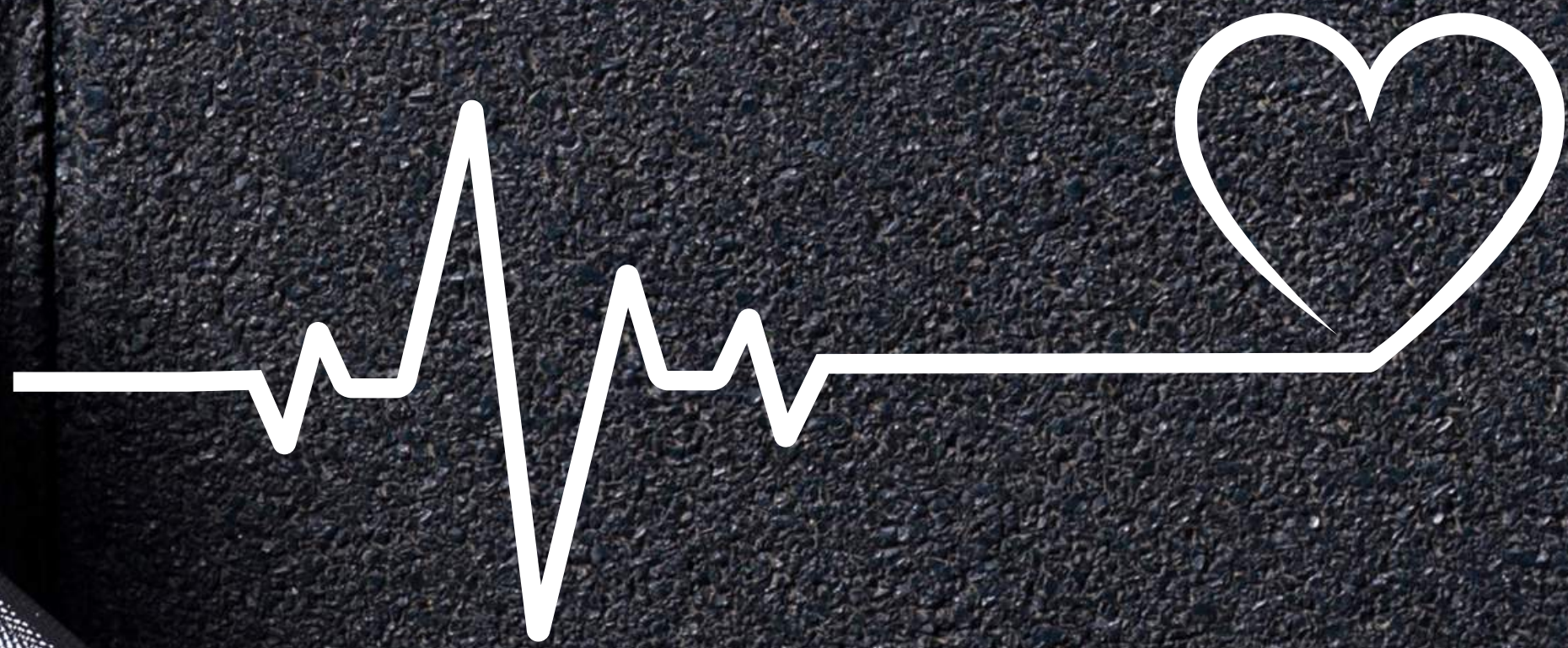


**4 WEEK HEALTH & WELLBEING  
GUIDE TO HELP YOU**

# SHIFT

THE  
SHUTDOWN







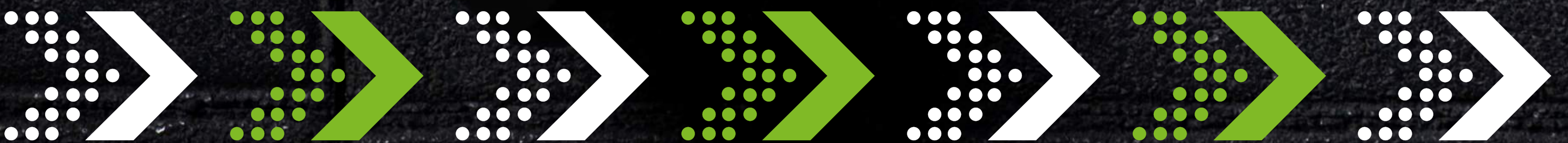
Shift the Shutdown is a 4-week guide designed to help you lose some of those shutdown 'extras' and get back into the training routine.

Please note that the information provided is subject to your individual requirements and minor changes may have to be made depending on any medical conditions and your current fitness levels. We advise that you speak with one of our instructors before starting the programme.

