

GETTING STARTED

GUIDE TO STARTING A HEALTH AND FITNESS ROUTINE



Thanks for taking the time
to read my guide to starting
a health and fitness routine!

A woman with long dark hair is smiling and looking down at a small, light-colored dog she is holding. The background is dark, and the text is overlaid on the right side of the image.

A BIT ABOUT ME

You have no shortage of fitness experts to connect with and listen to nowadays. You can't scroll through any social media platform for more than a few minutes without being offered free challenges and body transformation packages. And there's me and the work I do with busy women like you every day.

My work and my approach is different because it comes from a different place from other coaches. If you've worked with another fitness coach before, you've probably-

- been asked to provide before and after pictures
- jumped on and off scales several times a week
- followed a strict regime of hard exercise and uncompromising dietary advice.

You probably believe that's what it takes to reach your health and fitness goals.

But ask yourself where that belief comes from for a moment. Given how many women I've worked with over the years, let me take an educated guess...

Right now, you're unhappy with your health, fitness and the way you look and feel about yourself.

You've seen images and social media posts of influencers and you feel like you're not good enough compared to their carefully selected perfect snapshots of their healthy lifestyle.



A woman with long dark hair is smiling and looking down at a small, light-colored dog she is holding. The background is a soft, out-of-focus outdoor setting. The image is partially obscured by a dark overlay on the right side where the text is located.

...A BIT ABOUT ME

And how do you feel you need to make a change?

You feel like to 'be worthy', you have to push hard against your current state. You have to deprive yourself and put yourself through significant discomfort all to get to a particular size or weight. Because you've randomly decided that a particular size or weight is the magic point at which you become more loveable, more worthwhile, more aligned to the images and ideals you see everywhere.

And that suits most coaches- it makes you open and receptive to coaches who like to micromanage you with tough workouts and harsh low calorie eating plans. But they miss one important thing-

You're trying to get back to a feeling. It's not about a number!!

They don't understand what's going on under the surface and that suits them fine while they preach Tupperware boxes and calorie counting!!

This is where I'm different. I'm not about forcing you to follow rules that don't work for you, your family or your lifestyle. My work is about helping you to find that feeling and have a better experience of being you!! It's about building habits that are sustainable and that will progressively move you towards a version of you that feels energised, fit and strong. This guide is about helping you to start to find that feeling and have a better experience of being you.!!

It's about building habits that are sustainable and that will progressively move you towards a version of you that feels energised, fit and strong.

LET'S GET STARTED



WILDE

HERE'S A SIMPLE IDEA TO BEGIN WITH.

Your health, fitness and body are a direct reflection of your lifestyle.

Look at that one more time.

You can't separate the way you live from your health, fitness and body.

All of the habits and decisions that make up your typical day- your sleeping pattern, your food choices, your activity levels, the sort of activities you take part in. It all shows up in your energy levels, your physique and eventually your emotional state.

WHY DOES THIS MATTER?

A 6 week crash workout and diet routine won't be enough to make a long lasting change. The choices you make over the course of your typical day is held up by some deep patterns of habit. If you're unhappy with how you are right now, it's because you've stacked habits that support that state.



BUILD NEW HABITS

You have to understand that to change your health, your fitness, your body...you have to build new habits. You have to start to stack habits that are aligned to your health and fitness goals.

Here are a few simple habits in key parts of your lifestyle that I use with women I work with. Women just like you. Women who start to stack their new healthier habits to get long lasting results.

SLEEPING BETTER

SLEEP IS KING AND SO IS THAT SWITCH OFF TIME!

A lack of good quality sleep not only affects your energy levels for the day but also ultimately your fat loss! When you're not getting enough good sleep, it affects some hormones that regulate your appetite and cravings for sugar based snacks.

HERE'S HOW YOU CAN CHANGE YOUR SLEEP HABITS TO SUIT YOUR GOALS

Plan your bed-time. An hour before that time disconnect from your devices and leave your phone anywhere other than your bedroom.

Prepare your bedroom and get the room ready for sleep before you have your evening meal. Open a window, lower the lighting level and light a calming scented candle to make it sleep conducive.

Perform a short guided meditation (Spotify has loads!) to help put your mind in the calm state it needs to switch off and recharge.

NOURISHING YOUR BODY

GETTING TO A BETTER VERSION OF YOU DOESN'T MEAN DEPRIVING YOURSELF OF THINGS YOU ENJOY.

It does mean giving your body more of what it really needs. Most of the women I start working with struggle to make time for getting enough fluid and food that's full of the rich good stuff their bodies need.

Connecting you with that all important feeling of being fitter, healthier and stronger will be dependent on you building habits that give your body what it needs.

HERE'S A FEW EASY WAYS TO MOVE IN THE RIGHT DIRECTION

- If you're not already drinking water- start! Aim for at least 1 litre of water a day by having a large glass of plain water with every meal. It may seem a lot, but your metabolism will not get fired up without enough H2O to go around. It's even been shown that having enough water manages your hunger levels.
- The hype around veg is real. It's filling and full of all the good stuff your body needs to be its best. Start simple- make sure at least one meal a day has half a plate of mixed veg.
- Eat more protein. Whether you want to build more muscle or lose weight, protein plays a big role in the process. Start your day right- make sure your first meal of the day contains some sort of protein that's about the same size as the palm of your hand.

H

A

B

I

T

S

GETTING ACTIVE

REPEAT AFTER ME...

Exercise is not punishment for an imperfect diet or a way to compensate for a lack of self worth and self loathing.

We've fallen into this idea over the years that being active means gruelling exercise sessions that must be painful and uncomfortable in order to be effective. It appeals to a minority of gym lovers who enjoy that experience. It puts the majority of women I speak to off and becomes a major barrier.

If we do away with that Instagram internet meme no pain, no gain bull shit we can appreciate exercise and physical activity as something we give to ourselves for ourselves.

BETTER HEALTH, BETTER EMOTIONAL WELLBEING, MORE BALANCED HORMONES AND HEALTHIER AGEING.

You can make a great start with no equipment and no membership to a gym that makes you feel out of place and self conscious.

HERE'S A FEW QUICK AND EASY IDEAS TO GET YOU MOVING MORE:

- Try my free at home workout [on this link.](#)
- Use an online at home exercise app- since the pandemic there are loads of these available. The better options offer live classes you can join from your home and connect with other like minded women. You might also be interested to know that I run two at-home workouts on Zoom every week that you can try free for a week by [contacting me here.](#)

INCREASE YOUR STEP COUNT

Walking has been under rated for years and we're only just starting to appreciate how beneficial it can be. Aim for a minimum of 5000 steps a day if you're not there already and increase it by 500 per day every week.

H
A
B
I
T
S

GOOD LUCK WITH GETTING STARTED!



SMALL CHANGES MAKE A BIG DIFFERENCE.

Aligning your habits and your lifestyle to your goal is about a series of small, manageable commitments that over time add up to real progress.

I'd love to hear how you get on with using the tips in this guide, please send me your messages and pictures of how you've got started.

If it feels tough, that's ok. We all need extra help sometimes. It can be easy to get frustrated when you know what you want and what you should be doing, you can convince yourself that you're not getting it right and that you never will.

Trust me when I say you're a lot closer than you think. Chances are the only missing ingredient is a bit of accountability and some structure. If that sounds like you, we really should talk.



GET IN TOUCH.

Book a free consultation with me here [on this link.](#)