

MYPROTEIN



I AM FOREVER FIT

TRAINING & NUTRITION GUIDE

THE
**WEIGHT
LOSS
GUIDE**

FOREVER FIT

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The final word

Let's get started

**Tried the fitness
fads and back at
square one?**

We feel you.

It's time to ditch the 'quick-fix' diets and follow our guide to building a healthier, stronger body for good.

Learn about how to diet the right way, try tasty new recipes, and put your fitness to the test with tough workouts that work.

We're here to help you to make sustainable lifestyle changes that you can stick to.



Fuel your progress

We caught up with qualified nutritionist Jennifer Blow to get the lowdown on how to feed your body for sustainable, long-lasting results.

In this section we'll show you:

How to calculate how many calories your body needs to achieve your goal.

The major food groups and what percentage of your diet they should make up.

Super-simple recipes and a meal plan so your journey doesn't equal bland food or complicated kitchen routines.

Now get a calculator and a pen and paper handy for your personalised nutrition plan...

MAKE CALORIES COUNT

At a glance

The amount you eat directly affects your body composition, so why do most of us use the generalised population guidelines (or none at all)?

In reality, calorie requirements are as unique as you are — your age, gender, body composition, physical activity all affect how many you need per day, AKA your ‘total daily energy expenditure’.

Let’s take a look at some general calorie recommendations...

AGE ↓	SEDENTARY You’re not doing much exercise — just daily living activities (kcal)		MODERATELY ACTIVE A couple of gym sessions or long walks per week (kcal)		ACTIVE 3+ gym sessions per week (kcal)	
	M	F	M	F	M	F
18	2,400	1,800	2,800	2,000	3,200	2,400
19-20	2,600	2,000	2,800	2,200	3,000	2,400
21-25	2,400	2,000	2,800	2,200	3,000	2,400
26-30	2,400	1,800	2,600	2,000	3,000	2,400
31-35	2,400	1,800	2,600	2,000	3,000	2,200
36-40	2,400	1,800	2,600	2,000	2,800	2,200
41-45	2,200	1,800	2,600	2,000	2,800	2,200
46-50	2,200	1,800	2,400	2,000	2,800	2,200
51-55	2,200	1,600	2,400	1,800	2,800	2,200
56-60	2,200	1,600	2,400	1,800	2,600	2,200
61-65	2,000	1,600	2,400	1,800	2,600	2,000
66-70	2,000	1,600	2,200	1,800	2,600	2,000
71-75	2,000	1,600	2,200	1,800	2,600	2,000
76+	2,000	1,600	2,200	1,800	2,400	2,000

Work out your calorie requirements: the science

Now it's time to get personal. Follow these steps to work out how many calories your body needs to maintain your current body composition. After that, you'll be able to work out how many calories you need to lose weight.


STEP 1

Work out your BMR

Your BMR is your 'basal metabolic rate'. It's the amount of energy (calories) your body burns if you do nothing but rest for 24 hours.

To calculate your BMR, you should know your weight in kilograms and your height in centimetres, and you should have a calculator.

Use one of the following equations to calculate your BMR:

	WOMEN	MEN
WEIGHT	10 X WEIGHT IN KG	10 X WEIGHT IN KG
	+	+
HEIGHT	6.25 X HEIGHT IN CM	6.25 X HEIGHT IN CM
	-	-
AGE	5 X AGE IN YEARS <u>- 161</u>	5 X AGE IN YEARS <u>+ 5</u>
	=	=
BMR		

STEP 2

Work out your TDEE

Your 'TDEE' is your total daily energy expenditure. That's the amount of calories your body needs daily — including physical activity.

To work out how many calories you need per day, use a calculator to multiply your BMR (you've just worked this out in step 1) by your physical activity level or 'PAL', which is represented by the numbers below:

