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Sophie's Top 10 Tips for Your Health & Fitness

Hi Ladies,

I'm sure you are tired of being bombarded with information about health, fitness and weight loss. I hope that my Top 10 Tips for Your Health & Fitness can help you get focused on some practical ways to help you get into great shape, seriously improve your health and fitness, and get on the right track to transform your body!

I am a Certified Personal Trainer and Fitness Instructor and Founder of Burn It Off Health & Fitness. My Top 10 Tips are based on information I have gathered throughout my training and education, my experiences with clients and above all, my personal body transformation, hours of personal research and years of trial and error which I have used to help me to get fit, healthy and maintain weight loss. I am a Personal Trainer, not a Doctor, so be sure to use my tips as a practical guide and not a substitute for medical advice. Always check with your doctor to determine the appropriateness of the information for you and your own situation.

The fact is that getting into great shape, getting leaner and maintaining a healthy body is not rocket science. It's about figuring out what works for you and sticking with it. So forget about what you've tried in the past and stop reading, thinking about, and spending money on quick fixes or fad weight loss products. Keep it simple and take action – DO this!

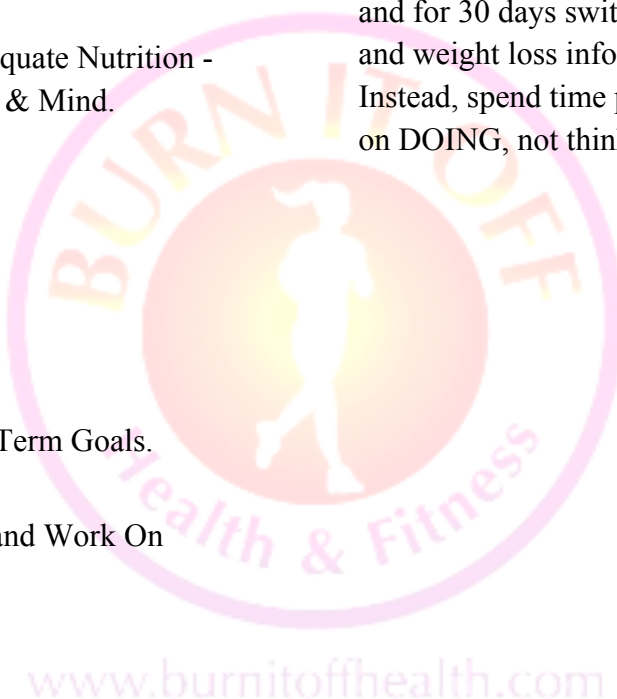
How do you get fit, healthy & change your body?

Tip #1.

KEEP IT SIMPLE & TAKE ACTION!

1. Keep it Simple & Take Action!
2. **Schedule Your Workouts & Make Moving a Priority.**
3. Eat Mindfully & Master the “Blood Sugar Balancing Act”
 - Eat every 3-4 hours.
 - Be Mindful of Portion Sizes.
 - The Best Appetite Suppressant is Adequate Nutrition - Eat for Nutrition and Fuel Your Body & Mind.
4. Take Quality Supplements.
5. Hydrate! Hydrate! Hydrate!
6. Get Enough Sleep.
7. Breathe!
8. Take Care of Your Wellbeing.
9. Build a Support Network.
10. Keep a Body Transformation Journal
 - Define Your Short Term & Long Term Goals.
 - Record Your Progress.
 - Reinforce Good Habits, Analyze and Work On Changing Bad Habits.

Weight loss is not rocket science. For 30 days stop spending your time reading about fad diets – Even if Jennifer Anniston did lose 10 lbs in 27 minutes, it doesn’t happen to real people. Read this guide and for 30 days switch off from the constant bombardment of diet and weight loss information you might normally pay attention to. Instead, spend time putting these ten suggestions into practice! Focus on DOING, not thinking about doing, not reading, not planning.



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Tip #2

SCHEDULE YOUR WORKOUTS & MAKE MOVING A PRIORITY

MAKE TIME to be active. Schedule blocks of time to work out, put your workouts in your diary/planner and stick to it! Get a trainer or take a workout class with a set schedule. Plan workouts with a friend. You are more likely to stick to your workouts if someone is counting on you to show up! Walk, run, go for a hike, go dancing, swim, walk an extra lap of the mall – whatever! ***Just move and have fun with it!***

- On top of this, incorporate movement in your everyday activities (this is called incidental exercise). Take the stairs, don't search for "rock star parking"- park and walk! If you are in an office all day, make a point of walking outside for a few minutes every few hours, get out of your chair and stretch. Walk a couple of blocks to a nice lunch spot outside. Just get up and move every 2 to 3 hours, even if it's just a little.
- Research has shown that moving for 3 blocks of 10 minutes is just as beneficial to your health as moving for 30 minutes straight.
- Bottom Line: Incorporate exercise into your everyday life and your social life. Make time in your schedule to work out and have some fun with it! You don't need an hour, or even half an hour, just move when you can! If you have 10 to 20 minutes, get moving!

