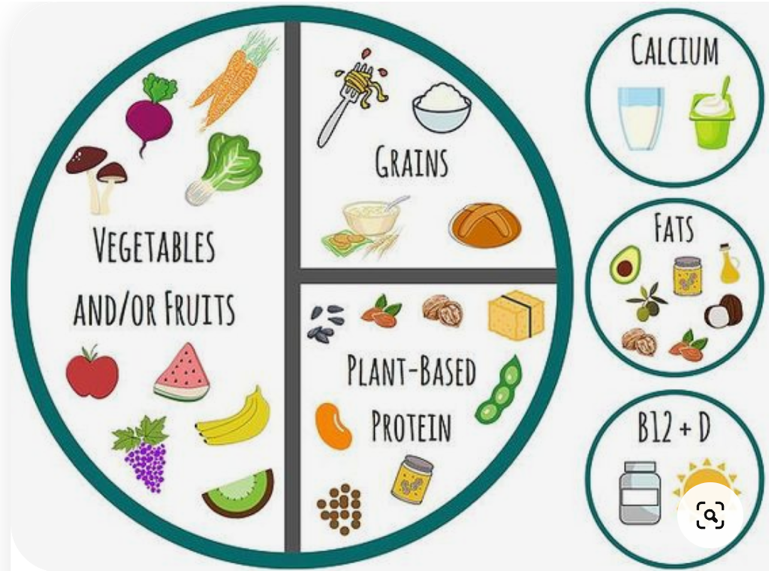
For the following 16-weeks we will be providing you with a new meal plan each week. Because you are a vegetarian modify the current recipes that include meat, fish or poultry and replace with ingredients such as tofu, tempeh, legumes, wholegrains, seeds and nuts. All of the meals provided will improve your body composition, enhance your energy, cognition, digestion, immunity and mood.

* Lacto-ovo vegetarian – avoid meat, poultry, or fish BUT DO add in eggs and dairy
* Lacto vegetarian – avoid meat, poultry, fish or eggs, BUT DO consume dairy products
* Ovo vegetarian – avoid meat, poultry, fish or dairy products BUT DO add in eggs
* Pollo-vegetarian- avoid meat BUT DO add in poultry

To be a healthy vegetarian or any of the above vegetarian categories, you must remove all processed foods, gluten and sugar, however add in the following specific guidelines.

Guidelines to follow:

1. Eat a variety of plants like fresh or cooked veggies, fruit, nuts, seeds, whole grains and legumes.
2. Eat 5-6 servings of veggies per day (1/2 cup veggies are one serve & 1 cup of salad is 1 serve)
3. Aim to eat 2 serves of fruit per day
4. Eat Fermented vegetables such as kimchi, unless advised otherwise
5. Add sprouts, root vegetables, seaweeds and fresh vegetable juices
6. Refer to the daily guidelines in your meal plans for grains and legumes
7. Mix your gluten free grain, legumes and veggies together in all meals
8. Eat nuts and seeds (unless you have an allergy)
9. Eat healthy fats such as avocado, coconut oil
10. Eat raw nut butters and have smoothies with raw nut milks
11. Consider meal delivery from <https://gardenofvegan.com.au>



If Vegan, insert:

Vegan:

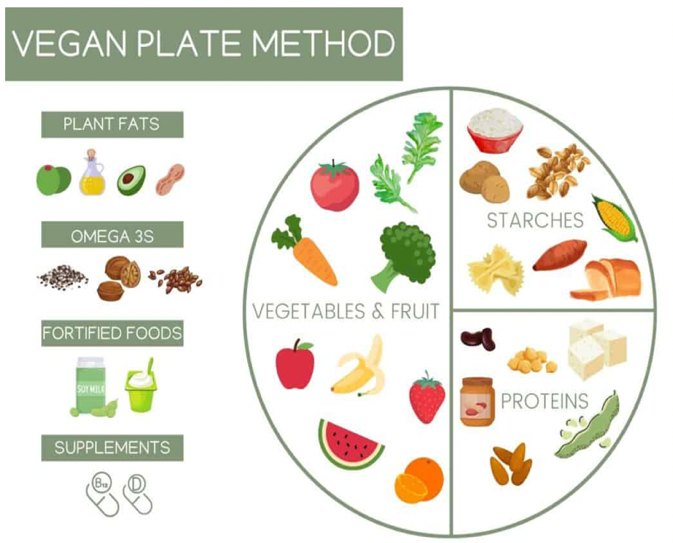
For the following 16-weeks we will be providing you with a new meal plan each week, however because you are a vegan modify the recipes to suit your needs. All of the meals provided will improve your body composition, energy, cognition, digestion, immunity and mood.

To be a healthy vegan you must remove all processed foods, gluten and sugar, however add in the following specific guidelines.

