

USER ADVICE
this book
can change
your life

#GETTING STARTED HANDBOOK

WEIGHT NO MORE. START HERE





www.fitgym.com.au

Welcome!

If you are looking to make dramatic improvements to your health and fitness, Fit! Gym is the right choice!

This “Getting Started Handbook” is the perfect place to begin. It will help you look at the key aspects of your life, health and fitness and focus you on the goals you’d like to achieve.

How to use the Handbook.

We all start somewhere, and within the pages of this book you’ll find information, advice and facts that all help to improve your health and fitness. We think you’ll find this handbook a useful resource as your work towards your goals. To get the most out of the handbook, flick through it before coming to the gym and complete the yellow areas marked with  At the Gym you’ll then complete the purple areas of the handbook marked with .

As you work towards your goals these topics are discussed with one of our qualified personal trainers. Together you’ll then go through the remainder of the handbook, and how you can use this information and the expert advice at the gym to set a plan down for you. As you work towards your goals and even after you see improvements the handbook is still a handy resource to refer back to.

Let’s get started...

Your local FitGym is located at:

Station St, **Mt Evelyn** 9736 2222

84 Bemersyde Dr, **Berwick** 9702 1155

Casey Central Shopping Centre, **Narre Warren Sth** 8790 2233

Goal setting...

It's not often people ask you what you want. This is really what goal setting is all about. What is motivating you to get fit and healthy in the first place? What are your fitness and body shape goals? When do you want them and why is that so important to you?

Knowing the answers to these questions is important when getting started as you may need reminding of them later on. Writing them down is a powerful tool to keeping you focused and motivated in the weeks to come.

Please complete prior to visiting us

My motivations for exercise are...

When I want them...

Great results can be realised for everyone, you just have to stick at it long enough for it to happen!

At Fit! Gym, it's our job to pick you up if you fall off the wagon, which we all do every now and then. By writing down your goals and your reasons for wanting them, you focus in on what's really important to you and strengthen your resolve to realise your body shape and fitness goals.

Please complete prior to visiting us

The first 6 weeks:

1. In 6 weeks, I would like to have achieved (short-term goals):

2. List obstacles to achieving your goals.:

3. Solutions that you think might work to achieve your goals:

4. As a Food Coach how can I help you to achieve your short and long term goals?

5. What are your goals (one year plus)?

Eating Well!

Breakfast – Off to the right start

Healthy food should be ingested early in the day. That means breakfast! Breakfast kick-starts your metabolism, so your body can start to burn up the energy you eat.

A nutritious breakfast does not have to take a long time to prepare or eat. Any breakfast should include fruit or vegetables, wholegrain bread or high fibre breakfast cereal and a low fat dairy product. You can also include some lean protein like poached egg, baked beans, low fat cheese and sardines. Here are a few suggestions for a nourishing breakfast to start your day

- ✓ Small banana, mashed with pinch of cinnamon and a dash of lemon juice on 2 slices of multigrain toast warmed under the grill. Serve with a tub of yoghurt.
- ✓ 1 Cup natural muesli or cereal with milk and chopped strawberries
- ✓ 2 slices raisin bread or fruit loaf topped with ricotta cheese, fruit spread and chopped strawberries.
- ✓ Scrambled egg with chopped tomato, cheese, herbs on toast and 1 cup milk
- ✓ Wholegrain toast with cottage cheese, lemon juice, sliced apple, celery and a few walnuts
- ✓ Natural yoghurt with fresh fruit salad and Swiss muesli
- ✓ Wholegrain muffin with melted cheese and tomato
- ✓ 1 toasted bagel, avocado, lemon juice and cracked black pepper.



Eating Well!

Lunch Time!

When preparing your own lunch, take time to make sure it's not only tasty and appealing, but also wholesome and satisfying. Eating a healthy, balanced lunch will curb off the sweet cravings that creep into the afternoon. Here are some tempting examples.