Tip #3

EAT MINDFULLY & MASTER THE "BLOOD SUGAR BALANCING ACT".

- Fuel your body right and it will work for you! Your goal is to maintain a consistent blood sugar level throughout the day, that is, **Master the Blood Sugar Balancing Act!** If your blood sugar is under control, you are much less likely to over-eat, your body is much less likely to store fat and you are much more likely to lose weight and/or maintain existing weight loss. When your blood sugar level drops, your body goes into starvation mode and stores your next meal as fat. You are also much more likely to have cravings and over-eat, right when your body is ready to convert that food to fat. When you spike your blood sugar level by eating highly processed foods, refined carbohydrates (eg: white bread, white pasta, etc...) and sugary foods, a drop in blood sugar inevitably follows. Similarly, if you leave it too long between meals, your blood sugar will drop, you are more likely to overeat and your body will be looking to store these calories as fat. These tips will help you maintain a consistent blood sugar level:
 - **Eat within an hour of waking up and if at all possible, do not eat after 7pm.**
 - **NEVER skip breakfast.** Eat a nutritious breakfast within an hour of waking up in the morning. A couple of eggs with whole grain toast & fruit, a fruit & Greek yogurt smoothie, oatmeal with a sprinkling of flavored protein powder.
 - While it is ideal to stop eating 3 hours before you go to bed, if you have to eat a late dinner, make it light (eg: small piece of fish and salad, salad with a handful of nuts, a couple of eggs, etc...).
 - **Eat 3 meals and 2 snacks a day.**
 - **Eat adequate lean protein at every meal to help maintain health blood sugar and control appetite.** How much protein do you need? Everyone is different but averaging 15-20 grams per meal/snack should see most of us get adequate protein. Those in hard training for

endurance events or body builders and/or those over 175lb will have a higher protein requirement. (*Please note that this is a rough indication of protein requirements for an average woman. If you want more specific figures, seek advice from a nutritionist.)

- Great sources of protein include eggs, egg whites, lean meat (fish, chicken, turkey, beef), beans & legumes, Greek yogurt, low fat cottage cheese, nuts and protein powders. I recommend whey protein sweetened with Stevia (beware of artificial sweeteners). For vegetarians, use egg white protein or hemp protein powder.
- **Eliminate “white” food – refined sugar, flour and cereals – from your regular diet. These have to go in the “indulgence only” or “treat” category of your nutrition.** This is a real challenge for most of us but give it 2 weeks. You will feel so much better and your cravings for these foods will subside in this time.
- **Do not cut fat out of your diet.** Eat moderate amounts of healthy fats, particularly foods rich in omega-3s like salmon, sardines in oil, flaxseed and sesame seed. Avocados and nuts are another good source of healthy fats. Watch their serving size & calorie content though!
- **Eat as much leafy greens and non-starchy veggies as you want!** These include: Lettuce, Spinach, Asparagus Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Eggplant, Green Beans, Mushrooms, Peppers, Raw Sauerkraut, Snow Peas, Summer Squash, Tomatoes, Zucchini.
- Eat brightly colored fruits and vegetables. Colorful foods are highly nutritious.
- Eat Complex Carbohydrates (found in whole grains, legumes, fruit & veggies). Carbohydrates are best consumed with some protein to help keep blood sugar stable.
- Minimize gluten in your diet. Gluten is a form of protein found mainly in wheat and it is present in some other grains. As women age, many of us develop a sensitivity to gluten as our bodies no longer produce the digestive enzymes required to properly digest gluten-rich foods. Do you feel bloated and even a little “foggy” after eating a bowl of pasta or a serving of bread? Instead of wheat pasta, try eating rice or gluten free

pasta, and replace your bread rolls with sprouted grain breads (eg: Ezekiel Bread) or put sandwich toppings in tortillas. Try alternatives to wheat based breakfast cereals such as oatmeal.