If you start the programme, but you choose to do your workouts outside the gym, you can still make a note on the Attendance Chart below and record progress.

To support you through the programme we have pulled together the information below which we hope you will find useful:

1. Personal stats & Fitness testing.
2. Calories - are all calories equal?
3. Fats.
4. Proteins.
5. Carbs.
6. TDEE & NEAT.
7. Healthy Recipes.
8. Activity Challenge.
9. Fitness Sessions.
10. Notes.





To see improvements you need to know where you are starting from.  
Please complete these sections at the start and the end of the 4 weeks to see progress.

<b>Height</b>	<input type="text"/>	<b>cm</b>	<b>BMI =</b> weight (kg) / height (m) x 2	<input type="text"/>
<b>Weight</b>	<input type="text"/>	<b>kg</b>	<b>Waist to Hip Ratio =</b> waist (cm) / Hip (cm)	<input type="text"/>

<b>Calfs</b>	<b>Left</b>	<input type="text"/>	<b>cm</b>	<b>Right</b>	<input type="text"/>	<b>cm</b>	<b>Waist</b>	<input type="text"/>	<b>cm</b>	<input type="text"/>			
<b>Thighs</b>	<b>Left</b>	<input type="text"/>	<b>cm</b>	<b>Right</b>	<input type="text"/>	<b>cm</b>	<b>Chest</b>	<input type="text"/>	<b>cm</b>	<input type="text"/>			
<b>Hips</b>	<input type="text"/>	<b>cm</b>	<input type="text"/>	<input type="text"/>	<b>cm</b>	<input type="text"/>	<b>Arms</b>	<b>Left</b>	<input type="text"/>	<b>cm</b>	<b>Right</b>	<input type="text"/>	<b>cm</b>
<b>Tummy</b>	<input type="text"/>	<b>cm</b>	<input type="text"/>	<input type="text"/>	<b>cm</b>	<input type="text"/>	<b>Forearms</b>	<b>Left</b>	<input type="text"/>	<b>cm</b>	<b>Right</b>	<input type="text"/>	<b>cm</b>

<b>1 min push up test</b>	<input type="text"/>	<b>No of push ups completed</b>
<b>1 min sit up test</b>	<input type="text"/>	<b>No of sit ups completed</b>
<b>Plank endurance test</b>	<input type="text"/>	<b>Time</b>
<b>Wall squat endurance test</b>	<input type="text"/>	<b>Time</b>





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Please complete these sections at the start and the end of the 4 weeks to see progress.

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# HOW TO PERFORM THE TESTS

- **BMI** - Body Mass Index is a simple calculation using a person's height and weight. The formula is  $BMI = \frac{kg}{m^2}$  where kg is a person's weight in kilograms and m<sup>2</sup> is their height in metres squared.
- **Waist to Hip Ratio** - This is calculated as waist measurement (cm) divided by hip measurement (cm) ( $W \div H$ ).
- **Push up Test** - Begin in a pushup position on hands and toes (or knees) with hands shoulder-width apart and elbows fully extended. While keeping a straight line from the toes to hips, and to the shoulders, lower your upper body so your elbows bend to 90 degrees. Push back up to the start position. That is one rep - Complete as many as you can within 1 minute.
- **Sit Up Test** - The feet should be placed 12 inches apart and the fingers interlocked behind the head. The individual's heels must remain in contact with the floor. Try to breathe out on the way up. Begin the test and complete as many sit-ups as you can in 1 minute.
- **Plank Test** - The aim of this test is to hold an elevated position for as long as possible. Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hips are lifted off the floor creating a straight line from head to toe. As soon as you are in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when you are unable to hold the back straight and the hips are lowered.
- **Wall Squat Test** - Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle. Move the feet position if required. Hold the position as long as possible.





# COMPARATIVE RESULTS

## BMI RESULTS

### RANGE

<b>UNDER-WEIGHT</b>	<b>&lt;18.5</b>
<b>HEALTHY</b>	<b>18.6-24.9</b>
<b>OVERWEIGHT</b>	<b>25-29.9</b>
<b>OBESE</b>	<b>30-39.9</b>

## WAIST / HIP RATIO

### HEALTH RISK

### MALE

### FEMALE

<b>LOW</b>	<b>&lt;0.95</b>	<b>&lt;0.80</b>
<b>MODERATE</b>	<b>0.96-1.0</b>	<b>0.81-0.85</b>
<b>HIGH</b>	<b>&gt;1.0</b>	<b>&gt;0.85</b>