SEDENTARY

1.4

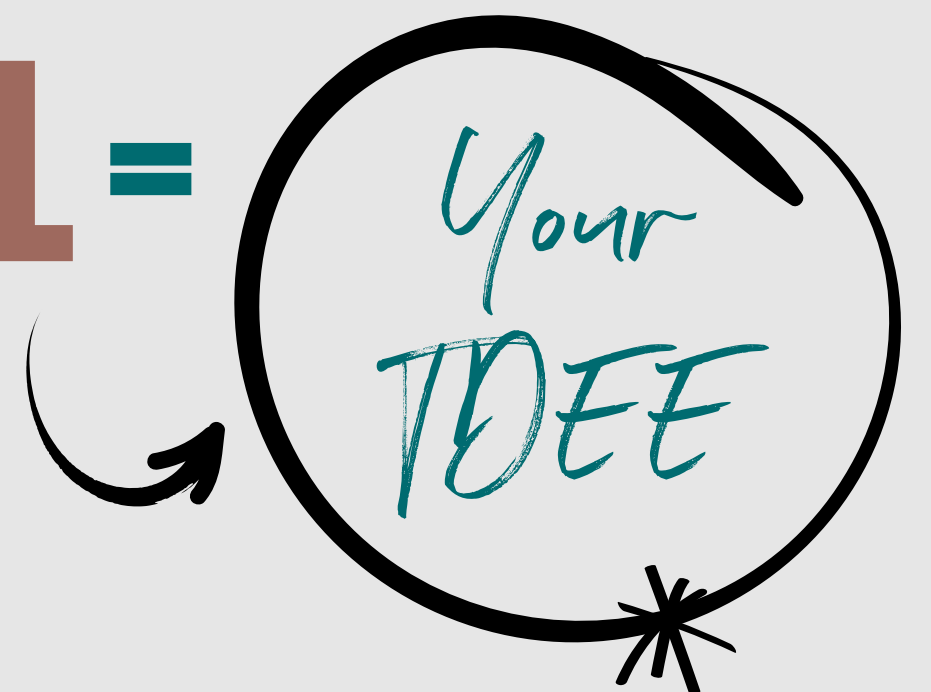
**MODERATELY
ACTIVE**

1.6

**HIGHLY
ACTIVE**

1.8

YOUR BMR X YOUR PAL =



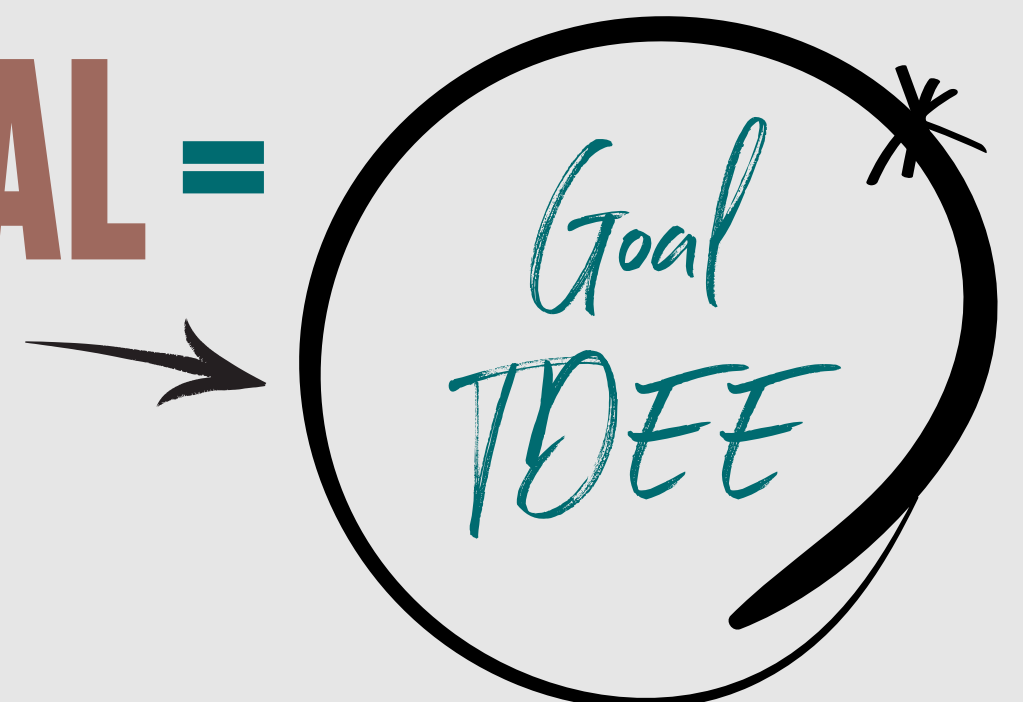
STEP 3

Work out your 'goal TDEE' for weight loss

To lose around 1lb per week, you should subtract approximately 500kcal from your TDEE — your body will use up the remaining calories from your energy stores. This energy can be taken from both fat and muscle tissue. To minimise muscle tissue loss and to keep your BMR high, it's important to keep on top of weight training and eat enough protein (we'll get to this later).

Recalculate your calorie requirements every few weeks. As your weight reduces, your calorie requirements also decrease — which means after extended periods of weight-loss, the process can often slow down.

YOUR TDEE - 500KCAL =



MASTER MACROS

It's important to work out your macronutrient requirements, which means how much protein, carbohydrates, and fat your body needs. Follow these steps to work out what you need — grab a pen and paper and write the numbers down as you go.

Follow these steps

STEP 1

How much protein?

Calculate your protein requirements first, and the rest (carbohydrates and fat) should be taken from your remaining calorie requirements.

Protein is the body's bricks and mortar for rebuilding muscle, replicating DNA, and catalysing metabolic reactions. High amounts are found in meat, fish, animal products, and also plant-based sources like legumes, nuts and seeds. Eating enough of the stuff combined with weight training promotes muscle growth (AKA muscle protein synthesis) and maintenance.

It's super-important to maintain muscle mass during your weight-loss plan, as this keeps your body burning calories.

Scientific research recommends that you eat approximately 2g of protein per kilogram of bodyweight per day during periods of energy restriction to prevent muscle loss.

Simply multiply your weight in kg by 2 to work out how many grams of protein you need every day.

Once you've worked out how many grams of protein you need per day, multiply the amount of grams by 4 to get the amount of calories it represents. Subtract this from your goal TDEE, and you'll have your remaining calories to work out your fat and carbohydrates. Write down these numbers.

