

# Fitness 101



**5 Keys to Jump Start  
Your Journey**

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## 5 Keys to Jump Start Your Journey

At a certain point, everyone gets demotivated about their fitness level.

You have your doctor telling you to workout more. You have fitness magazines convincing you that you have no clue what you are doing. And you have friends and family wanting you to go out to dinner with them for the third time this week (and it's only Wednesday).

You are being pulled in 1000 different directions; it is understandable that you are confused and frustrated. Getting back on track is easier than you think, no matter where you are starting from.

The 5 keys in this guide will have you feeling and looking better in no time. Then, you will be ready to go out and conquer the rest of your fitness goals, whatever they may be.

01

# Get Moving More

Everyone is telling you to exercise, but what's the best exercise to do?

**It doesn't matter.**

The first, and most important thing is to get moving more. It doesn't really matter what you are doing as long as you are moving your body utilizing your own muscles (sorry, hoverboards don't count).

Think about your typical day. You sit while you are eating. You sit during your daily commute to and from work. You sit at your desk all day at work and in meetings. You sit in waiting rooms at appointments. Some people even sit while shopping (online or using complementary motorized scooters at stores).

GET UP &  
MOVE





## Walk

### How much time do you actually spend walking a day?

**TAKE THE  
FIRST STEP**

Make your first goal to at least double this number. Pick a parking spot that is further from the door. Get up every hour and walk a lap around the building. If you can walk to where you are going, walk instead of taking the car. Or invest in a nice bike

Get out and get some fresh air. Not only is this good for you physically, but it will also help clear your mind of all the stress you experience daily. If the weather is less than ideal to walk outside, find a building with several stories and walk the stairs. Set a goal for the amount of time you want to spend walking daily and increase your goal weekly.



## Simple Exercises

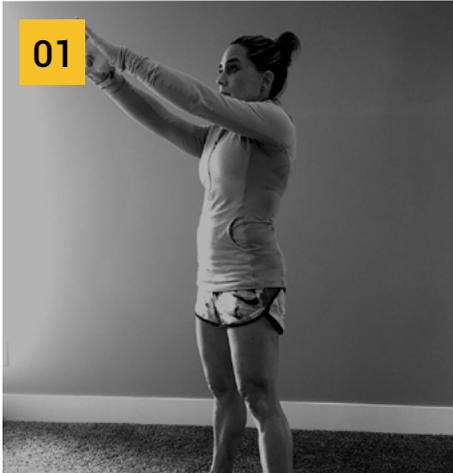
### Do simple exercises throughout the day.

**WORKOUT  
EACH DAY**

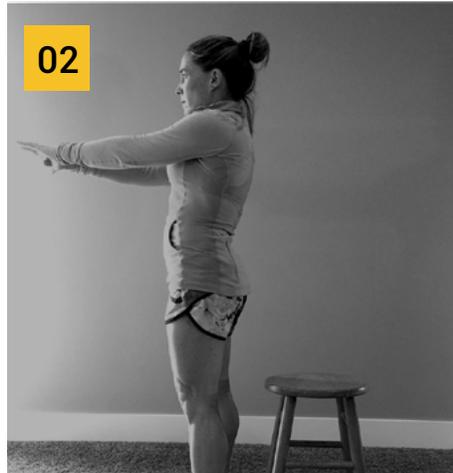
Do simple exercises throughout the day. There are a number of exercises that you can do that don't take a great deal of time to complete, but achieve the goal of getting you moving more. You can mix and match these movements to keep things interesting and fresh.

The following movements are easy to do and can be easily combined. Do them individually throughout the day to slowly build your strength or combine them to form a new workout each day. Listed below the movements are 6 sample workouts that utilize these movements, or you can create your own.