## 1 MIN PUSH UP TEST

### RATING

### MALE

### FEMALE

<b>Excellent</b>	<b>&gt;35</b>	<b>&gt;30</b>
<b>Average</b>	<b>15-34</b>	<b>10-29</b>
<b>Below Average</b>	<b>&lt;14</b>	<b>&lt;9</b>

## 1 MIN SIT UP TEST

### RATING

### MALE

### FEMALE

<b>Excellent</b>	<b>&gt;35</b>	<b>&gt;30</b>
<b>Average</b>	<b>23-34</b>	<b>20-29</b>
<b>Below Average</b>	<b>&lt;22</b>	<b>&lt;19</b>

## PLANK ENDURANCE TEST

### RATING

### MALE

### FEMALE

<b>Excellent</b>	<b>&gt;4 min</b>	<b>&gt;4 min</b>
<b>Average</b>	<b>1-4 min</b>	<b>1-4 min</b>
<b>Below Average</b>	<b>&lt;60 sec</b>	<b>&lt;60 sec</b>

## WALL SQUAT ENDURANCE TEST

### RATING

### MALE

### FEMALE

<b>Excellent</b>	<b>&gt;2 min</b>	<b>&gt;2 min</b>
<b>Average</b>	<b>1-2 min</b>	<b>1-2 min</b>
<b>Below Average</b>	<b>&lt;60 sec</b>	<b>&lt;60 sec</b>





# CALORIES

## ARE ALL CALORIES EQUAL?

Of all the nutrition myths, the calorie myth is one of the most pervasive and most damaging. It's the idea that calories are the most important part of the diet — that the sources of these calories don't matter.

"A calorie is a calorie is a calorie," they say — that it doesn't matter whether you eat 100 calories of candy or broccoli, they will have the same effect on your weight.

It's true that all calories have the same amount of energy. One dietary calorie contains 4,184 Joules of energy. In that respect, a calorie is a calorie.

When it comes to your body, things are not that simple. The human body is a highly complex biochemical system with elaborate processes that regulate energy balance.

Different foods go through different biochemical pathways, some of which are inefficient and cause energy (calories) to be lost as heat. Even more important is the fact that different foods and macronutrients have a major effect on the hormones and brain centers that control hunger and eating behaviour.

The foods you eat can have a huge impact on the biological processes that control when, what and how much you eat.

The amount of calories consumed are very important, a calorie deficit is key to losing weight for example but its not the only factor.

In many cases, simple changes in food selection can lead to the same or better results which, in turn, often leads to a calorie deficit without realising.

## THE THERMIC EFFECT OF FOOD

Different foods go through different metabolic pathways. Some of these pathways are more efficient than others.

The more efficient a metabolic pathway is, the more of the food's energy is used for work and less is dissipated as heat. The metabolic pathways for protein are less efficient than the metabolic pathways for carbs and fat.

Protein contains 4 calories per gram, but a large part of these protein calories is lost as heat when it's metabolised by the body.

The thermic effect of food is a measure of how much different foods increase energy expenditure, due to the energy required to digest, absorb and metabolise the nutrients.

Here is the thermic effect of the different macronutrients:

- Fat: 2–3%
- Carbs: 6–8%
- Protein: 25–30%

Sources vary on the exact numbers, but it's clear that protein requires much more energy to metabolise than fat and carbs.

If you go with a thermic effect of 25% for protein and 2% for fat, this would mean that 100 calories of protein would end up as 75 calories, while 100 calories of fat would end up as 98 calories.

Studies show that high-protein diets boost metabolism by 80–100 calories per day, compared to lower-protein diets. Putting it simply, high-protein diets have a metabolic advantage.





# FATS

Dietary fat is an important nutrient and should be included in our daily diet. It's the body's second most favourite nutrient to burn for energy, behind carbohydrates. It's a very energy-dense nutrient, containing twice the energy of carbohydrate per gram.

This is one of the reasons why low-fat diets became so popular. Removing fat was a simple way to reduce a person's energy intake. Nutrition research back then also pointed to saturated fat as being the primary culprit causing heart disease, another reason we were encouraged to cut it out.

We now know that dietary fat is not as bad as we once thought, but due to years of low-fat diets and anti-fat health messages, most people are still confused as to the best sources and types of dietary fat to regularly include in their diets.

Like all nutrition information, it's best not to make it too complicated. We don't eat individual nutrients, we eat foods, which are a combination of lots of different nutrients. And the best kinds of foods are ones that are fresh, whole or minimally processed.

Try to make most of your fat intake come from whole foods, rather than highly processed ones and you'll be doing just fine.

