

# MYFITZONE

Welcome to the MyFitZone Body Confidence Plan! Congratulations, you are one step further to reaching your goals, read this document and you are another step further! Then all you have to do is put the plan in to practice and you are well on your way to success!

Can't believe I am sharing a photo with you that I have never shared before!

## So what do you need to do?

1. **Follow the food list and instructions provided in this document**
2. **Get your mind set right and get motivated – You have chosen this plan as you have a goal in mind –put the effort in and get you mind set on the right track and you WILL succeed.**
3. **Follow the workout plan 'Body Confidence Plan' – which is found at the end of this document, we recommend you follow this for at least 30 days – this will ensure that you get the motivation you need and the results you want to continue**
4. **You can follow any workouts that you like throughout the website but these workouts in this plan have been carefully selected to ensure that you are toning up, building lean muscle and burning fat to get that beach body you desire**
5. **Option to complete a food diary for us to analysis and offer healthier alternatives**
6. **Contact us at any time for advice and motivation and make sure you follow the commandments at the end of this document**

## Get motivated

Keep it real and don't set goals that are unachievable or you will just frustrate yourself and feel depressed when you don't achieve it. If you want to lose a stone, then setting yourself a target to do it in a month is not the way to go about it. Think of it more as "I want to lose a stone, so I am going to aim for 1-2lb weight loss per week. This is both achievable and realistic and any extra weight loss will make you feel really good about yourself. I have seen it happen time and time again.... if you lose weight too quickly, I promise you it will pile back on unless you want to stick to a miserable way of living and deprive yourself of normality.

What I also often I hear all the time as a personal trainer... 'I want abs', 'What exercises will lose my bingo wings?', or 'I want to lose 2 stone for my holiday'. The problem with using these types of goals as a reason to work out and eat well is that they are driven by a negative body image and self-criticism rather than a more positive view of wanting to feel great, look great and be in the best shape of your life and stay in shape for life. Try not to think of quick fixes - when you get in the zone and your 'New Me' mojo is thriving then everything will fall into place, you will start to see your abs, you will lose your bingo wings, you will lose the weight for your holiday and most importantly, you will keep it because you have changed your way of thinking towards yourself and the way you see becoming healthy should be.

Don't get me wrong, exercise will improve your body confidence, but don't let society's ideology of the perfect body be the driving force behind your workouts. I find the most successful goals that motivate people are to push their own limits, if that's just moving more every day, or focusing on a particular skill or facet of their fitness e.g. 'I want to be able to do 10 press-ups on my toes.', 'I want to run faster', 'I want to do a triathlon', 'I want to be able to do a proper squat'. These types of goals not only give you a direction with your training and your daily routine, they will empower you more than a set of scales ever will.

Love yourself enough to change your lifestyle and behaviours, you are only given one body to live in so make it a healthy fit one!



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## The MyFitZone Method

Our method is simple, if you want to lose weight stick to food list **A** as much as possible (you will lose weight faster if you just stick to this list only, for a slower more **sustainable** weight loss then choose foods from group **B** but be mindful of the portions you choose per day and relax it slightly if you are just wanting to eat healthily, we will tell you all about portions shortly).

## Stick to the MyFoodZone list :-

We stick to groups of foods, the process in which you will follow consists of A, B & C group foods. You have chosen the weight loss plan which means the following method applies. All you need to do is follow the instructions below and when you reach your goal weight you can introduce more B group foods and at any stage, if the weight creeps back on all you have to do is revert back to your A Group Foods until you are back in check it really is as simple as that.

- A. Eat a wide variety of these foods - check portion control document for guidelines - but you can pretty much eat these freely**
- B. Eat limited amount of these foods as much as possible - the least amount you have the quicker the weight loss (aim to limit to 2 portions a day) -i.e. a bagel is 2 portions**
- C. Avoid completely - follow MyFitZone treat alternatives (will power is a muscle, the more you use it the stronger it gets)**

## Tips

Sometimes exercise is a great way to let your mind shut off from the outside world and de-stress, but when you train you need to be aware and focused if you want to see results. You know that feeling when you have finished a car journey and you wonder how you did it as you can't remember that roundabout but must have gone over it? That is not how you want to be when it comes to seeing results from exercise. An excellent way to get in the zone is to find a focus for the session - I often make sure each that exercise I am focusing on is getting a little further into the range of movement, deeper in that squat, or lower in that press up each and every time. Don't just go through the motions, you're there for a reason, stay focused on your goals.