WEIGHT IN KG X 2 = DAILY GRAMS PROTEIN

DAILY GRAMS PROTEIN X 4 = CALORIES

YOUR GOAL TDEE - CALORIES =

Your remaining calories

STEP 2

How much fat?

Research shows that around 35% of your diet should be made up of fats.

To work this out, divide your goal TDEE by 100 and multiply that number by 35.

To get the amount of fat in grams you need, divide that number by 9. Write these numbers down.

There are a few different types of fats — some of which are healthy and some that have no health benefits at all.

Monounsaturated and polyunsaturated fats are found in foods like avocados, nuts, olive oil, and oily fish, and boast big health benefits. Saturated fats found in things like coconut oil, meat, egg yolk and dairy are beneficial in smaller amounts. Finally, you have trans fats, which are found in fast foods, ready meals, and confectionary. Avoid these as they're harmful to health and will slow progress.

YOUR GOAL TDEE ÷ 100

THEN X 35

THEN ÷ 9 =



STEP 3

How many carbohydrates?

Now you've worked out your protein and fat requirements, the remaining calories from your goal TDEE should be made up of carbohydrates.

To work out your remaining calories, simply subtract your protein and fat calories from your goal TDEE.

Next, divide your remaining calories by 4 to get the amount of carbohydrates in grams you need.

There are two main food groups that contain carbs:

Starchy foods: Starchy foods are the main source of carbs and play a key role in energy metabolism. These include foods such as bread, pasta, potatoes, rice and cereal. Try to eat these as wholegrain varieties (or leaving the skin

on for potatoes), as that's where lots of the goodness is found.

Fruit and vegetables: Boasting a huge range of vitamins and minerals and absolutely essential for health, fruit and vegetables are a must.

Vegetables help you feel full due to their fibre content, plus they're often low in carbs (not including starchy veg like potatoes). Try to get at least 3–4 portions of vegetables into your daily diet.

Fruits are higher in carbs in the form of simple sugars, but are still an important food for health. Try to get 1–2 portions of fruit into your daily diet (dried fruits and fruit juices have a higher sugar content so try to steer clear of having these too often).

YOUR GOAL TDEE – YOUR PROTEIN AND FAT CALORIES

THEN / 4 = CARBOHYDRATES IN GRAMS

FOOL-PROOF WEIGHT LOSS MEAL PLAN



This well-balanced meal plan comes from expert nutritionist Alice Pearson and is designed to keep you going all day long. Mix and match your meals and snacks to suit you, and remember, your calories and macronutrient weights are personal — you can apply these to the plan.



MONDAY

BREAKFAST

2-egg omelette with mixed veg (tomato, mushrooms, onion etc.), avocado and mozzarella

LUNCH

Jacket potato with baked beans and mixed salad

SNACKS

Rice cakes with peanut butter

DINNER

Chicken and vegetable stir-fry with rice noodles

WHY?

Eggs and chicken are high in leucine — the amino acid boost for muscle building.

An excuse to get hyped about avocado — it's packed with healthy fats.



TUESDAY

BREAKFAST

Fat-free natural yoghurt with mixed berries and granola

LUNCH

Tuna Niçoise salad

SNACKS

Peanut butter and banana on wholemeal toast

DINNER

Lean beef steak with baked sweet potato, asparagus and tender stem broccoli

WHY?

Berries contain high amounts of polyphenols, which have antioxidant properties.

Get fit by eating fish — tuna is a good source of lean protein and omega-6 fatty acids.

WEDNESDAY

BREAKFAST

Porridge with mixed seeds and walnuts

LUNCH

Couscous, chickpea and pomegranate salad

SNACKS

Crispbreads with avocado and salsa

DINNER

Turkey mince spaghetti Bolognese with salad

WHY?

Turkey mince is a leaner alternative to beef mince, helping you reduce your saturated fat intake.



THURSDAY

BREAKFAST

Super green smoothie (kale, spinach, pineapple, banana, flax seeds, yoghurt)

LUNCH

Chicken, avocado & hummus wrap

SNACKS

Apple & carrot sticks with almond butter

DINNER

Seared tuna steak & sweet potato wedges (recipe below)

WHY?

Nobody eats plain kale, but it's a good source of calcium, vitamin K, and antioxidants, so shove it in a smoothie instead.



FRIDAY

BREAKFAST

Chocolate peanut butter overnight oats (recipe below)

LUNCH

Chickpea and spinach curry with spicy couscous

SNACKS

Coffee chocolate protein smoothie (recipe below)

DINNER

Baked salmon fillet with goat's cheese, walnut, and apple salad

WHY?

Chickpeas are high in protein, have a low GI, and are a good source of fibre, which can increase satiety and help with weight loss.



SATURDAY

BREAKFAST

Berry-beet protein smoothie (vanilla whey protein powder, mixed frozen berries, beetroot)

LUNCH

Smoked salmon, avocado, and cream cheese wholemeal bagel

SNACKS

>70% cocoa dark chocolate

DINNER

Chicken Thai green curry with cashew nuts and jasmine rice

WHY?

Beetroot is high in nitrates, which can boost your gym performance.

Also, ditch the milk and opt for dark chocolate — it's a rich source of antioxidants and is lower in sugar.