- ✓ Mini pizza- wholemeal pocket bread with tomato paste, onion rings, capsicum, mushrooms, pineapple and grated cheese. Warm under the grill. One serve of fruit
- ✓ Chicken or tuna salad with Cos lettuce, baby tomato and three bean mix, plus a serve of fruit
- ✓ Baked beans served on multigrain toast with a piece of fruit
- ✓ Chicken and salad wrap with Tzatsiki dip. One serve of fruit
- ✓ Sandwich fillings- Try different breads to keep it interesting, such as bagels, sourdough, rye, pita, rice cakes and crisp breads. Most varieties come in a wholemeal or wholegrain option
- ✓ Combine cottage cheese, grated carrot, currants, sunflower seeds, parsley and a little orange juice
- ✓ Spread bread with chutney and top with lean roast beef, sliced tomato, sprouts and lettuce



Snacking

Snacking helps to maintain and regulate your energy levels throughout the day. Besides that it helps to control your overeating when you have your main meals. Planning and preparing is the key to organize your snacks throughout the day. Basically, snacks are to be consumed around 10am and 3pm.

Here are some suggestions for ensuring you have healthy alternatives.

- ✓ ½ cup of pomegranate seeds
- ✓ Muesli bar (preferably home made, or supermarket - check nutritional labels <100cal)
- ✓ Strawberries (1 cup)
- ✓ Soup (1 cup)
- ✓ Hard-boiled egg (1)
- ✓ Almonds (13 almonds)



Eating Well!

Evening meal

The evening meal should be nutritious and satisfying without going overboard! Consider your portion size; the whole meal should fit within your two hands cupped together. Within this, should be 1/3rd protein (fish, chicken or lean red meat), 1/3rd low GI carbohydrate, (eg; pasta or basmati rice) and the rest should be filled with green, yellow, red and orange vegetables. If you are overweight, consider dropping the carbohydrate portion from your evening meal and replacing with a light salad instead. Alcohol consumption should be limited to no more than one glass of red wine per day, with three alcohol free days per week.

Ideas:

- Vegetable and beef stir fry with basmati rice.
- Kebab skewers (lamb, cherry tomatoes, onion, capsicum, mushrooms & squash) served on a bed of rice.
- Grilled fish marinated in lemon and lime juice and sweet chilli sauce with grilled vegetables. Go for colours!
- Chilli con carne (meat and beans) on rice.
- Vegetable and bean soup with multigrain crust croutons.
- Lentil, chicken and tofu curry on rice
- Small piece of lean steak, jacket potato with herb yoghurt and vegetables



Dessert

Follow your evening meal with fresh fruit and/ or natural yogurt and ensure you are prepared beforehand to ensure you have finished eating at least 2 hours prior to bed time.

Don't go back to the fridge!

Brush your teeth, wash the dishes, clean up and turn off the light – kitchen closed!



Water's important role in the body

Water is essential for nearly every part of the human body function. It's the transport system which moves nutrients around the body and carries out waste. Water breaks down food, keeps your body temperature balanced and keeps your skin elastic. We can live for weeks without food but only a few days without water. The following are just some of the important things water does in the body;

- ✓ Media for biochemical reactions
- ✓ Efficient cooling effect and required for perspiration
- ✓ Carries nutrients and oxygen to all cells and helps body absorption
- ✓ Moistens oxygen for breathing
- ✓ Protects and cushion vital organs
- ✓ Removes waste
- ✓ Cushions joints



Although thirst indicates a lack of fluid, it is not a reliable measure of water need. Pay attention to the signals of water loss and minimise risk of dehydration, when more than ½ to 2 litres of fluid are lost can be life threatening.

Stick to 6-8 glasses of plain water every day!

Did you know?

- ✓ The human body contains between 55-75% water depending on the ratio of body fat to muscle.
- ✓ The human brain is 92% water
- ✓ Muscles are 75% water
- ✓ Bones are 22% Water

Diet Chart

Chart your diet over a three day period, with one day being a weekend. Honesty is paramount to ensuring you get the best support from our team and the best results for your body! Don't forget to include drinks and fluids consumed also.