Fat also helps with the absorption of fat-soluble vitamins (A & E). It forms the basis of cell membranes, is involved in many aspects of your nervous system and certain types of fat (e.g. Omega 3 fatty acids) can help manage inflammation and decrease your risk of cardiovascular disease.

Fat is found in a wide range of foods in large or small amounts, including:

- Meat, fish and poultry and their products.
- Eggs.

- Dairy -milk, yoghurt, cheese, cream, butter.
- Nuts and seeds.
- Avocados.
- Olives.
- Coconut.
- Whole grains (contain fat in small amounts).
- Oils, margarine, spreads

Processed foods such as chips (and other deep-fried food), crackers, cakes, biscuits, pastries, ice cream, chocolate, etc. should be avoided. The best sources of fat to eat regularly are whole foods.

The great thing about these foods is that not only are they good sources of healthy fats, but they also contain lots of other important nutrients as well like fibre, vitamins, minerals and antioxidants. These foods include:

- Avocados. Olives.
- Nuts: peanuts, walnuts, cashews, almonds, Brazil nuts, pistachios, pine nuts, etc.
- Seeds: chia, linseed (flaxseed), sunflower seeds,
- Fresh coconut flesh or milk.
- Minimally processed fats like those listed here can also be used occasionally and in moderation:
- Extra-virgin olive oil.
- Coconut oil.
- Plain butter or pure cream.
- Other oils: avocado, sesame, peanut, rice bran, and canola.
- Nut butter and spreads (peanut butter).
- Nuts and seed meals (almond meal, LSA).

The main thing to be mindful of, even when eating healthy sources of fat, is that you're not consuming too much energy. Even if it's healthy food, if you consume too much energy, your body will gradually put on weight.





## YOU ARE WHAT YOU EAT?

Well, it's somewhat true and is referring to dietary protein. All our major body tissues: skin, hair, muscles, enzymes, etc., are made up of protein. For daily growth and repair of these tissues, adequate protein-rich foods need to be consumed daily. The protein you eat gets incorporated into your body's tissues every day.

When it comes to our food, protein is a macronutrient made up of smaller nutrients called amino acids.

Some amino acids can be synthesised by the body, but nine amino acids can't. These are known as essential amino acids, and we have to get them from our diet.

### 1. Protein helps build muscle

When you engage in regular strength training combined with a moderate protein intake, your body begins to build muscle.

Muscle is a vital contributor to your metabolism because it's the most metabolically active cell in the body, burning up to 15-20 times more calories than other cells, particularly when you're moving or exercising. Therefore, the more muscle you have, the more energy you burn every day.

### 2. Protein helps you feel full

One of the principles of healthy eating is learning which foods fill you up without overeating. Protein-rich foods help you feel fuller from a meal because they take longer to digest.

Aiming for an adequate serving of quality protein-rich food at every meal, especially breakfast and lunch, will keep you in much better control of your appetite and you'll feel less inclined to tuck into the crackers and dip or chocolate, late in the afternoon.

### 3. Protein helps control your appetite

Appetite is the outcome of a few factors: circumstantial, physiological and psychological. The two physiological factors that will affect your appetite are your blood sugar level and the types of foods you eat. If you constantly consume high amounts of sugar and highly processed foods, you'll quickly feel you're losing control of your appetite and are more inclined to eat unhealthy foods. Your body's blood sugar level will be all over the place, making it much harder to maintain a healthy weight.

### some foods are better sources of protein than others.

The best choices are:

- Meat: lamb, beef, pork, kangaroo, game meats, etc.
- Fish: bass, cod, salmon, snapper, barramundi, tuna, etc.
- Seafood: prawns, crab meat, squid, muscles, oysters, etc.
- Poultry: chicken, turkey, duck, etc.
- Eggs
- Dairy: milk, yoghurt, cheese
- Soy: milk, beans, tofu, tempeh
- Legumes: beans, lentils, chickpeas.

Try not to fall into the trap of using protein powders, bars or shakes. These are okay to use on occasion, but they are still highly processed foods and will never be as good as the range of options above.

It's also important to note that your protein sources should be minimally processed. This means that salami, reformed ham, bacon, sausages, flavoured milk, confectionary-style yoghurts, custards, nuggets, fish fingers, crab sticks and other highly processed foods should only be eaten sparingly and in moderation.





# CARBOHYDRATES

## CARBS – GOOD OR BAD?

Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables, and milk products. Though often removed in trendy diets, carbohydrates — one of the basic food groups - are important to a healthy diet. It's important to state from the start that not all carbs are the same and not all of them are bad for you! What matters most when it comes to carbs is the type, quality and quantity in our diet that is important.