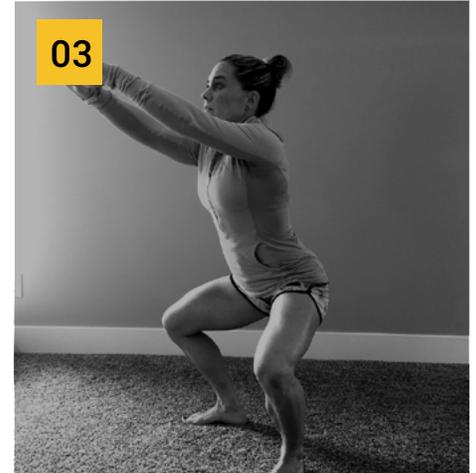
# Squats



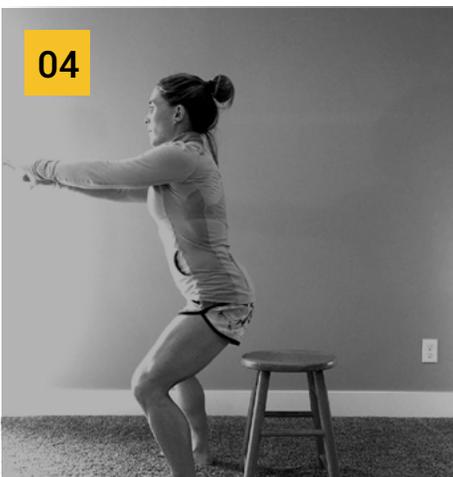
Stand with your feet shoulder width apart, toes slightly pointing out.



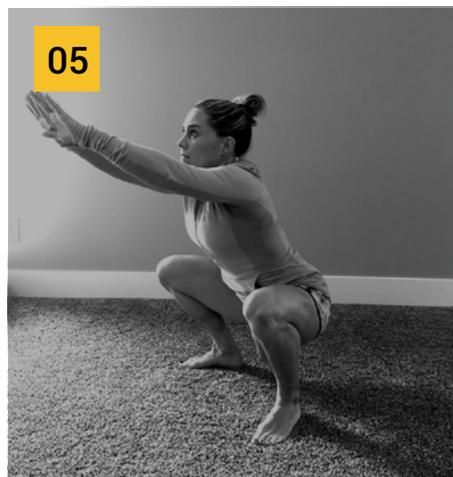
Keeping your abdominal muscles (stomach) tight, push your knees outward toward your toes and lower your rear like you are sitting in a chair.



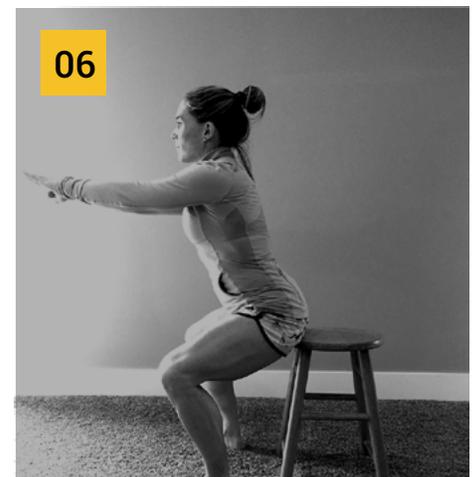
The bottom of the squat is when your hip crease is below the top of your knees. Continue keeping your chest as vertical as possible throughout the entire movement and keep your heels planted firmly on the ground.



At the bottom of the squat, squeeze your butt, push your knees outward toward your toes, and begin to rise out of the squat pushing through the heels.



The squat is completed when your hips and knees are fully extended and you have reached your initial starting position.



If you are unable perform the entire range of motion, you can modify the movement by only going to parallel (hip crease at the knees) or by squatting to a chair behind you.

# Sit-Ups



01 Start laying on the floor with the bottom of your feet together in a butterfly position and your arms on the floor behind your head (alternate: both feet on the floor bent at the knees).



02 Squeeze your abdominal muscles, bring your arms forward and begin to raise your torso off the ground.



03 Bring your hands forward to touch your feet, and raise yourself to a full upright sitting position with your back perpendicular to the ground.



04 Continue squeezing your abdominal muscles and lower yourself back to the starting position in a controlled manner.



05 At the bottom of the situp make sure your shoulder blades touch the ground, your lumbar curve is maintained (placing a rolled towel under the small of your back will help with this), and your abdominal muscles remain engaged through the next repetition.



06 If you are unable to raise yourself to a full upright position using only your abdominal muscles, you may modify by placing your fingertips on the backs of your thighs to assist yourself up.

# Push-Up



01

Start by laying flat on the floor with both hands directly under your shoulders, palms flat, and fingers pointing forward. Press your toes into the ground with your heels together.