SUNDAY

BREAKFAST

Bacon medallions, scrambled eggs and spinach on wholemeal toast

LUNCH

Low-carb burrito jars (recipe below)

SNACKS

Protein bar

DINNER

Sweet potato, coconut and chilli soup with a wholemeal bread roll

WHY?

Bacon medallions are a tasty breakfast treat with less saturated fat and calories than ordinary bacon.





MAKES
1 Serving

BREAKFAST

Chocolate & peanut butter overnight oats

After a little indulgence? This recipe has no added sugar, but plenty of chocolatey taste to satisfy that sweet tooth.

KCAL
491

FAT
24g

PROTEIN
32g

CARBS
8g

INGREDIENTS

- 60g rolled oats
- 1/2 scoop [Vanilla Impact Whey Protein](#)
- 1 tbsp. Organic Chia Seeds
- 1 tbsp. cocoa powder
- 1 tbsp. [All-Natural Peanut Butter](#)
- 150ml milk

METHOD

- Mix all of the ingredients together and drop into a jar.
- Refrigerate for at least two hours or overnight.



MAKES
2 Servings

DINNER

Seared tuna steak & sweet potato wedges

Try this seared tuna steak with pink peppercorns and sweet potato wedges for a quick and healthy dinner.

KCAL
291

FAT
25 g

PROTEIN
12 g

CARBS
20 g

INGREDIENTS

For the sweet potatoes:

- 2 sweet potatoes
- 1 tbsp. plain flour
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tbsp. Coconut oil (melted)

For the rest:

- 2 120g tuna steaks
- 1 tbsp. pink peppercorns
- 1 tsp. coarse sea salt
- 1 tbsp. Coconut oil
- 1 lemon (cut into wedges)
- Your favourite vegetables

METHOD

Cut the sweet potatoes into wedges. Sprinkle the flour, salt, pepper and melted coconut oil over them about a little to coat them (this will make them super-crispy). Pop them onto a baking tray and bake at 200°C for 25 minutes.

Coat each steak with pink peppercorns (crushed) and sea salt, then fry or griddle on high heat with the coconut oil. When the pan just about begins to smoke, add the tuna steaks and fry on each side for 45 seconds if you prefer seared tuna, or 2 minutes on each side if you prefer it cooked through.

Serve with lemon wedges and your favourite vegetables.



MAKES
1 Serving

SHAKE

Coffee chocolate protein smoothie

This delicious protein milkshake makes the perfect protein-packed breakfast shake to wake you up in the morning.

KCAL
279

FAT
3g

PROTEIN
31g

CARBS
35g

INGREDIENTS

200ml milk

100ml brewed coffee

1 scoop (30g) [Chocolate flavoured Impact Whey Protein](#)

100g banana

METHOD

Add all ingredients to a blender and blend on full power.

HOW TO GET IN MORE GREENS

Did you know two thirds of people don't get their five-a-day? Read on for five easy ways to pack yours in every meal.

01

Switch up your smoothie

Get your five-a-day in one by blending up a smoothie. You can add any fruit or vegetable, so get creative.

02

Slurp on soup

No need to gnaw away on plain carrots and broccoli. Add them to a soup and you can dunk a big hunk of buttery bread into them instead.

03

Breakfast of champions

Make a share-worthy breakfast every day and feel healthy by bunging some berries on top of your cereal or porridge.

04

Attack the snacks

Ditch the chocolate and crisps and try some carrot sticks or a crunchy apple. Sound a bit sad? Pick a dip like hummus or nut butter to add some flavour and healthy fats.

05

Get saucy

Plain vegetables can be boring — there's no denying it. But, vegetables in a sauce will absorb the delicious flavours and add texture and colour to your favourite dishes — win.



Supplements sorted

There are plenty of reasons to take supplements while on your weight-loss journey — the most important being feeling on top form to tackle tough workouts and keeping those hunger pangs at bay.

These are the key supplements to take alongside your balanced diet...

SUPPLEMENTS SORTED

YOUR DAILY DOSE



100% Rolled Oats

Perfect for a filling breakfast that will fuel your day, or for adding to shakes and baking.

[Find out more](#)



FlavDrops

Natural zero-calorie flavouring that'll transform your food without adding extra sugar or fat, so you can keep the flavours you love without derailing your diet.

[Find out more](#)



All-Natural Peanut Butter

Life's better with peanut butter, right? Ours is free from added salt, sugar, palm oil and preservatives — sweet and simple.

[Find out more](#)

SUPPLEMENTS SORTED

PRE-WORKOUT



ESSENTIALS

Pre-Workout Blend

Don't let your workouts get the better of you. With 150mg of caffeine that's proven to enhance performance, you'll be able to go harder for longer.

[Find out more](#)



VEGAN

Green Tea Extract Powder

This natural extract is a great way to your workouts, with caffeine to increase alertness and improve endurance.

[Find out more](#)

SUPPLEMENTS SORTED

INTRA-WORKOUT



ESSENTIAL

Impact EAA

A superior blend of all nine essential amino acids, with zero calories and zero sugar, so that you can get the amino acids you need without derailing your training.