### TYPES OF CARBOHYDRATES

- **SUGAR** - Found naturally in most foods such as a fruit, honey, milk (lactose).
- **STARCH** - Comprised of many sugar molecules bonded together. Very common in food that come from plants. Bread, rice, potatoes, and pasta all release their energy slowly throughout the day.
- **FIBRE** - Cover the diverse range of compounds found in the cell walls of foods that come from plants. Good sources include fruit and veg with skins on, wholegrain bread, whole-wheat pasta, and pulses (beans, lentils etc.)

In a healthy balanced diet, carbs should be the body's main source of energy and 1 gram of carbs provides 4kcal. To provide this the carbohydrate molecules are broken down into glucose (a form of sugar) before getting absorbed into the bloodstream. Once in the bloodstream insulin helps the glucose enter your body's cells which, in turn, provides the fuel your body needs.

HOWEVER! Excess glucose will be converted to glycogen and stored in the liver and muscles; any excesses of glycogen will be converted to fat. Long term this can lead to Obesity, High Blood Pressure, Type II Diabetes, and other such health issues

## THE TWO MAIN FORMS OF CARBOHYDRATES

- **Simple Carbs** - sugars (such as fructose, glucose, and lactose).
- **Complex Carbs** - starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.

The body breaks down (or converts) most carbohydrates into the sugar glucose, which is absorbed into the bloodstream.

Foods that are high in fibre and starchy carbohydrates will release glucose slower than the carbohydrates found in sugary drinks and food.

It's well reported that we do not eat nearly enough fibre in our daily food intake, just 18g on average. The government guidelines are that we should have at least 30g of fibre a day!

### SHOULD I CUT OUT THE CARBS? ITS YOUR LIFE!

Our bodies can function well enough without sugar, but lets be honest, we all like carbs from time to time and they do have benefits.

Carbohydrates help to fuel your brain, kidneys, heart muscles and central nervous system. For instance, fibre is a carbohydrate that aids in digestion helps you feel full and keeps blood cholesterol levels in check.

A carbohydrate-deficient diet may cause headaches, fatigue, weakness, difficulty concentrating, nausea, constipation, bad breath and vitamin and mineral deficiencies.

Carbohydrates are also the body's main source of energy and without them our body will turn to fat and protein for energy instead.





# TDEE

## WHAT IS TOTAL DAILY ENERGY EXPENDITURE (TDEE)?

Your total daily energy expenditure (TDEE) is the number of calories you burn throughout a 24-hour period. These calories come from the work your body does to keep you alive, including your brain functions, breathing, digestion and so on as well as all your physical activities. Overall, TDEE includes everything from fidgeting to your exercise routine.

If you feel like you are sitting more and moving less, you may be looking for simple ways to burn more energy. Fortunately, there are a few ways to boost your Total Daily Energy Expenditure (TDEE) and not all of them require a formal workout. Simply moving around more, taking the dog on an extra walk, or even scrubbing the bathroom can help boost your TDEE.

TDEE is an estimate of how many calories you burn through your bodily functions and physical activity. Calculating your TDEE not only gives you an idea of if you are moving around enough, but it also could impact your weight management plans too, because it creates an estimate of your current calorie burn.

### METABOLIC PROCESSES (BMR)

Your basal metabolic rate (BMR) is the amount of energy in the form of calories necessary for your vital functions at complete mental, physical, and digestive rest. These are processes that happen automatically.

Your BMR makes up most of your daily calorie burn (TDEE) at approximately 60% to 70% of total calories for the average person.

### THERMIC EFFECT OF FOOD (TEF)

The thermic effect of food (TEF) measures how many calories it takes for your digestive system to process foods.

TEF accounts for approximately 10% of your total daily energy expenditure (TDEE).