02

Squeeze your thighs together while engaging your abdominal muscles. Keep your hips in line with your shoulders and raise your whole body in a controlled motion.



03

Finish the top of the movement with your body in a full plank position with your elbows fully locked out. Take care to avoid having your hips higher than your shoulders in the top position. You should have a nice straight line going from the top of your shoulders to the top of your heels.



04

While maintaining a nice straight line from your heels to your shoulders, lower yourself to the ground in a controlled motion.



05

At the bottom of the movement, your chest and thighs should be touching the ground, while keeping your heels together and thighs, butt and abdominal muscles engaged.



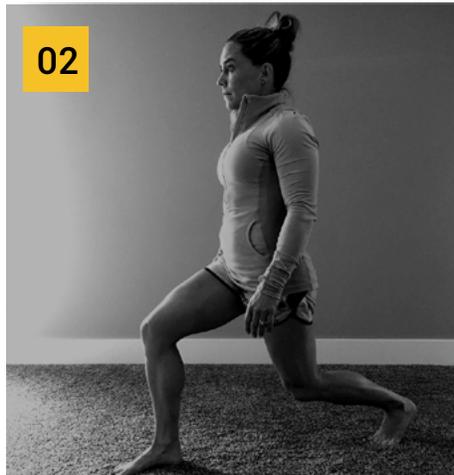
06

If you are unable to perform the movement on your toes, you may modify to performing the movement from your knees, but make sure to keep a nice straight line between your knees, hips and shoulders.

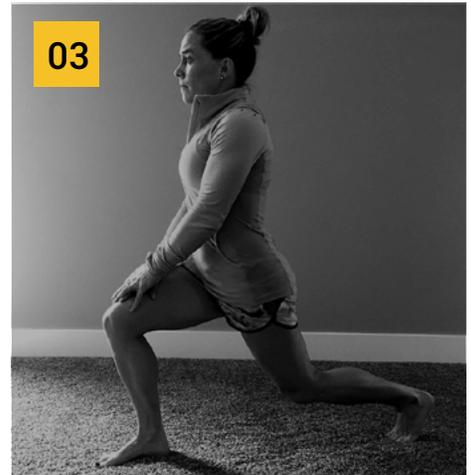
# Lunges



Step forward with your right leg far enough to where your knee does not pass your toes when performing the lunge. Keep your abdominal muscles tight and your chest upright throughout the movement.



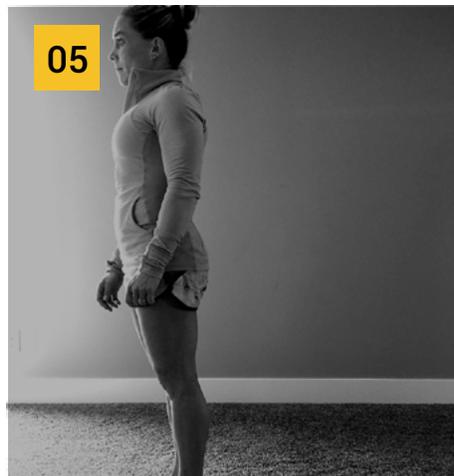
Slowly lower your back knee to the ground while bending your front knee and keeping your front shin as vertical as possible. The bottom of the lunge is when your back knee slightly taps the ground (take caution to avoid slamming your back knee on the ground).



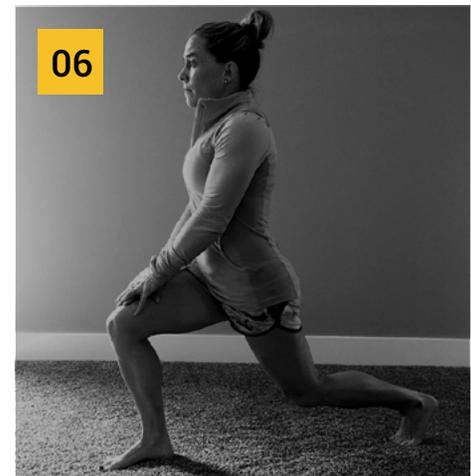
While tightening your butt push through the front heel to raise yourself out of the lunge.



Bring your back foot forward to meet with your front foot and finish in a fully upright position.



Repeat steps 13 with your left leg forward. Remember to push through the front heel when rising out of the lunge.