Guidelines to follow:

1. Eat a variety of plants like fresh or cooked veggies, fruit, nuts, seeds, whole grains and legumes.
2. Eat 5-6 servings of veggies per day (1/2 cup veggies are one serve & 1 cup of salad is 1 serve)
3. Aim to eat 2 serves of fruit per day
4. Eat Fermented vegetables such as kimchi, unless advised otherwise
5. Add sprouts, root vegetables, seaweeds and fresh vegetable juices
6. Refer to the daily guidelines in the members only area meal plans for grains and legumes
7. Mix your gluten free grain, legumes and veggies together in all meals
8. Eat healthy fats such as avocado, nuts and seeds (chia), coconut oil
9. Eat raw nut butters and have smoothies with raw nut milks
10. To minimise the risk of protein deficiency if you do not eat many legumes, add in a vegan protein powder. Click on supplements within your members area, scroll down to Modere store and in search put chocolate pea protein. Absolutely delicious.
11. Consider meal delivery from <https://gardenofvegan.com.au/>

You may be at risk of getting nutritional deficiencies due to not eating meat, dairy products or seafood. We recommend getting your Iron, iodine and B12 levels tested to see where you are currently at. To counteract the harmful effects of these deficiencies, add in foods or supplement accordingly. These nutrients include vitamin B12, omega-3, calcium, zinc, iron, magnesium, and high-quality protein. A script for any of these nutritional deficiencies can be arranged through Donna.



If Pescatarian, insert:

Pescatarian:  
We will be providing you with a new meal plan each week, however because you are a pescatarian you will need to modify the recipes to suit your needs whereby you exclude meat and poultry and replace with legumes, fish or seafood. Continue to eat fruits, veggies, nuts, seeds, whole grains, beans, eggs, dairy (unless you are going dairy free). All of the meals provided will support body composition as well as enhance your energy, cognition, digestion, immunity and mood.

If Fodmap, insert:

Fodmap:

The current meal plans within your membership do not specifically cater for FODMAP’s, however there are not many included, so you can adjust the recipes to avoid eating them. Continue to follow the guidance that you have been given by your dietician or nutritionist or reach out to me for further assistance with a 1/1 nutritional consultation, as our team consists of a fully trained nutritionist and naturopath who helps people who suffer from irritable bowel syndrome.

A terrific Australian home delivery service that caters for FODMAP’s is <https://www.wefeedyou.com.au/>. By having some meals prepared in your fridge is helpful when you are busy with work. We also recommend downloading <https://www.monashfodmap.com> to receive additional support for irritable bowel syndrome.

#36, custom insert:

What are you willing to eat?

If Wholefoods, insert:

Wholefoods:

You will be eating wholefoods that are packed full of fiber, protein, vitamins, and minerals without the harmful additives that are found in packaged processed foods such as trans fats, sugar and gluten. Whole foods are foods that come directly from nature, and do not come out of packets. These types of foods are essential for your health. To learn more about wholefoods refer to page 10 in Donna’s wholefoods recipe book.

If Gluten-free, insert:

Gluten-free:

Gluten is a protein naturally occurring in foods such as wheat, spelt, barley, rye, kamut, and cous cous and affects not only people with celiac disease but people with gluten sensitivity, thyroid and many skin conditions. By going gluten free you will improve digestion, immunity, thyroid function and inflammatory conditions. Gluten is used as a binding agent in packaged foods and cosmetics. It can be easily removed by following a wholefoods diet and choosing skincare from the members online store. If you would like to learn more about going gluten free refer to page 11 in Donna’s wholefoods recipe book.

If Dairy-free, insert:

Dairy-free:

Because you would like to go dairy-free, we recommend eating foods high in calcium. Foods include: Dark green leafy veggies, almonds, calcium enriched nut milks, tofu, kale, edamame, kale, sardines, sesame seeds (tahini), chia seeds and salmon with bones. If you do not feel like you are getting enough of these foods in your diet, we recommend getting a supplement. Reach out to me if you would like any suggestions.

If Sugar-free, insert:

Sugar-free:

By going sugar free you will notice a significant difference to your energy, cognition, hormones, mood, body composition and sleep. Your meal plans each week will balance your blood sugar levels within the first 5 days. Once your blood sugar levels are balanced and you have reduced caffeine your energy will improve and your cravings for sugar will cease.

#37, custom insert:

Meals per Day

If 1, insert:

You mentioned in your quiz that you are currently eating one meal per day. Please continue doing this by choosing 1 meal from the meal plan, drink lots of water and avoid all snacking for the rest of the day. If you find yourself snacking you are better off eating a second meal from the meal plan 2-3 hours after your first meal. By doing this you will kick start your metabolism and see better results. By drinking caffeine and snacking you will not see results due to the dysregulation of your blood sugar levels. This will create body fat, fatigue and nutritional deficiencies. Ideally, it’s advised to have a small amount of food in the morning to kick start your metabolism (base it on protein) and once you start feeling hungry for more food add in a second meal. Over time your hormone for hunger will begin to improve and you can add in either a third meal or a snack. Continue this way until you are following the daily meal plans as advised each week.

If 2, insert:

You mentioned in your quiz that you are currently eating two meals per day. Please continue doing this with the suggested meal plans, and drink water. It’s advised to have a small amount of food in the morning (based it on protein) to kick start your metabolism. If the oats are too much to start off with, please choose a smoothie (from the wholefoods recipe book), or some nuts with a piece of fruit. Over time your hormone for hunger will begin to improve in which case add in a third meal. Continue this way until you are eating the daily meal plans as advised each week.

If 3, insert:

It is great to hear that you are eating regular meals each day. By following the meal plans within your membership you will be eating the correct calories and macronutrients to fuel your body as well as enhance your body composition. By doing this you will be balancing your blood sugar levels, which will result in more energy, better mood and little to no food cravings. If you do crave sugary snacks reframe from doing so and choose a wholefoods snack such as hummus with veggies, nuts and seeds or a snack found within our wholefood’s recipe book.