[Find out more](#)



VEGAN

Vegan BCAA Amino Acid

Ideal for supporting your plant-based diet, this contains a blend of 4:1:1 ratio of branched-chain amino acid leucine, isoleucine, and valine, which are the building blocks of protein.

[Find out more](#)

SUPPLEMENTS SORTED

POST-WORKOUT



ESSENTIALS

Impact Whey Isolate

One of the purest whey proteins available, providing over 90% protein and just 1% fat to support muscle growth and maintenance.

[Find out more](#)



PRO

THE Whey

A blend of all the best protein, this is the ultimate low-sugar recovery drink. The indulgent flavours will make it your new favourite snack.

[Find out more](#)



VEGAN

Soy Protein Isolate

Be a lean green plant-based machine with this tasty shake. With an impressive 27g of protein per serving, it's ideal for post-workout recovery.

[Find out more](#)

SUPPLEMENTS SORTED

SENSATIONAL SNACKING



Lean Brownie

Providing over 13g of protein and just 191 calories per bar, this indulgent-tasting treat is perfect to support your training.

[Find out more](#)



Protein Flapjack

Packed with 20g of protein per flapjack, this sweet snack is great to help with muscle growth and maintenance.

[Find out more](#)



VEGAN

Baked Protein Cookie

No need to give into the guilt — these cookies are high in protein and completely plant-based.

[Find out more](#)



Weight-loss workouts

While what you eat plays a big part in your weight-loss journey, regular exercise will help you shift fat and build muscle too — which means a boost for your metabolism.

In this section you'll find a week's worth of workouts made up of strength training and cardio — the ideal weight-loss combination. Carry out these workouts week by week for sustainable results that'll keep you forever fit. Let's get moving...

Meet the PT

With over 12 years' experience in the sports industry, Hollie Philippa knows her stuff when it comes to staying in shape. Her experience working in top gyms around the world has given her the expertise to create holistic workouts tailored to promote weight loss.

EXERCISES

Weight loss workouts

Workout One

**Complete 10 circuits, resting
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Bodyweight squat	10	15
Bodyweight reverse lunge	10	15
Press-up	10	15
Tricep dips	10	15
Jump squats	10	15
Plank hold	10	60s



EXERCISE

Bodyweight squat

Sets 10

Reps 15

METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels

Why squat?

Great for building bigger, stronger glutes and abs. and exhale, bracing abs throughout movement.



EXERCISE

Bodyweight reverse lunge

Sets 10

Reps 15

METHOD

Standing upright with your hands on your hips, take a large step backwards with one foot.

Bend your legs so that your front leg is parallel to the floor and your back knee is just off the ground.

Slowly straighten and repeat on the other leg.



EXERCISE

Press-up

Sets 10

Reps 15

METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body.

Lower back to the starting position and repeat.

Take it down a notch:

If you can't manage a full press-up, try doing them on your knees instead of your feet.



EXERCISE

Tricep dip

Sets 10

Reps 15

METHOD

Position your hands behind your, shoulder-width apart, on a stable bench or chair.

Straighten your arms, with a slight bend at the elbows (to take the pressure off your joints) and then lower to a 90-degree angle.

Press back up to finish the move and then repeat.



EXERCISE

Jump squat

Sets 10

Reps 15

METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



EXERCISE

Plank hold

Sets 10

Reps 60s

METHOD

Plant your hands directly under your shoulders, like you're at the top of a push up.

Squeeze your glutes and abs to stabilise your body and keep your back straight.

Hold this pose for as long as you can without compromising your form (don't let that bum dip!)

EXERCISES

Weight loss workouts

Workout Two

**Complete 10 circuits, resting
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Walking lunge	10	15
Jump squats	10	15
Step-ups	10	15
Press-up	10	15
30-second standing sprint	10	1
Ab crunch	10	15



EXERCISE

Walking lunge

Sets 10

Reps 15

METHOD

Standing tall, with chest up and feet hip-width apart, engage your core and glutes and take a step forward on one leg.

Keep your knees behind your toes as you lower down so that your front thigh is parallel with the floor.

Step forward on your back leg and repeat the movement.

Why lunge?

This move works every major muscle in your lower body — it's a winner with us.



EXERCISE

Jump squat

Sets 10

Reps 15

METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position,

Keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



EXERCISE

Step-up

Sets 10

Reps 15

METHOD

Simple: Step up onto a bench or platform and step back down.

The higher the platform, the harder this move will get.

Take it up a notch:

Add weights or increase the pace of your steps.



EXERCISE

Press-up

Sets 10

Reps 15

METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body.

Lower back to the starting position and repeat.

Take it down a notch:

If you can't manage a full press-up, try doing them on your knees instead of your feet.



EXERCISE

30-second standing sprint

Sets 10

Reps 1

METHOD

Staying on the spot, run for as fast as you can for 30 seconds, take a 10-second break and then go again.



EXERCISE

Ab crunch

Sets 10

Reps 15

METHOD

Lie down on your back, bend your legs and place your feet firmly on the ground.

Cross your hands over your chest and lift your head and shoulder blades off the ground without straining your neck. Exhale as you do this.

Slowly lower yourself back to the starting position while inhaling and then repeat.