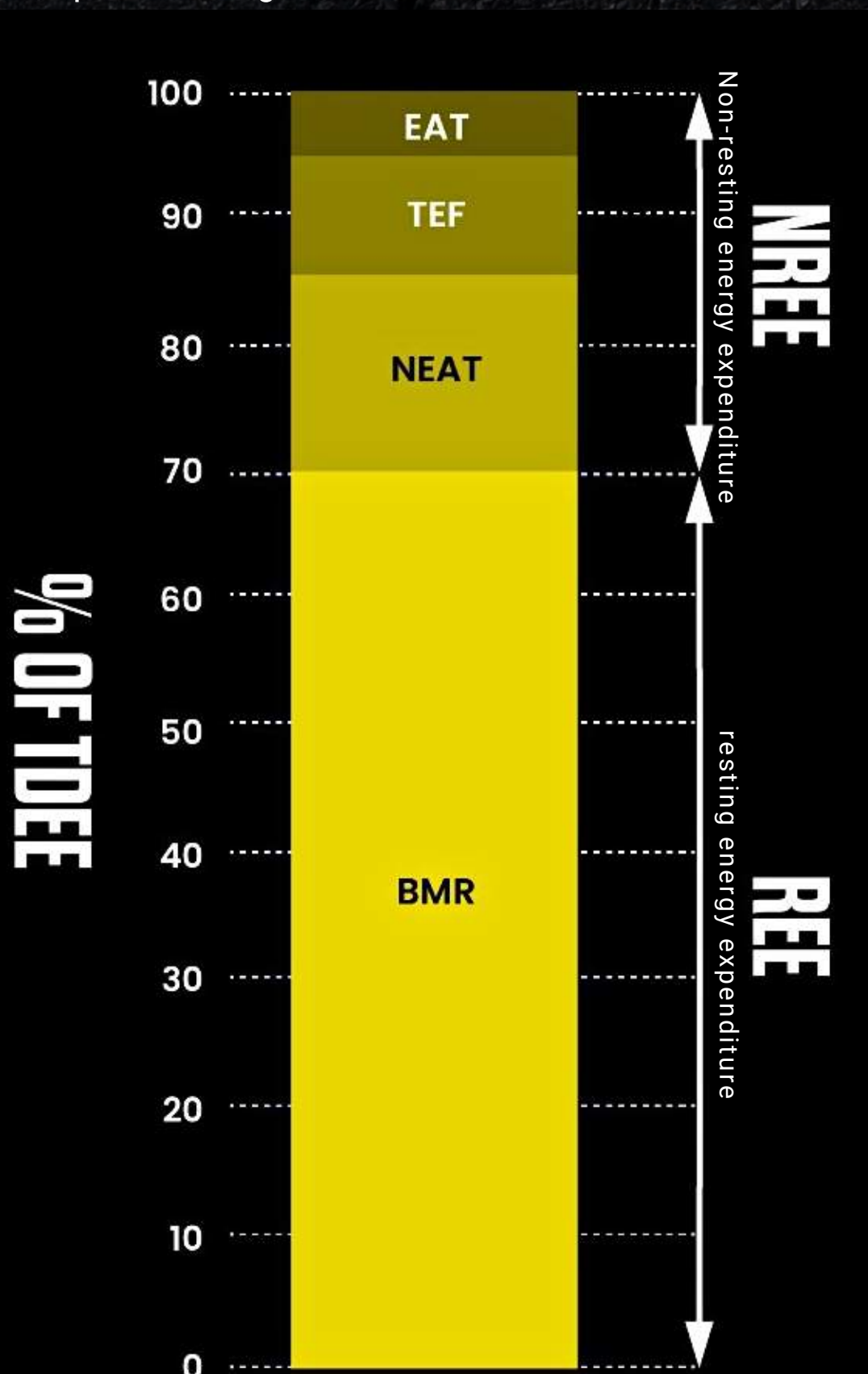
- Protein requires the most energy to digest, with 20% to 30% of the calories in protein being used to digest it.
- Carbohydrates require 5% to 10%.
- Fat takes 0% to 3% at best.

### PHYSICAL ACTIVITY

Your activity is the movement your body makes throughout the day. This can be everything from intentional exercise and general movement, to cleaning the house and even fidgeting.

- Energy used to exercise is called - Exercise Activity Thermogenesis (**EAT**).
- While unintentional movements are called Non-Exercise Activity Thermogenesis (**NEAT**).

EAT accounts for approximately 5% of TDEE on average, while NEAT makes up 15% or more of TDEE on average.





# NEAT

## N.E.A.T

NEAT activity can have a huge impact on hitting your goals with very little effort, but it's easy to get confused. Contrary to popular belief, it's nothing to do with putting your dumbbells away tidily at the end of a gym workout and being neat. It's much more to do with getting active every day. From walking the dog to having a little stretch at your desk. NEAT activity refers to a lot of different things.

### WHAT IS NEAT? AND WHAT IS IT AN ABBREVIATION OF?

NEAT stands for Non-Exercise Activity Thermogenesis and while it sounds complicated, it simply refers to the energy used to carry out any daily activity that isn't formal exercise (e.g., running or resistance training) or sleeping.

### WHY IS NEAT IMPORTANT?

NEAT is very important as it can account for a significant portion of your total energy expenditure – the number of calories you burn in a day.