#38, custom insert:

Daily Meals

If Morning Tea, insert:

Morning Tea:

If you are not hungry and you can skip morning tea (without reaching for a coffee as a snack) try and make it to lunch time, so your hunger hormones kick in. Allowing yourself to feel hungry is important rather than just eating all the time. However, if you are hungry make sure you eat a snack that includes a protein source so your blood sugar levels stay stabilised to support your goals.

If Afternoon Tea, insert:

Afternoon Tea:

By 3-4pm its normal to have a dip in your energy levels especially if you have not had a lunch that has the correct macronutrients added or are dehydrated. Avoid the usual sugar and caffeine ritual at this time instead add in our suggestions found in the weekly meal plans, drink 500ml of water or have cup of herbal tea.

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

Food Intolerances/Allergies

If you have any specific food intolerances make the necessary adjustments to the daily meal plans to avoid triggering your symptoms. If you need further support and expert guidance with your food intolerances or allergies, you can book a 1/1 consultation with our naturopath by clicking on this link <https://www.fitforlifemindbodysoul.com/our-services>.

#40, custom insert:

Cravings

If Salt, insert:

Salt:

Because you crave salt, your body is letting you know that you need trace minerals. Use pink salt, or Celtic sea salt as these types of salt will offer your body the minerals needed such as zinc, iron, magnesium and potassium. You will also get these minerals from eating sea vegetables, fermented foods, vegie broths, and olives.

If Sweet, insert:

Sweet:

Blood sugar imbalances are most often to blame for those urges to eat something sweet. Diets rich in high glycaemic carbs and simple sugars are addictive and cause insulin spikes which trigger the release of a feel-good neurotransmitter’s dopamine and serotonin. The spike later leads to a drop in these neurotransmitters. When serotonin levels drop, your brain craves a sugar high again. By following the meal plans you will balance your blood sugar levels without the need to reach for the processed nasties.

Use natural sugar alternatives like stevia and monk fruit to sweeten foods and reach for low-carb fruits like a small handful of raw blueberries when you crave sweet foods. Chromium is a mineral that you may also be deficient in which leads to sugar cravings. Start eating foods high in chromium such as broccoli, raw onion, green beans, mushrooms, tomatoes, romaine lettuce and cinnamon. We recommend purchasing balance drops <https://modere.io/Q1ek92> – these drops help balance your blood sugar levels and contain chromium and cinnamon.

If Dark Chocolate, insert:

Dark Chocolate:

Your chocolate cravings suggest that your body requires you to consume more magnesium. Magnesium deficiencies are one of the most common and overlooked nutrient deficiencies. Hundreds of physiological processes rely on magnesium to fuel muscle movement, hormonal production, cardiovascular health, central nervous system function as well as stimulating digestive processes. You crave chocolate because chocolate that is at least 70% cacao contains 58% of the recommended daily value of magnesium in a single serving. Try having cacao in your smoothies, so you are avoiding the sugar load. Other foods containing magnesium include raw leafy greens, pumpkin seeds, spinach, sea veggies, sprouts, pink salt, avocado, wild caught fish and raw grass-fed dairy products. If problems persist you can order magnesium by clicking this link <https://www.modere.com.au/?referralCode=2026915>.

If Cheese and Dairy, insert:

Cheese and Dairy:

Your cheese and dairy cravings maybe due to you lacking essential fatty acids like EPA, DHA, ALA, and GLA. These dietary fats are critical to the health of your nervous system and brain development amongst a long list of other benefits. Unfortunately, most foods we eat contain a greater concentration of omega-6 fats common in vegetable oils and conventionally raised meats than they do omega-3 fatty acids. Next time you find yourself with a cheese and dairy craving, squash it by eating foods rich in essential fatty acids. Options include: Wild caught fish, 100% grass-fed beef and lamb, pasture raised eggs. Vegetarian sources include ground flaxseed, chia and hemp seeds as well as blue-green algae.

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

Sugary Drinks

During your membership with us, we recommend reducing sugar from your diet. By drinking sugary drinks, you will get a hit of energy quickly, but within 30-minutes your energy will crash back down. This crash will lead you to wanting more sugar and the roller coaster of unbalanced blood sugar levels will impact your entire health. Sugar is an empty calorie as well as a poison that offers you no nutritional benefits to your health at all.

#43. Custom insert:

Challenging or Restorative?

If Restorative, insert:

You mentioned you are interested in doing the Restorative program! We highly recommend this program for you. It will improve your energy production, vitality, sleep, mood, and as well as filling up your cup without placing more stress onto you. You will need to find time for yourself to make this work for your lifestyle, but you will only gain with nothing to lose.

If Challenging, insert:

You mentioned you are interested in doing the Challenging program. We definitely recommend this program for you, however please flip to the Restorative program if you are feeling fatigued, have only slept 5-6 hours or feel overwhelmed with your workload. Sometimes you will not have the same energy to bring to your training every week, so by switching between the two programs it will be realistic and keep you on track.

#44. Custom insert:

If Resistance training, insert:

**Resistance training:**

We recommend you do a minimum of 1 resistance training workout per week and a maximum of 3 from the restorative program. By being consistent with this you will see an obvious change to your body shape and composition as well as build up your strength and fitness levels.