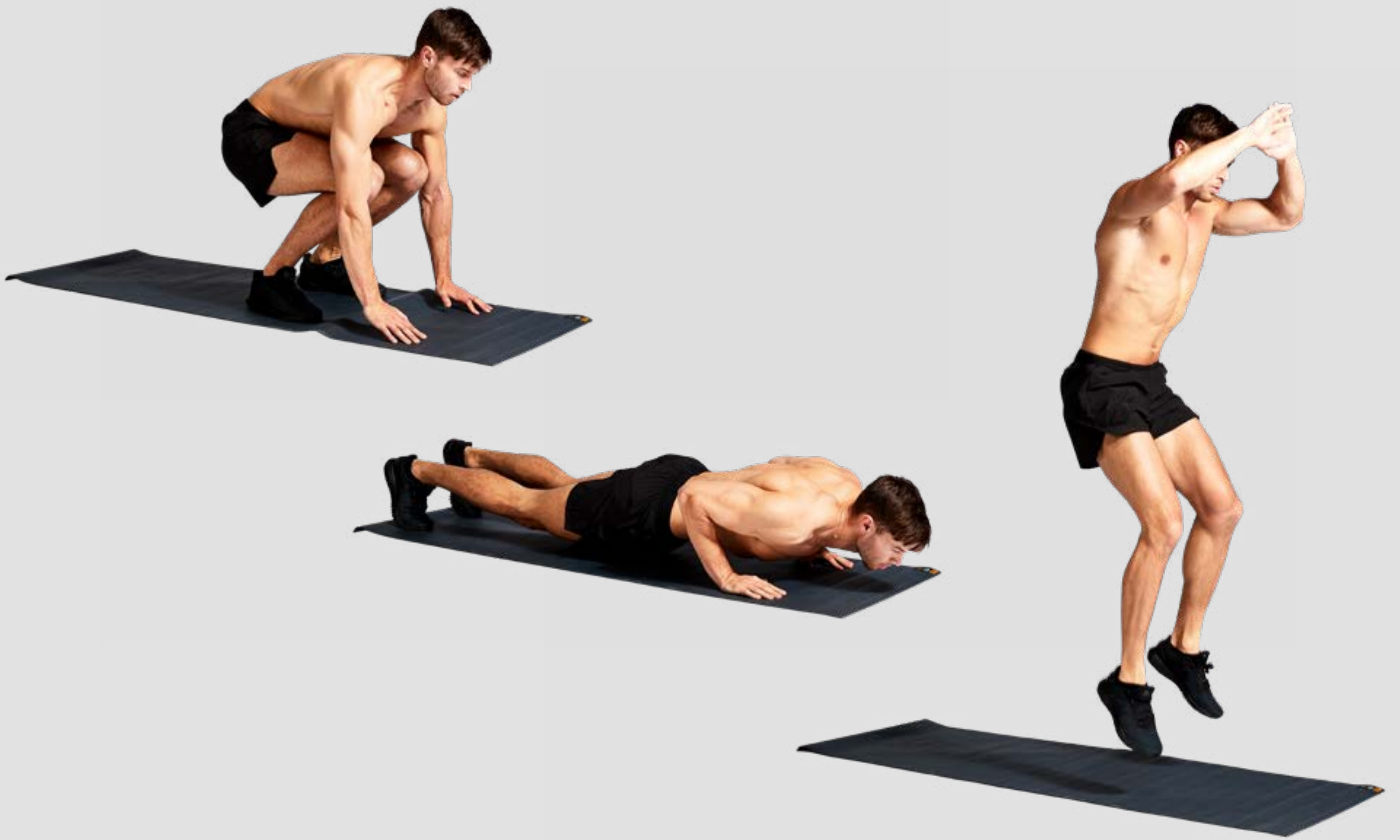
EXERCISES

Weight loss workouts

Workout Three

**Complete 10 circuits, resting
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Burpee	10	15
Plank hold	10	60s
Squat into overhead press	10	15
Jump squat	10	15
Bicycle crunch	10	15
Jump twist	10	15



EXERCISE

Burpee

Sets 10

Reps 15

METHOD

From a standing position, drop down into a squat, kicking out your legs into a plank position.

Then, pull your legs back in and jump up as high as you can, landing softly.

Repeat the move as fast as you can, while keeping your form.

Why burpee?

While everyone hates this move, everyone does it too. That's because it's a great high-intensity move that works the whole body.



EXERCISE

Plank hold

Sets 10

Reps 60s

METHOD

Plant your hands directly under your shoulders, like you're at the top of a push up.

Squeeze your glutes and abs to stabilise your body and keep your back straight.

Hold this pose for as long as you can without compromising your form (don't let that bum dip!)

Take it up a notch

Try lifting up one hand at a time to your chest while keeping your body stable.



EXERCISE

Squat into overhead press

Sets 10

Reps 15

METHOD

With dumbbells or a barbell on your shoulders, stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, push the weights upwards until your arms are straight. Lower the weights as you lower into the next squat.



EXERCISE

Jump squat

Sets 10

Reps 15

METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



EXERCISE

Bicycle crunch

Sets 10

Reps 15

METHOD

Lying on your back, pressing it into the floor, raise your head and shoulders slightly above.