Time consumed	Date / /	Date / /	Date / /

My Activity Levels

Please complete prior to visiting us

My current levels of exercise are...

Cardio sessions per week

1 • 2 • 3 • 4 • 5

Strength sessions per week

1 • 2 • 3 • 4 • 5

The current exercise recommendations for adults include both cardiovascular and strength training as an essential activity for all adults.

To promote and maintain health and vitality, all healthy adults aged from 18-65 should be;

* Doing moderately intense cardio training for 30 minutes a day, 5 days per week

Or

* Doing vigorously intense cardio for 20 minutes a day, 3 days per week

Plus

* Do 8-1- strength training exercises 2 sets of x 8-15 repetitions of each exercise twice per week.

To be completed by your Fit!Gym trainer

My new goals for weekly training sessions...

Cardio sessions per week

1 • 2 • 3 • 4 • 5

Strength sessions per week

1 • 2 • 3 • 4 • 5

Health check:

Your waist measurement

Measuring your risk of type 2 diabetes:

People with diabetes have blood glucose levels which are higher than normal because the insulin produced by their body does not work as effectively as it should.

Type 2 diabetes develops slowly and symptoms may go by unnoticed. Being overweight, particularly around your waist increases your risk of developing type 2 diabetes.

Reducing your risk of type 2 diabetes means managing a healthy weight. Basically that means continued regular exercise and committing to a healthy eating plan! If the risk is not managed, eventually medication and insulin may be required.


Type 1 diabetes is largely genetic and not caused by poor lifestyle. There are no preventatives for type 1 diabetes.

To be completed by your Fit!Gym trainer

Your waist measurement is: _____

>70cm	80cm	<90cm
Healthy	Increased risk	High risk

Action plan discussed with trainer:



Health check:

Your blood pressure

What is it? There are two readings taken when measuring blood pressure, systolic and diastolic.

Systolic pressure is the squeezing of the ventricles as they push blood out from the heart and along the arteries to either the body or the lungs

Diastolic pressure is when the heart is at its most relaxed after the systolic squeezing.

To be completed by your Fit!Gym trainer

Your systolic reading is: _____

Your diastolic reading is: _____

Refer to Doctor? Y / N

Interpreting your blood pressure readings:

Systolic readings of 120-140 and diastolic readings of 70-90 are considered normal.

Readings of systolic 140-159 and diastolic 90-95 are considered slightly high and referred to as mild hypertension.

Readings from 160-179 systolic and 96-114 diastolic would be considered as moderate hypertension and anything above this may indicate a serious problem.

Continued high blood pressure will thicken the artery walls and will speed up the process of coronary heart disease.

If your blood pressure is high, reduce salt intake, limit alcohol, and follow guidelines as prescribed from your doctor.

Calculate calories burned at rest

Maintaining health, fitness and losing weight are reasons why most people exercise. If exercising for weight loss, be conscious of how many calories are expended for each type of activity. Be aware of the number of calories burned through daily activities as well. The two added together help determine the amount of calories you burn in a day.

Calculate your basal metabolic rate (BMR), also known as your metabolism. This is the number of calories you'd burn if you stayed in bed all day. Use these formulas to calculate BMR (w = weight in kg; h = height in cm; a = age):



Men: $BMR = (13.75 \times w) + (5 \times h) - (6.76 \times a) + 66$



Women: $BMR = (9.56 \times w) + (1.85 \times h) - (4.68 \times a) + 655$

You may notice that every year, it becomes harder to eat whatever you want and stay slim, also that your BMR decreases as you age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR, a foil to your intentions. However, a regular routine of cardiovascular exercise can increase your BMR, improving your health and fitness when your body's ability to burn energy gradually slows down.

Fine tune your fitness or weight loss goals by calculating the amount of weight you'd like to lose in a given period of time. In order to lose 0.5 kg. of body fat (3864 Kcal) in a week, you must expend 552 calories per day ($3864/7 = 552$). For an 80kg male this can be achieved in one session, or be divided into more, doing moderate intensity activity such as a bike ride for an hour (or its equivalent activity) every day.:

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