If Yoga training, insert:

**Yoga:**

We recommend you attend a regular yoga session or follow along with the yoga stretch sequences found under each daily restorative program. These stretch sequences only take 10-15 minutes per day and will improve your posture, flexibility as well as promote a calming mindset. You will also find within your members only area the ‘Flexibility and relaxation’ section, 5 yoga sequences that you can follow along with at any time that suits you. Put on some relaxing music, and follow along.

If Qigong training, insert:

**Qigong:**

We recommend doing a regular qigong practice, it’s a form of meditation that most people love. You can do this at hock or every day on sunrise. By starting or finishing your day with qigong on sunrise or sunset is ideal to help reset your circadian rhythm to help with sleep, hormonal balance, mood and energy. The mornings are best if you would like to set yourself up for a whole day of being more mindful and in alignment with your daily intentions, and the evenings are a wonderful way of switching off from work, slowing down and becoming more present for yourself and your loved ones at home.

If Cardiovascular exercise, insert:

**Cardiovascular exercise:**

Cardiovascular exercise is essential for improving your fitness and increasing heart rate variability. Steady state cardio is when you move your body for 30-60 minutes without stopping and can maintain a conversation whilst you are huffing a little bit. You should return from your exercise feeling energised, not depleted. If you are depleted, cut back the amount of time you are doing each day and build up once you have the energy to do so.

If Mediation exercise, insert:

**Meditation:**

By participating in regular meditation, you will be getting your mind fit and creating headspace! Your mind can be busy even when you are at rest, however your mind is connected to your body and if you are overloaded mentally it will drain you physically as well as hold unnecessary tensions within your body.

If Mindfulness exercise, insert:

**Mindfulness:**

Each week we recommend you practice the weekly mindfulness lessons. These lessons will be found under each weeks’ tasks saying ‘Mindfulness message and selfcare’. These lessons are not only to listen too, but to practice doing. Take one week to practice each lesson whilst journaling about your experience. By the end of your membership you would have rewired your brain to be less reactive, more conscious, present, patient, peaceful and self-aware.

#45. Custom insert:

If Resistance training, insert:

**Resistance training:**

We recommend you do a minimum of 2 resistance training workout per week and a maximum of 4 from the challenging program each week. By being consistent with your strength training workouts you will see an obvious change to your body shape and composition as well as build up your strength and fitness levels.

If Yoga stretching, insert:

**Yoga stretching:**

We recommend you attend a regular yoga session or follow along with the yoga stretch sequences found under each daily challenging program. These stretch sequences only take 10-15 minutes per day and will improve your posture, flexibility as well as promote a calming mindset. You will also find under the ‘Flexibility and relaxation heading’ in your members area 5 long yoga sequences that you can follow along with at any time that suits you. Put on some relaxing music, and follow along.

If Qigong, insert:

**Qigong:**

We recommend doing a regular qigong practice, it’s a form of meditation that most people love. You can do this at hock or every day on sunrise. By starting or finishing your day with qigong on sunrise or sunset is ideal to help reset your circadian rhythm to help with sleep, hormonal balance, mood and energy. The mornings are best if you would like to set yourself up for a whole day of being more mindful and in alignment with your daily intentions, and the evenings are a wonderful way of switching off from work, slowing down and becoming more present for yourself and your loved ones at home.

If Cardiovascular exercise, insert:

**Cardiovascular exercise:**

We recommend you move your body with more cardiovascular exercise. You can choose H.I.T.T training as well as Steady state cardio, as instructed within your weekly training splits within the challenging program. These sessions are essential for stress relief as well as improving your fitness, increasing heart rate variability, energy and mood.

If Meditation, insert:

**Meditation:**

By participating in regular meditation, you will be getting your mind fit and creating headspace! Your mind can be busy even when you are at rest, however your mind is connected to your body and if you are overloaded mentally it will drain you physically as well as hold unnecessary tensions within your body.

If Mindfulness, insert:

**Mindfulness:**

Each week you will be given Mindfulness lessons to follow. These lessons will be found under each weeks’ tasks saying ‘Mindfulness message and selfcare’. These lessons are not only to listen too, but to practice doing. Take one week to practice each lesson whilst journaling about your experience. By the end of your membership you would have rewired your brain to be less reactive, more conscious, patient, peaceful, present and self-aware.

#47. Custom insert:

Exercise

If I currently do yoga, insert:

It’s wonderful to hear you are already doing a regular yoga practice. Keep this up, however remember we have included videos within your Members Only Area if you feel like doing a gentle practice from home.

If I currently do pilates, insert:

Keep up your regular pilates practice especially if you have any injuries that require in person supervison. Pilates is a great form of resistance training, so swap out the resistance training sessions within your members only area to accommodate your current pilates routine. OR you may like to add in a weekly strength training session to change it up which often enhances strength and overall results.

If I currently run, insert:

It’s great to hear that have been investing in your cardiovascular fitness with regular running. Like all exercise your body adapts after a period of time, so remember to change up your steady state cardio with other forms of cardio training such as using the elliptical cross trainer, stationary bike, rower or step machine. We also recommend adding in some H.I.T.T training with all of the above machines to enhance your results if you have a 7/10 energy on the day.