- **Eat fiber rich foods** like fruits, vegetables and whole grains.
- **Chew your food thoroughly.**
- **PAY ATTENTION TO PORTION SIZE & NUTRITION INFORMATION LABELS ON THE FOODS YOU EAT.** If you are trying to lose weight or simply be healthy, you need to know what and how much you are putting in your body. Period.
- **The Best Appetite Suppressant is Good Nutrition - Eat for Nutrition and Fuel Your Body & Mind!** Nine times out of ten you know what is good for you and what is not healthy so trust your instincts.

NUTRITION & WORKING OUT

- Eat 60-90 minutes before a challenging workout – We recommend a low GI carbohydrate with a little protein,(eg: Half a banana with a tablespoon of peanut butter, Greek yogurt with a some granola, a protein shake, a turkey sandwich, a handful of nuts and dried fruit etc...). Nothing too fatty and something with energy that will keep you going, not give you a sugar spike and then a downer!
- Consume 1-2 glasses (8-16oz) of fluid up to 2 hrs before exercise.
- The optimum “window” to refuel after a workout so you get the maximum benefit in terms of muscle recovery and encouraging lean, toned muscle is within 30 minutes. Eat Protein & Carbs with a little Fat 30 minutes after your workout to replace your glycogen stores and balance your blood sugar. If you don't eat within 60 to 90 minutes after a workout, the potential benefits of your workout decreases.
- If your workout is 60 minutes or less, hydrate with water.
- If your workout exceeds 60-90 minutes, include electrolytes and carbohydrates in your drink to replace fluids and lost muscle glycogen. Add the following to your water: sports drink, coconut water or fruit juice, add a mixture of honey (1 tbsp) with lemon juice and a few shakes of salt (mix in hot water first). See what works best for you.
- The rule of thumb is to consume 100 calories for every hour of exercise for the duration of your workout. (Again, this is a rough guide and you should ask a nutritionist if you want specific numbers for you).

Tip #4

TAKE QUALITY VITAMIN, MINERAL & OMEGA-3 SUPPLEMENTS

- The best appetite suppressant is adequate nutrition. For one reason or another, many of us miss out on at least one or more of the vitamins and minerals which our body needs for optimum health - energy production, bone health, immune function...the list goes on and on. At worst, vitamin and mineral supplementation acts as insurance against dietary lapses and guesswork in nutrient intake. At best, it will help you obtain optimum nutrition, functionality and health.
- A multivitamin & mineral supplement which your body can absorb, as well as Omega-3's are a great start.
- Generally, multivitamins & minerals should be taken with food containing some fat as many vitamins are fat soluble.
- Food-based supplements as opposed to synthetic supplements tend to have higher absorption rates.
- Minerals should be chelated for absorption.
- Make sure marine omegas are distilled for mercury.
- Take the best supplements you can afford.

Tip #5

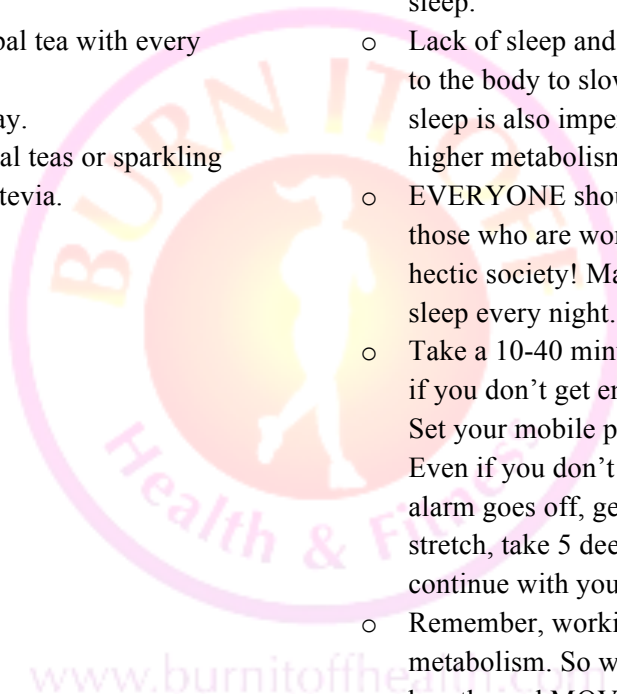
HYDRATE! HYDRATE! HYDRATE!