In addition, if you are sedentary and therefore have lower NEAT levels, you're at a higher risk of obesity and other long term health conditions such as heart disease, diabetes, stroke, and some cancers. Being sedentary is directly associated with poorer long-term health regardless of weight. This means even if you are not considered to be overweight if your NEAT is low, you are still at increased risk.

Your NEAT activity levels probably took a steep downward turn when you spent

a year working at home, but now that your offices have probably reopened, it'll be much easier for you to increase them. Small steps (literally) add up to big wins.

### WHAT ARE EXAMPLES OF NEAT?

- Washing the car.
- Fidgeting / Stretching.
- Walking upstairs.
- Walking the dog.
- Carrying the shopping.
- Gardening.
- Playing with children or pets.
- Using a standing desk.
- Walking to the gym, shops, office instead of taking public or private transport.

### SOME BENEFITS OF PRACTICING NEAT:

- Helps with muscle recovery.
- Can help to relieve stress and improve mental health.
- Improves cardiovascular health.
- Helps control blood sugar levels.
- Reduces the risk of chronic diseases.
- Lowers the level of inflammation in the body.
- An easier alternative if you're coming back from injury.
- It's a low-impact form of movement.
- Requires no skill.
- It's free.
- Good for both beginners and those more familiar with exercise.
- Won't interfere with other training or exercise you might be doing.

### HOW DOES NEAT CONTRIBUTE TO WEIGHT AND FAT LOSS GOALS?

One of the keys to losing excess weight and body fat is maintaining a consistent calorie deficit. One of the ways to help get this balance right is by increasing the amount you're moving each day, through NEAT activity.

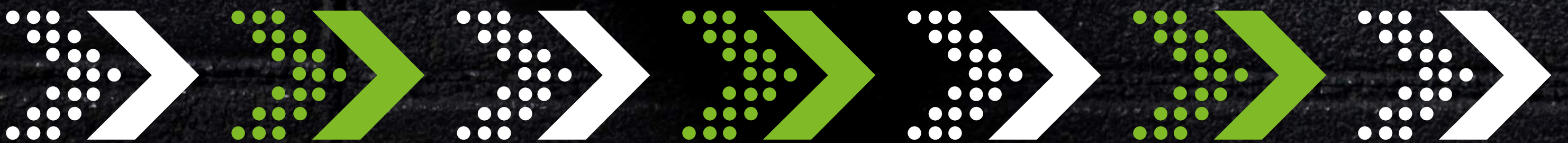
Aiming to walk an additional 10,000 steps a day can burn up to 500 calories per day, this equates to about 0.5kg per week of fat loss. Think of the progress if we do this every day, every week.





# HEALTHY RECIPES

FOR ALL HEALTHY RECIPES, VISIT -  
[MINIHEALTHHUB.CO.UK/HEALTH-TOPICS/HEALTHY-RECIPES/](http://MINIHEALTHHUB.CO.UK/HEALTH-TOPICS/HEALTHY-RECIPES/)





# ACTIVITY CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 10'000+ steps</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Take a nice walk outside with a friend</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 5km Walk, Jog or Run.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Put the screen away 2 hours before bed.</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Take part in an exercise class with a friend</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Watch a funny programme</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Do an hour of gardening</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Enjoy a walk outside</li> </ul>	<p><b>REST</b></p> <p>ENJOY A TREAT (TRY NOT TO OVERINDULGE)</p>
<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 11'000+ steps</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Have a coffee with a friend</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 6km Walk, Jog or Run.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Put the screen away 2 hours before bed.</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Take part in an exercise class with a friend</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Have a soak in the bath</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Do an hour of House work - deep cleaning</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Enjoy a drink (or 2) with a friend</li> </ul>	<p><b>REST</b></p> <p>ENJOY A TREAT (TRY NOT TO OVERINDULGE)</p>
<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 13'000+ steps</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Have lunch with a friend</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 7km Walk, Jog or Run.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Put the screen away 2 hours before bed.</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Take part in an exercise class with a friend</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Read a book</li> </ul>	<p>TAKE A DAY TRIP OUT SOMEWHERE WITH FRIENDS OR FAMILY</p>	<p><b>REST</b></p> <p>ENJOY A TREAT (TRY NOT TO OVERINDULGE)</p>
<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 13'000+ steps</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Have dinner with a friend</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 8km Walk, Jog or Run.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Put the screen away 2 hours before bed.</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Cardio - burn 300-500 calories.</li> <li>Complete all exercises listed.</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Eat a healthy / nutritious breakfast, lunch &amp; dinner</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Take part in an exercise class with a friend</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Complete a crossword / word search or sudoku puzzle</li> </ul>	<p><b>FITNESS SESSION</b></p> <ul style="list-style-type: none"> <li>Complete 10'000 steps</li> </ul> <p><b>WELLBEING</b></p> <ul style="list-style-type: none"> <li>Go for a hike with friends / family</li> </ul>	<p><b>REST</b></p> <p>ENJOY A TREAT (TRY NOT TO OVERINDULGE)</p>

Switch around the days to suit you, the key is to complete the planner.