If I currently do strength training, insert:

Strength training is an essential for building positive body composition, by increasing your muscle tone/mass and keeping body fat levels low. Strength training builds up your bones and metabolism by burning more calories than any other form of exercise. It’s great to hear you have been doing strength training regularly, and no doubt you are constantly changing up your routine. By adding in the new training splits each week you will be giving your body new exercises to adapt to that not only include weights but include balance, stability, and core training exercises. Add in any of the weekly routines to your current program for variety and inspiration.

#48. Custom insert:

When do you plan to exercise?

If Morning, insert:

The best time of day to exercise is the time that works best for you. As long as you are consistent. The “right” time depends on factors like your preference, lifestyle, and body. While there isn’t a one-size-fits-all answer, morning exercise does have its benefits such as setting the tone for a healthier day, increased alertness, better mood, appetite, food choices, and blood glucose control with improved sleep.

If Afternoon OR Evening:

The best time of day to exercise is the time that works best for you. As long as you are consistent. The “right” time depends on factors like your preference, lifestyle, and body. While there isn’t a one-size-fits-all answer, afternoon exercise is an effective way to leave work behind and set yourself up for a healthy afternoon routine. Exercise in the evening reduces cortisol and adrenaline levels, releases tension, and gives you the endorphins needed so you choose healthier choices in the evening as you wind down. Be mindful that for some people exercise is very stimulating in the evening, so if you are finding it hard to sleep at night try to exercise earlier in the day.

If I don’t have time to exercise, insert:

Because you do not have much time to exercise at the moment we suggest doing more incidental exercise during the day? Perhaps focus on improving your step count, or ditching the car and walking or cycling to work, take the stairs or carry your groceries rather than use the trolley. All of these simple movement patterns add up and will enhance your strength and health in the long term. You may like to follow some 1-minute exercises at hock through the day, such as squats, lunges or push ups all found within your members only area. Avoid becoming sedentary, the risks associated with this are detrimental to your mental and physical health.

#49. Custom insert:

How much time to exercise?

If 30-45 min, insert:

You mentioned in your questionnaire that you have 30-45 minutes for exercise. Because of this, when you follow along with one of FIT FOR LIFE’s exercise programs within the members only area, you cease what you are doing at the 30-45 minutes mark. You do not have to finish all of the templates set out for you. Time is not as important as consistency.

If 1-hour, insert:

You mentioned in your questionnaire that you have 60-minutes for exercise. Because of this, when you follow along with one of FIT FOR LIFE’s exercise programs within the members only area, you cease what you are doing at the 60-minute mark. You do not have to finish the entire workout that has been set out for you. Time is not as important as consistency.

If 2 or more hours, insert:

You mentioned in your questionnaire that you have lots of time to exercise. This is great news! You will be able to put your focus on improving all of your fitness goals. Follow along with the weekly training splits and when you are short of time make the adjustments to your training routine by focusing on what’s needed most, so you never feel overwhelmed. You certainly do not need to be exercising for hours every day to see results.

#50. Custom insert:

Where to exercise?

If Gym, insert:

You can follow the exercise program at your gym. Go to [www.getffl.com.au](http://www.getffl.com.au) click on programs, scroll down to the program you are following, click on members log in, open the members area and you are able to follow the exercise program while you are at the gym. Should you be travelling and you do not have a gym to train in, you can follow the home templates (which are found under the home program), to keep you on track.

If Home, insert:

You can follow the exercise program at home. Go to [www.getffl.com.au](http://www.getffl.com.au) click on programs, scroll down to the program you are following, click on members log in, open the members area and you are able to follow the exercise program while you are at home. Within the members area you will find a list of equipment you can purchase so you are set up properly with everything that you need.

If Both, insert:

Your members only area offers you a ‘at gym’, and ‘at home’ program. Go to www.getffl.com.au click on programs, scroll down to the program you are following, click on members log in, open the members area and you are able to follow the exercise program while you are at home or at the gym.

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

Personal trainer?

Because you are training with a private trainer each week, use the exercise templates within your members area and add in any additional workouts on your own.

#52. Custom insert:

If Once week, insert:

As a part of this program we integrate what you are currently doing into this program. If your trainer takes you through a specific body part, such as an upper body or lower body strength training workout then use the other strength training templates to follow to add in additional workouts to gain more motivation and results.

If Twice a week, insert:

As a part of this program we integrate what you are currently doing into this program. If your trainer takes you through a specific body part, such as an upper body or lower body strength training workout then use the other strength training templates to add in any additional days to gain more motivation and results.

If Other, insert:

Leave a space for coach to fill in

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

Increasing flexibility?

By following your specific program and maintaining your regular yoga practice you will increase your flexibility over the coming months which will be one of your measurable outcomes

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

Increasing flexibility?

You mentioned in your questionnaire that you are not interested in increasing your flexibility. Because of this there is no need to follow any of our yoga stretch sessions from the Members Area. Instead, follow the aspects of the program that are specific to your other requirements.

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

Increasing muscle and strength?

Improving your strength will be one of your measurable outcomes over the next 16-weeks. Take note on how you feel now and compare your progress at week 5then again at the end of the program. As your muscle’s grow you will produce more mitochondria, which are proven to enhance your energy production.

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

Increasing muscle and strength?