If you are unable to complete the entire range of motion, you can modify by not taking your back knee down as far or by pressing your hands into your front knee to assist in raising yourself out of the lunge.

# Jump Rope



**01**

Start with one end of the rope in each hand and the rope resting on the ground behind you. Working from the wrists, swing the rope around in front of you while jumping up in the air with both feet at the same time staying on your toes.

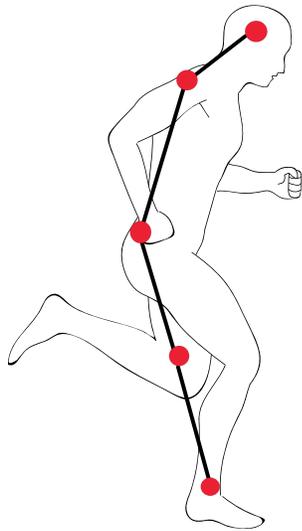
**02**

With each revolution of the rope ensure that you are keeping your abdominal muscles tight and your arms in close to your body.

**03**

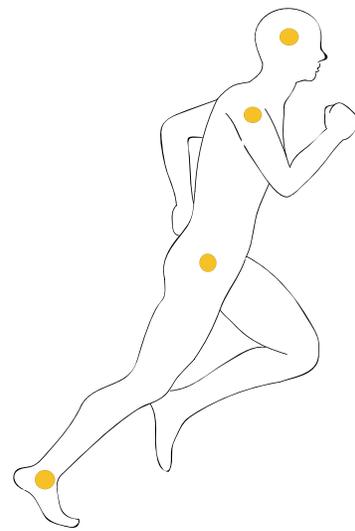
If you are unable to coordinate the jump with the rope you may modify by replacing the rope with a small weight in each hand. For a greater level of difficulty, you can attempt to pass the rope under your feet twice for each jump (double under). Accomplish this by jumping higher in the air and flicking the rope fast from the wrists.

# Run



**Incorrect**

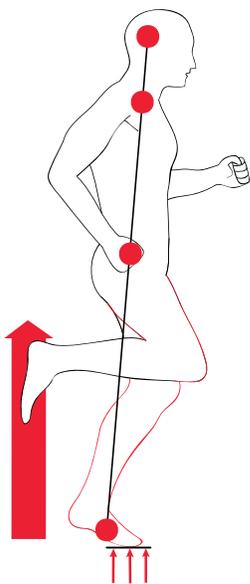
**01** Keep your torso upright with your heel striking the ground first and then transitioning to the ball of your foot. To reduce the likelihood of side cramps, make sure your thumbs do not cross the midline of your body.



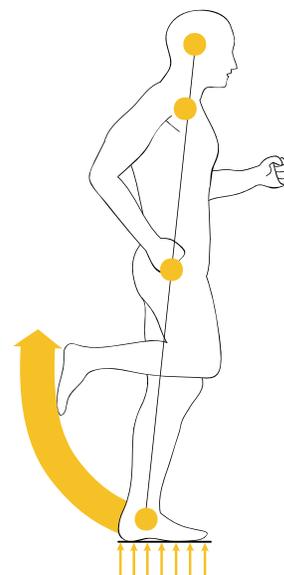
**Correct**

**02** Use the rise of your shoulders to help propel you upward on each step and lengthen your stride to cover more distance.

**03** If you are unable to run the full distance, modify by either shortening the run and run the full distance of the shorter run or by setting intervals and alternate between running and walking.



**Incorrect**



**Correct**

# 6 Sample Workouts

You can try at home

## Sample Workout 1

Complete 5 sets of:

- 5 Squats
- 5 Push-ups

## Sample Workout 2

Complete the following:

- 20 Double Unders (40 Singles)
- 15 Squats
- 10 Sit-ups
- 5 Push-ups

## Sample Workout 3

Complete 3 sets of:

- 9 Squats
- 7 Sit-ups
- 5 Push-ups
- Sprint 100 meters

## Sample Workout 4

Complete 10 sets of:

- Sprint 50 meters
- 5 Sit-ups

## Sample Workout 5

Complete the following:

- Run 400 meters
- 50 Lunges (alternating legs)

## Sample Workout 6

Complete the following:

- 21 Double Unders (63 singles)
- 21 Sit-ups
- 15 Double Unders (45 singles)
- 15 Sit-ups
- 9 Double Unders (27 singles)
- 9 Sit-ups

# The Food

Learn how to eat & have  
great meals



01

# Eat Enough Food

Very often people fall into the trap of overworking and under eating. Either they forget to eat because they are working too hard/too much or they are trying to eat healthy but get confused by all the conflicting info out there and so just don't eat anything.