Place your hands on either side of your head without pulling on your neck.

Lift your legs off the ground, bending one knee towards your face while straightening the other leg out away from you.

Twist your core so that the opposite elbow meets with the bended knee.

Why bicycle crunch?

It hits the upper and lower ab and the oblique muscles all in one move — impressive.



EXERCISE

Jump twist

Sets 10

Reps 15

METHOD

Reaching up and keeping your body straight and knees slightly bent, push off the floor with both feet, bringing them up towards your chest.

Rotate your hips to one side while in the air, but keep your chest facing forwards. Land with both feet and repeat in the other direction.

EXERCISES

Weight loss workouts

Workout Four

**Complete 10 circuits, resting
between each circuit for 60 seconds**

EXERCISE	SETS	REPETITIONS
Jump squat	10	15
Burpee	10	15
Press-up	10	15
Tricep dip	10	15
Walking lunge	10	15
30-second standing sprint	10	1



EXERCISE

Jump squat

Sets 10

Reps 15

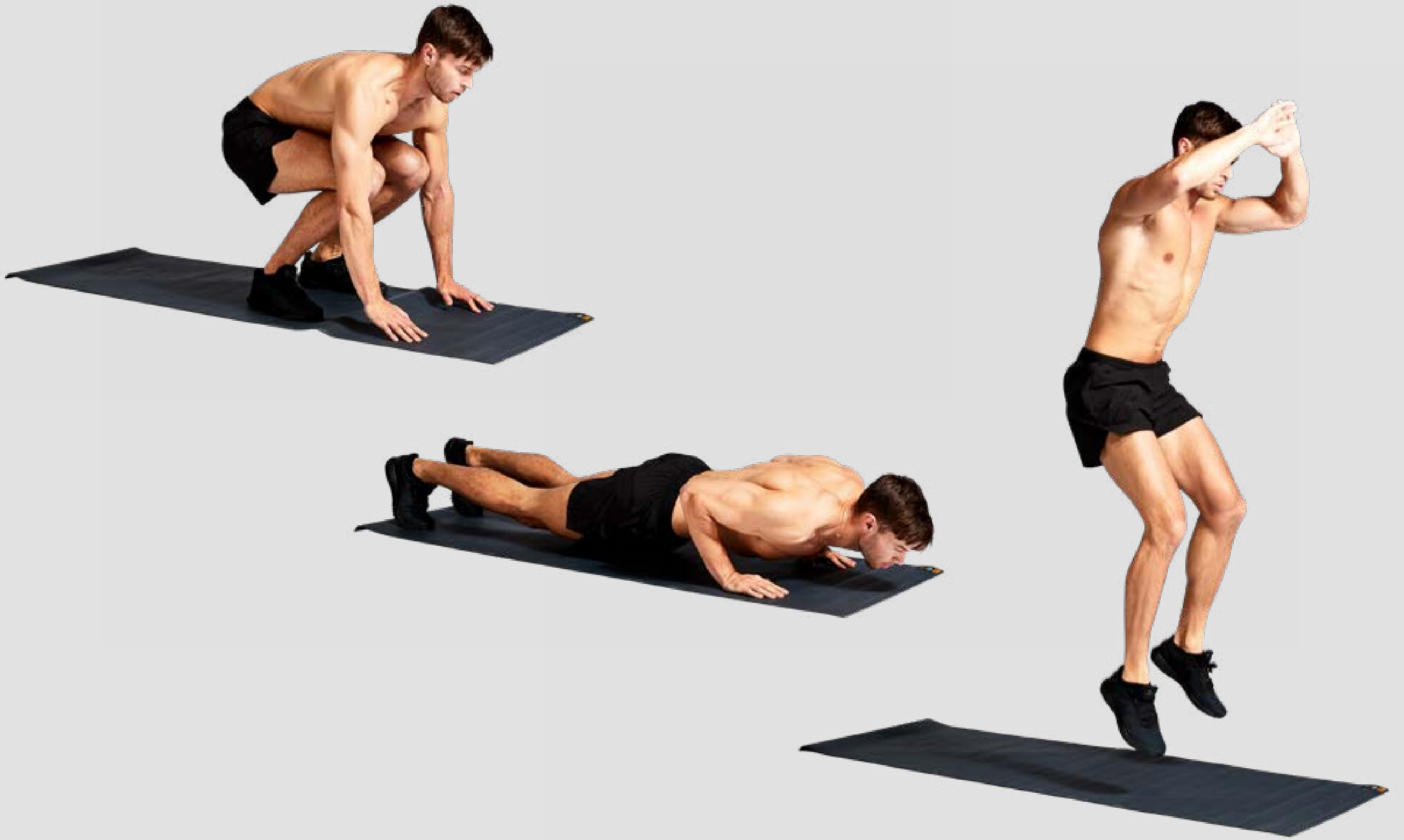
METHOD

Stand with your feet shoulder-width apart, toes slightly pointed outwards.

Inhale and hinge at the hips and bend into the squat position, keeping your knees behind your toes, chest up, and back straight.

Push back up through your heels and as you do, jump up, using your arms to propel you upwards.