You mentioned in your questionnaire that you are not interested in increasing your muscle and strength. Because of this, there is no need to follow any of our resistance training sessions from the Members Area. Instead, follow the aspects of the program that are specific to your other requirements.

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

Increasing your fitness

Improving your fitness is one of your measurable outcomes and will be measured again in our week 5 questionnaire found within your members area.

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

Increasing your fitness

You mentioned in your questionnaire that you are not interested in increasing your fitness level, because of this there is no need to follow any recommendations from the members area in relation to doing any cardiovascular fitness activities. Instead follow the aspects of the program that are specific to your other requirements.

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

Injuries

Because you currently have injuries, we recommend you seek medical approval and follow the guidance of a physiotherapist or an exercise physiologist to ensure the exercises are suitable for you within this program. Marcello is a rehab therapist, so please reach out to him on Voxer to schedule a time to chat about your injuries. Send through any x-rays or MRI’s to donna@getffl.com.au so we can review and support your specific guidelines.

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

Mindfulness & Stress Management

Within your membership, you will find weekly mindfulness lessons, daily yoga stretches, meditation and a qigong practice. All of these eastern practices, along with general walking, have been proven to decrease stress.

As a part of your progress, we recommend you purchase a journal and begin a mindfulness journey based on each week’s lessons. Notice what comes up for you in your meditation and journal about it.

We recommend that you prioritise sleep and recovery for the entire duration of this program. This is absolutely essential for mental, physical and emotional wellbeing.

Please follow the following options to improve your stress management:

* Practice pausing
* Don't feed thoughts that are unproductive, instead put them down
* Avoid picking up tasks that are not yours to pick up
* Let go of the story when you are stressed. Avoid conversations or thoughts that create unnecessary drama
* Practice healthy boundary setting
* When feeling overwhelmed, step away and change your state of mind by doing something that brings you joy
* Write down the things that trigger reactions in you, then write down a solution that will help the next time you are triggered
* Spend time with your animals and loved ones
* Visualize the image of the thoughts that are causing you stress shrinking until it disappears
* Visualize positive situations instead, your brain doesn’t know what's real and what's imagined
* Change your patterns of negative thinking by adding a new routine to your thought process: daily reflection, affirmation, or meditation
* Take herbs to calm down –magnesium, passionflower, lavender or lemon balm tea are gentle and profound for everyone. We can prescribe you a specific supplement if you need additional support, which can be purchased from the supplement section of your members area
* Go into nature you will relax within minutes
* Optimize your recovery and sleep – turn off from social media, instead watch a funny movie
* Practice yoga, qigong, meditation and mindfulness
* Go for a long walk, or do any exercise you enjoy
* Have a cold shower or a cold bath/go into a cold ocean/lake
* When you are overwhelmed, try to break down the things you need to do step by step based on importance, and prioritise filling up your cup.

#63, custom insert:

Bedtime

If Before 10pm, insert:

**Before 10pm**

Having a healthy circadian rhythm enables you to have a good sleep cycle which diminishes if you are not in alignment with the 24-hour clock aligning you with light and dark. It is great to hear you are able to be asleep by 10pm most of the time. This will keep your sleep cycle healthy as well as increase cognitive function, focus, memory, attention span, healthy hormonal health, metabolism and good motor skills.

If Between 10-12pm, insert:

**Between 10-12pm**

Where possible try and get to bed earlier each night. This means you will get up earlier in the morning giving you the additional time lost. Having a healthy circadian rhythm is essential for sleep, cognitive function, focus, memory, attention span, energy and improved motor skills. Not to mention healthy metabolism and hormonal health! Try and be asleep 3 hours after the sun goes down as a routine and minimise the amount blue light spectrum on your devices after dark. Blue light will stop melatonin production which you need for falling asleep.

If After 12pm, insert:

**After 12pm**

Where possible try and get to bed earlier each night. This means you will get up earlier in the morning giving you the additional time lost. Having a healthy circadian rhythm is essential for sleep, cognitive function, focus, memory, attention span, energy and improved motor skills. Not to mention healthy metabolism and hormonal health! Try and be asleep 3 hours after the sun goes down as a routine and minimise the amount blue light spectrum on your devices after dark. Blue light will stop melatonin production which you need for falling asleep.

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

Falling Asleep

To help you fall asleep, we recommend preparing for bed and winding down earlier in the evening. Your mind will not go from on-to-off when it is busy.

If you have a busy mind, we recommend the following:

* Journal – so you are unpacking mentally, rather than ruminating over and over
* Practice yoga stretches, meditation and mindfulness
* Download the Calm app for guided meditation
* Drink relaxing herbal tea
* Purchase sleep product as well as magnesium from your members only area / supplement online Modere store
* Avoid eating too much food late at night
* Avoid caffeine after 11am
* Chat to us in your consultation for further suggestions

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

Difficulty getting back to sleep

When you wake up in

To help restore your sleep it’s important to retrain yourself by being the night, do not turn the lights on. Instead allow yourself to stay in a state of rest, keep your mind relaxed rather than allowing it to start thinking about work or tasks. The only task to give your mind is to follow the breath in and out and you will go back to sleep. As you breathe out, make your exhalation long and peaceful, and by doing so after a period of time you will fall asleep again. Use your Calm app to give your mind something to focus its attention onto so it doesn’t begin to grip onto tasks that will pull you out of a sleep state. If your mind is stubborn, put a salt lamp on, and journal what’s on your mind, so you no longer have to carry those thoughts inside your mind.