You will find lots of tips and motivational blogs on the blog zone – make sure you check them out.

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Follow Our Simple Instructions: -

## 1. Join the [MyFitZone Closed Community Group Page](#)

A Support group for MyFitZone clients and anyone else who would like to learn more about fitness, health and nutrition. Feel free to ask us for advice about anything, post about your personal journey and progress, recipes, food pictures, motivational quotes or anything else you think the community would enjoy!

## 2. Complete a food diary and email to [hello@myfitzone.co.uk](mailto:hello@myfitzone.co.uk)

You can complete this food diary for your own records or use our facilities and email them to use to review. Keeping a food diary is an effective way to keep track of the number of calories that you eat every day. And whether you are trying to lose weight or simply maintain a healthier diet, a food diary can help you out. In addition to keeping your own written diary, MyFitZone can advise you on where you are going wrong and simple changes you can make. There are several reasons that you should start keeping a food diary today. You can read more about this on our website [www.myfitzone.co.uk/blog](http://www.myfitzone.co.uk/blog)

## 3. Stick to the weight loss food list provided later in this document

We will provide you with a meal plan based on your food diary, please let us know if there are foods you really don't like or if you are vegetarian, vegan or have any food intolerances. If you decide to stick to the plan and choose not to let us review your food diary then we have enclosed an example food plan for you which you can substitute foods by using the food list.

## 4. Stick to your fat burning workouts provided in – Body Confidence Plan

Why is the MyFitZone concept important if you are planning an exercise program to lose weight and get fit? Put simply, MyFitZone helps you to:

- ♥ Start with the right exercises and intensity for your level of fitness.
- ♥ Measure your progress whilst the programmes are carefully selected to get the most out of each and every session.
- ♥ Plan your training sessions to maximise both short term and long term weight loss.

These exercises have been chosen because the mix of strength training with bursts of cardio, gives you a total body workout and torches fat. With our unique method of incorporating cardio with weights and other equipment you will see even greater results. Using the FITT principle isn't just important in your initial training plan; it is also crucial to your longer-term planning, weight control and fitness development.

If you are wondering, 'does that mean I must buy some weights', not necessarily, it is important to read the workout plan, there are options for you to substitute the weights by using house hold equipment.

## 5. Weigh in once per week at the same time or take a measurement of chest, waist and hips

MyFitZone principal is not a diet, its healthy living, you've chosen weight loss so it's important to check your progress. Don't worry too much about weight as it will fluctuate based on muscle development. The most important thing is how you will feel in your clothes and looking in the mirror, keeping track of your measurements will also keep you motivated.

## 6. Ask us questions, keep talking to us we offer skype calls as well so make the most of our services

Let us know whenever you are struggling or if you just need motivation this will help you on your journey.

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# MY FIT ZONE

Believe it or not this was me in my mid 20's, I threw so many photos of me away as I was ashamed of myself and hated looking back as I was miserable then, I have always been massively into my exercise, even then, although I would train for hours every day and try all sorts of different diets. It wasn't until I founded what I have named The MyFitZone method of pairing the right exercise together with the right intensity, I built a lot of lean muscle from body weight exercises, yes it can be done and I really started to see results.

It's really only in the past few years that I started lifting weights on a daily/weekly basis that really revved up my metabolism even further, many people tell me that I am incredibly strong, as they see this from the exercises that I do, and I am strong, I don't lift heavy though, I use anything from 2kg weights to a maximum of 8kg, it is the combinations of exercise that I put together that is what gets me the lean muscle mass and the physique I now have. I also love me Dynamic Tension Training which doesn't require any weights what so ever but really builds lean muscle.

I have tried lots of different methods and although I do understand that everyone is different and everyone responds to things in different ways, but I have tried my method on many people and I really want to share this with you. I have been through a phase in my life where I lifted heavy, I would bench press 20kg no problem, I couldn't do that now and nor would I want the body I had when I was doing that.

A massive part of my journey was changing my mind set and the way I approached food and exercise.

Now in my late 30's I can honestly say I am in the best shape of my life and have changed my metabolism completely and never have to deprive myself of anything, I am living proof you can get fitter with age....and not to mention more attract, I like to think anyway, that hair did not suit me at all!



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