Land as softly as you can and then repeat.



EXERCISE

Burpee

Sets 10

Reps 15

METHOD

From a standing position, drop down into a squat, kicking out your legs into a plank position.

Then, pull your legs back in and jump up as high as you can, landing softly. Repeat the move as fast as you can, while keeping your form.



EXERCISE

Press-up

Sets 10

Reps 15

METHOD

Lying on your front, place your hands lightly wider than shoulder-width apart and push up onto your toes.

Keep your body straight by engaging your core muscles and then push up until your arms are straight, keeping your elbows reasonably close to your body. Lower back to the starting position and repeat.

Take it down a notch:

If you can't manage a full press-up, try doing them on your knees instead of your feet.



EXERCISE

Tricep dip

Sets 10

Reps 15

METHOD

Position your hands behind your, shoulder-width apart, on a stable bench or chair.

Straighten your arms, with a slight bend at the elbows (to take the pressure off your joints) and then lower to a 90-degree angle.

Press back up to finish the move and then repeat.



EXERCISE

Walking lunge

Sets 10

Reps 15

METHOD

Standing tall, with chest up and feet hip-width apart, engage your core and glutes and take a step forward on one leg.

Keep your knees behind your toes as you lower down so that your front thigh is parallel with the floor.

Step forward on your back leg and repeat the movement.



EXERCISE

30-second standing sprint

Sets 10

Reps 1

METHOD

Staying on the spot, run for as fast as you can for 30 seconds, take a 10-second break and then go again.

Why sprint?

High-intensity exercise is a great fat burner and metabolism booster.

WAYS TO MEASURE YOUR PROGRESS

01

Take pictures

It can be hard to see changes when you see yourself day in, day out. Take a picture before you start your new routine and periodically take them to see how your body changes from the hard work you've put in. Make sure you wear the same clothes and take the pictures in the same light to see even the smallest of changes.

02

Track your gym PBs

Take a note of how heavy you can lift and keep jotting down your new PB every time you reach it — you can also do the same with your fastest runs. This way, you can look back at where you started and see how much you've improved.

03

Take body measurements

This doesn't have to mean weighing yourself every day. Instead, take waist, thigh, and tricep measurements to keep track of how many inches you've lost from your waist, or the muscle you've gained.

04

How do your clothes fit?

If your goal is weight-loss, then chances are you'll go down a couple of clothes sizes. If your jeans are feeling looser, or you even need to buy a smaller pair, then this is a sign that you're moving in the right direction.

REASONS YOUR PROGRESS HAS PLATEAUED

01

You're not tracking your food accurately

Are you guessing how many oats you're pouring into your bowl every day, or conveniently not counting that morning mocha? While being over on your calories every so often is absolutely fine, if you're finding you've stopped seeing progress, you may need to look at tracking your calories and macronutrients more accurately.

02

You're not consistently eating and exercising

If your exercise routine has become a little sporadic and you're indulging more often than not, then you can't really expect to see the results you want. Stick to your exercise plan and try and take a few of the treats out of your diet.

03

Your workouts aren't varied or intense enough

Do you spend most of your time in the gym sat on your phone? Unfortunately, scrolling doesn't burn as many calories as the treadmill. Use your workouts as a chance to challenge yourself by switching it up regularly and trying your hardest in the time you have.

04

Your goal is too vague/unrealistic

If your main goal is "weight-loss", then this can feel a little distant and vague. Think about why you want to lose weight and the little goals you can set to get you to your big goal. It may be to fit into an old outfit and the little goals to get there could be eating well 80% of the time and exercising 4-5 times that week.



SURE-FIRE SUCCESS

A diet and exercise plan are a great place to start, but how do you keep it fun, sustainable, and successful? Here are our top tips.

01 Fuel up on fibre

Studies show that fibre helps with weight-loss by helping you feel fuller for longer.

02 Ditch the drink

You were probably hoping this one wouldn't be on here, but alcohol is packed with calories and offers little nutritional value. Allowing yourself a treat now and then is good for keeping on track, but just make sure heavy drinking doesn't become a habit.

03 De-stress

Stress causes the adrenal glands to release cortisol. High levels of this hormone can increase your appetite and abdominal fat storage, so give yourself a break and relax.

04 Weigh your food

Weighing your food accurately is the best way to gauge whether you're getting the right amount of calories you need — it also makes it easier to adjust your plan for a little more or less food.



05 Keep it consistent

Don't deprive yourself of the odd treat, but if you're regularly exercising and eating well 80% of the time, then you'll soon see results.

06 Drink plenty of water

Switch out calorie-heavy store-bought coffees and sugary drinks and stick to water. Drinking a glass before eating may also help you to eat less.

07 Mix up your meals

Nothing will make you fall off the wagon like the same old boring meals, so add spices, switch up your vegetables and experiment with different food combinations.

08 Keep track of progress

There's nothing more motivating than seeing positive change in yourself, so take progress photos, body measurements and track your gym PBs, so that you've got something to celebrate at the end of each week.

The final word

You've made it this far... so, don't stop now. Remember, being fit and healthy is a life-long journey that'll have its ups and downs.

The trick is to keep challenging yourself and make this a lifestyle you can stick to.