#67, custom insert:

How much sleep?

If Less than 5 hours, insert:

**Less than 5 hours**

We highly recommend you find solutions to restore your sleep. You absolutely must not overlook the connection between the amount of sleep you get and your overall performance in every aspect of your life. Sleep is the primary time for your body to recover from your daily activities physical and mental activities. When you are short on sleep, you risk recovery to your brain, which will impact cognition, mood and mental performance.

The research says that if sleep 5 ½ hours a night you will find it difficult to build muscle and riskdisturbing your entire endocrine system which leads to hormonal imbalances and lowered immunity. This can happen as quickly as having 2 bad nights in a row. . Lack of sleep leads to decreasing leptin levels (which is important for inhibiting hunger) and the increase in ghrelin levels which stimulates appetite, and is known as the hunger hormone. This is why when you lack sleep you will tend to crave more carbohydrates and junk foods the following day which leads to body fat storage found around your midsection Sleep is more important than exercise, so if you are finding it hard to lose weight around your midsection focus on improving sleep. Those that get 8.5 hours of sleep per night improve metabolism up to 40%.

in bed by 10pm and up at 6am where possible. For every hour of sleep, you get prior to midnight is equivalent to 2 quality hours of good quality sleep past midnight. This means you will get into more deep sleep.

If you have been struggling with sleep and you drink alcohol and caffeine, we recommend reducing or eliminating it until your sleep cycle has improved.

If 5-7 hours, insert:

**5-7 hours**

We highly recommend you find solutions to restore your sleep. You absolutely must not overlook the connection between the amount of sleep you get and your overall performance in every aspect of your life. Sleep is the primary time for your body to recover from your daily activities as well as giving your muscles the opportunity to rebuild each day. When you are short on sleep, you risk no recovery to your brain, resulting in poor cognition, poor mood and will struggle to maintain good levels of mental performance each day.

The research says that if you sleep 5 ½ hours a night you will find it difficult to build muscle and risk disturbing your entire your entire endocrine system which leads to hormonal imbalances and lowered immunity. This can happen as quickly as having 2 bad nights in a row. Lack of sleep leads to decreasing leptin levels (which is important for inhibiting hunger) and the increase in ghrenlin levels which stimulate appetite, and is known as the hunger hormone. This is why when you lack sleep you will tend to crave more carbohydrates and junk food the following day which leads to body fat found around your midsection. Sleep is more important than exercise, so if you are finding it hard to lose weight around your midsection focus on improving your sleep. Those that are getting 8 ½ hours of sleep per night improve metabolism by 40%.

To help restore your sleep it’s important to retrain yourself by being in bed by 10pm and up at 6am where possible. For every hour of sleep, you get prior to midnight is equivalent to 2 quality hours of good quality sleep past midnight. This means you will get into more deep sleep.

If you would like to more information on how to increase your sleep reach out within our 1/1 consultation for further advice.

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

Refreshed?

How you feel in the morning represents what you did the night before. Did you drink enough water? Did you eat too late at night? Did you eat balanced macronutrients? Did you consume alcohol, eat sugar, stay up too late in front of blue light device? Were you working late without allowing yourself to wind down, or were you under a lot of stress? Is your digestive system causing you pain? When you address these core concerns you will wake up feeling refreshed and full of energy again.

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

Unwinding

A great way to unwind after work is to change up your current routine. Do something for yourself that is not on task and is personal to you. This could be going for a dip in the ocean, a jigsaw, reading, or a walk in the park. Choose an option that breaks the pattern that switches you from work to home and is enjoyable for you. This step is a game changer and will give you a lifeforce that will remove the stress from your day making life worthwhile.

#72, custom insert:

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

If Go to the gym, insert:

**Go to the gym**

You mentioned you like to go to the gym. This is a very positive option to help you wind down at the end of the day. Keep this up and watch the transformations take place.

If Go for a walk, insert:

**Go for a walk**

You mentioned you like walking, which is the ideal circuit breaker at the end of the day. It is not only great for mental health, it’s essential for your daily step count. We’re pleased to hear you are doing this.

If Practice meditation, insert:

**Practice meditation**

Meditation is a fantastic way to unwind after work, its wonderful for stress management, mental clarity and peace of mind. It’s great to hear you are doing a regular practice and are keeping your mind fit.

If Watch TV, insert:

**Watch TV**

TV can be an effective way to relieve stress by distracting you from having an overworked mind from daily worries. It doesn't require any skill or physical effort, and no one is bothering you or asking you to do anything. But keep in mind that watching TV should not be replaced with exercising or engaging in other activities that fill up your cup and keep you well. Watching TV is a nice option once you have taken care of yourself, otherwise it will affect your energy and mood.

If Interact on social media, insert:

**Interact on social media**

Studies have shown that spending too much time on social media can lead to a social media addiction, which can heighten anxiety and depression. We recommend making sure you have a healthy relationship with it and keep it to a minimum. During this membership try and break the old habits and choose better options of winding down that will be more supportive to your physical and mental wellbeing.

