



Step 1

Establish 3 short term fitness goals (4-8 weeks)

- 1.
- 2.
- 3.

Establish 3 medium term fitness goals (2-6 months)

- 1.
- 2.
- 3.

Establish why you want to achieve these goals

- 1.
- 2.
- 3.

Step 2

Prepare

Go it alone or buddy up (by having a training partner you are more likely to stick with it)

Set a start date

Set a minimum of once per week (preferably twice per week) to do some form of exercise

Keep a diary/notepad to track progress

Weigh and measure yourself fortnightly; waist, hips, chest, legs, arms

Step 3

Understand the basics of calorie consumption

<https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/understanding-calories/>

Make meal plans, not only will it help avoid food wastage it is a great way to save money and keep calorie consumption in check (try your best to track your calorie intake)

Reduce the amount of unhealthy food and drink in the house.

We consume way more calories than we realise!

Step 4

Keep it simple, and stay committed

Begin an exercise program that is suitable for your level of fitness (start with the basics)

Healthy living and exercising is ALL about consistency and perseverance, it's that simple

You won't get instant results, it takes time, be realistic

Have a positive approach and remember small achievements count for a HUGE amount, starting is the hardest part

Step 5

We are only human

It won't always go to plan, but don't give up if you have a wobble, just get back to it as soon as you can

Allow yourself a little treat when you reach one of your goals

Think about your long term health, the saying goes: Prevention is better than cure!

Sample Goals Plan: John Doe

Step 1

Establish 3 short term fitness goals (4-8 weeks)

1. Lose 1lbs/0.45kgs per week
2. Stretch everyday, exercise twice a week
3. Feel better about myself

Establish 3 medium term fitness goals (2-6 months)

1. Create a healthier lifestyle, eat more healthily
2. Lose two stone/12.7kgs in six months
3. Become more mobile and more flexible

Establish why you want to achieve these goals

1. I'm overweight and feel unhealthy
2. I have a stressful lifestyle and don't look after myself
3. I have poor flexibility from my desk job

Step 2

Prepare

I'm going to train alone so I can fit working out around my lifestyle

I will start in 2 weeks so I can give it my full attention

I will exercise twice a week and stretch everyday to help with my tight muscles and poor flexibility

I have a diary to record my progress and will weigh and measure myself when I start

Step 3

Understand the basics of calorie consumption

My nutrition and calorie knowledge is poor, so I will take more time to look at how many calories are in the foods I eat

I will swap fizzy sugary drinks for low sugar fruit juice cordial with fizzy water and only have takeaway food twice a month if I have stuck to my training plan

I will try to set meal plans for each day of the week so I know what I am eating for my meals

Step 4

Keep it simple, and stay committed

I will start my exercise plan with fast walking as I am too heavy to jog and it puts a strain on my knees, I will have a couple of set routes and time myself each time with the aim of improving my speed each week

For the other days exercising I will do body weight exercises to help with muscle tone and endurance

I will also get my bike out when the weather improves and aim to do some cycling at the weekends

Step 5

We are only human

I have a few small items I want to buy when I reach my goals. I'm going to avoid treating myself with unhealthy food so I don't undo all the hard work I have put in.



Sample Meal Plan (1500 kcals per day approx) : John Doe

Monday (exercising day)

Breakfast: Overnight Oats with honey, orange juice

Snack: Health bar, water

Lunch: Chicken salad with salad vegetables and low fat dressing

Snack: Tea and slice of wholemeal toast with peanut butter

Dinner: Tofu stir fry with stir fry vegetables, non alcoholic beer

Tuesday

Breakfast: Blueberry protein pancakes, water

Snack: Carrots and low fat hummus

Lunch: Jacket potato with tuna low fat mayo and sweetcorn, fizzy cordial drink

Snack: None

Dinner: Fish curry (low fat) with brown rice, small beer

Wednesday (exercising day)

Breakfast: Boiled egg on wholemeal toast, orange juice

Snack: Health bar, water

Lunch: Vegetable soup with slice of wholemeal toast

Snack: Apple and banana

Dinner: Steak and sweet potato chips and peas, fizzy cordial drink

Thursday

Breakfast: Overnight Oats with honey, orange juice

Snack: Health bar, water

Lunch: Ham and pickle sandwich on wholemeal bread, water

Snack: Tea and low fat cake slice

Dinner: Low fat vegan cottage pie, non alcoholic beer

Friday

Breakfast: Health bar, orange juice

Snack: Vegetables and hummus dip

Lunch: Soup with slice wholemeal bread

Snack: Carbonated health drink (low sugar)

Dinner: Chicken stir fry with stir fry vegetables, small glass white wine

Saturday (hope to do additional exercise)

Breakfast: Scrambled eggs and avocado, orange juice

Snack: Health bar, water

Lunch: Egg mayo sandwich on wholemeal bread, fizzy cordial

Snack: None

Dinner: Low fat paella with ciabatta, small beer

Sunday

Breakfast: Protein pancakes, orange juice

Snack: Health bar, water

Lunch: Roast chicken and vegetables, cordial

Snack: Tea

Dinner: Omelette with onions and mushrooms, cordial



Sample Exercise Plan: John Doe

Monday (exercising day)

Mobility & Stretching - 10 mins

Fast walk 30-40 mins - Route 1 or 2

Tuesday

Mobility & Stretching - 10 mins

Wednesday (exercising day)

Mobility & Stretching - 10 mins

Body weight exercises, compound muscle groups, core stability, breathing exercises

Thursday

Mobility & Stretching - 10 mins

Friday

Mobility & Stretching - 10 mins

Saturday (hope to do additional exercise)

Mobility & Stretching - 10 mins

Cycling - 1 hour

Sunday

Mobility & Stretching - 10 mins, breathing exercises



Benefits of Exercise - in no particular order

- Reduces tension
- Increases the body's mobility and flexibility
- Improves coordination
- Increases energy levels
- Improves internal organ functioning
- Helps with stress and depression
- Improves mood and self esteem
- Strengthens muscles and bones
- Reduces your risk of heart disease
- Helps the body manage and regulate blood sugar levels
- Assists weight loss
- Lowers high blood pressure
- Boosts brain function and memory
- Reduces lower back pain
- Improves core stability
- Assists balance and helps prevent falls
- Improves sleep quality
- Helps posture
- Increases life expectancy

If you want some help, I am offering a fitness assessment and beginners training program for just £20

Email me to book

Email: teamwalshaw@gmail.com