# FITNESS EXERCISES LIST TO COMPLETE

## THE PLANK

- Start face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows ( hands for beginner).
- Contract your abdominals to keep yourself up and prevent your booty from sticking up.
- Keep your back flat - don't let it droop or you'll be defeating the purpose. Picture your body as a long straight board, or plank.
- hold for 10-60 sec / rest for 20 sec & repeat 3-4 times.



## RUSSIAN TWISTS

- Begin in a seated position with knees bent, feet off the floor and holding medicine ball in front of chest a few inches.
- Lean back to engage your abs and core. To enhance the exercise raise the feet off the floor.
- Twist the ball to your left hip bone, keeping body centred.
- Twist the ball to your right hip bone, keeping body centred.
- This is one repetition. Continue to twist back and forth.
- Complete 10-20 reps / rest for 20 sec & repeat 3-4 times.





# FITNESS EXERCISES LIST TO COMPLETE

## WALKING LUNGES

- Stand up tall with your feet shoulder-width apart.
- Step forward with your right foot, lowering your body into a basic lunge position.
- Twist your upper body to the right from your midsection. Keep your core engaged and be careful to not rotate your knee.
- Bring your arms back to the center in a slow, controlled movement.
- Step the left foot up, raising the left knee and lunge forward on the left side.
- Repeat the same movement for this side and continue.
- Complete 10-20 reps / rest for 30 seconds and repeat 3 times.



## SQUAT & PRESS

- Stand with your feet hip to shoulder width distance apart.
- Squat down, picking up the barbell with an overhand grip.
- Standing tall, assume athletic stance with feet slightly wider than hip width, holding across shoulders height.
- Keeping back straight and knees behind toes, sink hips back and lower into squat position until thighs are parallel to ground.
- Extend hips and knees to drive up out of squat position and press barbell overhead.
- Lower the barbell down to shoulder height and repeat the movements.
- Complete 10-20 reps / rest for 30 seconds and repeat 3 times.





# FITNESS EXERCISES LIST TO COMPLETE

## RENEGADE PUSH UPS

- Get into pushup position, hands slightly wider than shoulder level with a dumbbell in each hand. Ensure you have a wide stance with the feet / knees for balance.
- Perform a pushup, keeping the body straight at all times (even on your knees) and then stay in the up position.
- Shift your weight to your right side, and row the left-hand dumbbell to your side.
- Perform another pushup and then repeat the row but with the other arm.
- Complete 10-20 reps / rest for 30 seconds and repeat 3 times.



## BATTLE ROPES

- Stand with your feet slightly wider than shoulder width apart.
- Grab the ends of two battle ropes with your palms facing each other.
- Bend at the hips and knees to sink into a quarter squat.
- Keeping your back straight and chest up, quickly raise and lower the ropes, alternating between your left and right hand.
- Instead of slamming the ropes into the ground, focus on creating "waves" that travel to the other end of the ropes.
- Complete this for 40 seconds / rest for 20 sec & repeat 5-10 times.





# FITNESS EXERCISES LIST TO COMPLETE

## BELL SWING

- Stand with your back straight and feet shoulder-width apart. Lower into a half-squat and pick up the kettlebell with both hands so your palms are facing your body.
- Keep your core tight and a slight bend in your knees as you straighten your legs pushing from the heels and explode through the hips and swing the kettlebell to chest height.
- As you swing the kettlebell down between your legs, return to the half-squat position. That's one rep.
- Complete this for 30 seconds / rest for 30 sec & repeat 5-10 times.



## SLAM BALL

- Start with feet hip-width apart and the core braced.
- Squat down and pick up the slam ball (ensure its a slam ball and NOT a medicine ball).
- Keep a soft bend in your knees.
- Rise up tall and extend the arms overhead with the slam ball.
- Exhale as you throw the ball down towards the ground with force.
- Standing upright, take a brief pause before squatting down to repeat the process.
- Complete this for 30 seconds / rest for 30 sec & repeat 5-10 times.



HEALTH  
HUB





# NOTES SECTION

**NOTES**

A large, blank white rectangular area intended for taking notes, set against a dark background with a faint image of a pen.