- **Drink at least eight 8oz glasses of filtered water or non-caffeinated herbal tea a day.** If you are working out and breaking a sweat, this will be more like 10 to 12 glasses minimum.
- Start the day with a cup of hot water with lemon or herbal tea. Add stevia, a natural no calorie sweetener if you wish.
- Drink a big glass of water or non-caffeinated herbal tea with every meal!
- Limit your caffeine intake to one or two cups a day.
- Avoid soft drinks and undiluted juice. Drink herbal teas or sparkling water with lemon or lime instead. Sweeten with stevia.

Tip #6

GET ENOUGH SLEEP

- Getting enough sleep is an important component of controlling appetite. The hunger control hormone, Leptin tells your body that you are full and it is diminished with lack of sleep. The hormone, Ghrelin tells your body that you are hungry and it is increased with lack of sleep.
- Lack of sleep and its effect on these two appetite hormones also signals to the body to slow your metabolism and store fat! Getting enough sleep is also imperative in building lean muscle mass – more muscle, higher metabolism! Night Night!!
- EVERYONE should aim to get 8 hours of sleep every night, especially those who are working out intensely. This is really tough in today's hectic society! Make it a priority to get a MINIMUM of 7 hours of sleep every night. (Party animals excepted for one night a week!)
- Take a 10-40 minute POWERNAP during the day or straight after work if you don't get enough sleep. Before you shrug this off please try it: Set your mobile phone alarm, shut your eyes, breathe deeply and relax. Even if you don't sleep you will recharge your batteries. When your alarm goes off, get up energetically, jump up and down a few times, stretch, take 5 deep breaths, have a piece of fruit for some energy and continue with your day. Give it a chance.
- Remember, working out gives you energy by kick starting your metabolism. So when you are feeling sluggish, get up, take a few deep breaths and MOVE! "I'm too tired to work out" is not an excuse, unless you've worked out intensely for more than 2 hours the day before or you are sick! You can always modify your workout if required, but don't NOT work out simply because you feel sluggish.



HOW TO AVOID OVEREATING

Some Helpful Tips

- The best appetite suppressant is simply, adequate nutrition. Give your body the nutrients it needs to function and this should enable you to get your cravings and appetite under control.
- Eat every 3 to 4 hours without fail. Eat nutritious foods and include protein in every meal. NEVER allow yourself to get so hungry that you are likely to binge. Carry a snack with you at all times to avoid a blood sugar low: An apple with a small handful of almonds is perfect for controlling appetite.
- Binge eating creates havoc on your blood sugar, your ability to control your appetite and your whole body!
- Drink plenty of filtered water throughout the day and have a big glass of water with every meal.
- Whenever you are hungry and haven't hydrated for an hour, drink a big glass of water – it is common to confuse hunger with thirst.
- If you are “starving hungry” and you can feel some serious overeating coming on, have your water (or herbal tea & stevia) and an apple first and wait 15 minutes. Distract yourself by playing a great song on your iPod or calling a friend, folding laundry – whatever works for you! Don't react to the hunger immediately and grab whatever food is in front of you – feeling hungry for 15 minutes will not hurt you. Wait it out! Your blood sugar will rise just enough to take the edge off your hunger so you don't overeat during your meal.
(Note: If you feel faint or have blood sugar issues, don't wait 15 minutes to address a severe drop in blood sugar.)

HOW TO AVOID OVEREATING

Some Helpful Tips (cont'd)

- Serve yourself only the amount you think you *should* eat (and I mean a nutritious meal, not a few lettuce leaves!). If you are still hungry after you have finished, have another glass of water and distract yourself for an hour and see how you feel. If you are still genuinely hungry, eat a little more. This will help get you used to eating smaller portion sizes more often throughout the day.
- If you are eating out and your meal is huge, eat only what you think you should and take the rest in a to-go box. Again, if you are still hungry, eat more later!
- Stop eating like it is the last supper! Remember, you can always get more food! It will be there in 3 hours!
- When you decide to indulge in dessert after a meal, eat the meal with that in mind. In other words, don't overeat during your meal then also order dessert. Have a healthy appetizer or a salad. Consider splitting dessert with someone or ordering it to go, waiting for an hour or two (as long as it's not too late) and eating until you are full. Save the rest for later. If your dessert seems to call you from the fridge, get it out of the house! Give it away or throw it away!
- Get enough sleep!

Tip #7 BREATHE!