Undereating is a major cause for weight gain. When you don't put enough of the right foods in your body daily, you are essentially tricking your body into thinking it is starving and thus causing your metabolism to slow and your body to hold onto any excess calories for use later when the energy stores run out.

Under eating can also have a negative effect on you mentally. Eating less than 1200 calories a day for women (1500 calories for men) can cause serious mood swings, an imbalance in hormone levels, and severe depression. Fortunately there is an easy fix to this; eat the right kinds of foods throughout the day.



# 02

# Eat the Right Food

## CUT BACK ON SUGAR IN YOUR DIET

Cutting out sweets is one of the first things many people do when trying to eat healthier, you may have even already done this. But did you know you are probably still going way over the recommended amount of sugar daily? This is because many processed foods (i.e. preprepared) have added sugars to improve the taste. Some common culprits of hidden sugars are: salad dressing, beef jerky, milk, spice mixes, sauces and drinks. Track your sugar intake from all sources for one whole day. If the number is over 27 grams, try for the remainder of the week to get it under this number. *Tip: It is best to steer clear of foods that have artificial sweeteners as well. Recent studies have suggested that these have a similar effect on your insulin levels as regular sugar. Foods to look out for are ones that say "sugar free".*

## ELIMINATE REFINED GRAINS

Your body converts grains into glucose (blood sugar) to be used for energy. This normally is not a major problem as it is one way your body accesses energy to function. However, with refined grains (white bread, pasta and rice), the process happens much quicker and the excess glucose is stored as fat. By making the simple switch to whole grains (whole wheat bread, pasta and brown rice), your body has to expend more energy to convert them into glucose and much less is stored as fat.

## MAKE SURE YOU ARE GETTING ENOUGH PROTEIN

Eating salads all day may be an easy way to cut back on your total caloric intake, but it is also an easy way to fail to meet your needed protein intake. Protein is essential in muscle growth. Muscles burn more calories at rest than fat does, so you want to have a greater muscle mass to burn excess fat. If you are depriving yourself of much needed protein, then you are stunting your weight loss.

## DRINK ONLY WATER

Sodas, juices, milk, sweet teas, speciality coffee drinks and most flavored drinks contain loads of sugar. By replacing all of these with water, you automatically reduce your daily sugar intake by at least half. If you find it difficult to go cold turkey from soda, try drinking carbonated water. Make sure to check the label to verify that there are no added sugars, sugar alcohols or artificial sweeteners, especially if it is flavored. Small amounts of black coffee and unsweetened tea are fine, but keep in mind that caffeine has a diuretic effect and you will need to drink more water to replace the water lost from drinking these. Be weary of added sugars in coffee creamers.

# The Mind

Get rid of stressful  
stuff & be happy



01

# Avoid Overstressing

You are a busy person. You have so much to do in one day that you never seem to get to the bottom of your todo list. It is understandable. However, stress increases cortisol levels which causes your body to hold onto excess fat. This is especially true in females. It is much easier to say reduce your stress levels than to actually do it. Try these five tips to calm your mind and refocus throughout the day.

- **Allow yourself 10 minutes to just daydream about something nice.**
- **At the beginning of the day, write down 2-3 things that are causing you the most stress, and try to tackle at least one of them daily.**
- **Cut ties with people who only bring negativity into your life, they are stealing your positive energy.**
- **Don't read the news in the morning or before bed.**
- **Unfollow people on social media that constantly post things that trigger stress.**

02

# Get a Friend to Join You

Starting any new fitness journey is hard, but once you've made the decision to do it you are really committed...until you aren't anymore.

Having a friend join you keeps you motivated long past the honeymoon stage, and in turn you can keep your friend motivated as well. You are much more likely to go to the gym if you know someone is waiting on you.

# Fitness 101

**Are you ready to take your fitness journey to the next level? No matter what that level is, we are here to help.**

Contact us for more info and see how we can help you change your life.