If Drink alcohol, insert:

**Drink alcohol**

You mentioned alcohol has helped you in the past to unwind at the end of the day. While you were sipping your drink, you might have felt cheerier, but keep in mind it would have affected your ability to get a good night’s sleep. Alcohol is a depressant, it reduces serotonin, the “feel good” hormone and affects the nervous system, all of which may have led to food cravings, bad mood, and low energy the following day.

If I just keep working until I got to bed, insert:

**I just keep working until I go to bed**

If you are consistently working late into the evening, you risk not unwinding at the end of your day which will affect sleep and relationships. This is dangerous for your health due to the imbalance it poses on your personal, and family life. When you put your professional life in front of your personal needs as well as your family you will eventually wear yourself out as well as risk losing connection with the most important people in your life. We recommend putting your healthy boundaries in place between work and home to avoid getting burnt out.

#73, custom insert IF less than 6:

Mental Health

As stated already within this report, to support your mood and mental health it’s really important to put your own personal needs first. If this is difficult during the week with your current workload, use the weekend to fill up your cup, so you get some relief until the pressure shifts. To help you work through this difficult stage you may like to reach out to one of FIT FOR LIFE’s incredible practitioners to help you.

Marcello our Mindfulness Coach and Sukhwinder our Psychotherapist, are both excellent choices! You can learn more about them, as well as book by clicking on the following link <https://www.fitforlifemindbodysoul.com/our-services>. Our therapists are available on Zoom, enabling support whenever you need.

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

Walking

Getting out and walking not only clears the mind and decreases your stress levels, it enhances your metabolism and improves your core strength. We recommend when possible to add in some hills, going for longer or adding additional walks per week to see results.

#80, insert if any selected:

Enhancing your Personal Wellbeing

You are interested in making the following changes to enhance your overall wellbeing:

FITNESS: By following along with the cardiovascular workouts each-day you will enhance your cardiovascular fitness. By doing this you won’t only enhance the way you look and feel you will also strengthen your immune system and daily endorphins you will also lower your risk of all disease.

STRENGTH: By following the strength training program you will not only change your body composition by building more muscle and dropping pure body fat, but you will also be anti-aging and increasing your metabolism so you burn more calories when you are at rest.

FLEXIBILITY: Each day your program will give you a gentle yoga stretch sequence to follow. When you give your body this activity you will enhance your flexibility. This is important to keep your joints moving within their full range of motion, and decreasing the chance of injuries. Being flexible is essential for being able to do basic daily functions as well as avoiding the aches and pains of growing older.

STRESS MANAGEMENT: Exercise is your best stress management option, as is meditation, qigong and mindfulness! Over the next 16 weeks remember to schedule yourself time for personal pleasures that fill up your cup. You will start feeling better about yourself once you make some changes and this alone will decrease your stress. Stress is also a state of mind, so remember to come back to gratitude for all that you have, rather than thinking about all the problems and things you do not have. This shift in perspective can be helpful in stressful moments.

MINDFULNESS: Marcello’s mindfulness program will enhance your relationship with yourself. Once you know what your underlying triggers are you are equipped to find the solutions needed to evolve and live a more simple and peaceful life. Become aware is the first step, but if you do not make change, awareness isn’t much help.

NUTRITION: By following the weekly meal plans and recipes you will be changing your body composition as well as preventing and reverse disease with the most delicious nutritious nutrients. Unfortunately, without your active participation and conscious effort to seek out the correct health food choices disease is a destined future. Congratulations on making nutrition one of your choices during this program!

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

Quit Smoking

We understand that quitting smoking is one of the biggest challenges you’ll face! Congratulations on your commitment to making this change.

Here are some behavioural tips that will help you:

Tip 1: Make a date to quit

Tip 2: Put it in writing

Tip 3: Use the money you save on cigarettes to treat yourself

Tip 5: Surround yourself with support

Tip 6: Identify what makes you crave a cigarette

Tip 7: Keep busy to resist the urge to smoke

Tip 8: Work out the stress - walk, run, swim, or take up a new activity

Tip 9: Eat well

Tip 10: Try Nicotine Replacement Therapy (NRT)

Tip 11: Don't fall at the first hurdle

Tip 12: Rely on expert help

Tip 13: Reward yourself

Tip 14: Focus on the positives

Tip 15: Find new ways to relax

Tip 16: Plan an ‘anniversary’ party

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

Medication

Thank you for sharing details about your current medications. If you feel unwell once you start engaging in this 16-week program, it’s important that you connect with your doctor to make sure you are on the correct dose.. As your wellness begins to improve you will most likely need to reconnect with your doctor to ensure your dosage is still correct.

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

Digestion

Thank you for sharing details about your current digestive concerns…

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

Health Concerns

Thank you for sharing details about your current medical concerns. It is important that you get medical clearance prior to starting on this program. This program will support you to improve your overall health, with the integration of what you are currently doing.

We are integrated in our approach to health, and also recommend having a naturopath to support you along your journey. If you are interested, you can book in by clicking on the following link <https://www.fitforlifemindbodysoul.com/our-services>. Please note that many symptoms improve once you follow along with the details addressed within this report.

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

Nutritionist and/or Naturopath

Please note that our team consists of a fully-trained nutritionist and naturopath, as well as your coach for the next 16-weeks. We are here to support you with all of our knowledge relating to your lifestyle program and nutritional guidance. We are also available for a 1/1 consultation if you would like to book in for a chat.

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**