- Breathing provides our body with oxygen, which our body needs to burn calories. In other words, oxygen fuels the fire of our metabolism.
- Take 5 slow, deep breaths every morning before you get out of bed.
- Think about how you are breathing. When you are feeling low in energy or lacking focus you are probably taking shallow breaths. Breathe deeply into your chest and all the way to your belly!
- Many women have high concentrations of carbon dioxide in their bloodstream as we tend to take shallow breaths into our chest. Concentrate on sitting or standing up straight and “belly breathing”. This type of breathing can also help with tension headaches, as belly breathing encourages you to relax your shoulders. Try it.
- Deep breathing helps the body relax AND it helps you burn more body fat. When your body is fatigued it tends to burn glycogen (sugar) rather than fat. By deep breathing and relaxing your body, it burns fat instead.

Tip #8 TAKE CARE OF YOUR WELLBEING!

- Aim to take at least 30 minutes a day downtime just for you. Scheduled workouts are a great way to get some “you time”, but it is ideal to have some time for you minus the sweat!
- As with scheduled workout time, schedule “downtime” and stick to it! Put it in your diary and make it top priority for that block of time. If something comes up, learn to say “no” and avoid constantly over-committing yourself.
- Take an Epsom Salts Bath for workout recovery and to relax after a great workout (2 cups of Epsom Salts should do the job!). Listen to music, read a great book, take yourself to the movies, have a coffee with a friend, meditate, get a massage – whatever makes you feel good!
- BE KIND & PATIENT WITH YOURSELF – Treat your body with respect and apply this to the way you treat yourself, talk to yourself and view yourself. Don’t get down on yourself if you fall off the wagon for one meal, just move on and make sure the next is healthy, keep going to your workouts, and keep moving - ***Burn It Off!!*** When you find yourself falling into a pattern of negative self talk, think about what you would say to a friend or loved one saying these things about themselves in front of you.
- Reward yourself for looking after your body & eating well! (Not with chocolate!) You might take yourself clothes shopping, download new music, buy tickets to an upcoming event, buy a new book, get a massage, ask your husband/boyfriend to take you out on a hot date to celebrate your progress! The possibilities are endless!

Tip #9

BUILDING A STRONG SUPPORT NETWORK IS A KEY TO SUCCESS.

- It's tough to break old habits and change your lifestyle alone. Encourage your friends or family members to focus on their health & fitness and ***Burn It Off*** with you!! If you are taking Burn It Off Personal Training or our Walk With Power & Power Sculpt Classes, your guests are welcome to join you during your personal training session or join you for a free class– anytime.
- Set up a “Craving Alert Emergency Tree” with your girlfriends for those “I have a fork in my hand, there is a seven layer chocolate fudge cake in the refrigerator and it is calling my name!” situations. P.S.: It is never a good idea to have a seven layer chocolate cake in your refrigerator!
- You are welcome to email me for support: sophie@burnitoffhealth.com.
- Burn It Off Clients – you are most welcome to call me on my cell or have a chat before or after class to get the support you need to stay on the wagon!!

DON'T GET DISCOURAGED. THIS WILL TAKE TIME.

Whenever you start getting impatient or you feel that you are not getting results fast enough just think of how long you have been out of shape. As long as you are making progress towards your goals you are headed in the right direction. Think about how long you have wanted to be in shape. It's not easy but with hard work, commitment and time it will happen. You will get the results you want if you work at it and make the necessary changes to your lifestyle. **You need to be in it for the long haul to reach your goals and MAINTAIN them. No exceptions.**

Tip #10

KEEP A BODY TRANSFORMATION JOURNAL

- Journaling is a great stress reliever and an excellent way to consolidate good habits, work on changing bad habits and keep focused on your goals!
- **In your journal DEFINE YOUR SHORT & LONG TERM GOALS. Make sure they are realistic, and be specific!**
- **Keep track of your progress** by taking weekly weight measurements and monthly body fat & circumference measurements. This is a great accountability tool and can be really motivating! Just remember, **YOUR AIM IS TO LOSE FAT NOT JUST WEIGHT!**
- I recommend keeping a Nutrition journal for at least a month so you can see what you are really eating. Record everything that passes your lips including food and drink and the times you ate/drank. (There are some great iPhone apps like ***My Fitness Pal*** and many other electronic tools to help you do this if you are not keen on writing everything down on paper).
- Include your exercise schedule and “tick off” your workouts. Also record incidental exercise.
- Journal how you feel physically and emotionally and look for patterns. Reinforce the good habits and work on changing the bad.
- Analyze “bad days” (eg: bad nutrition days or days you felt “blah” and didn't work out.) What happened? What can you do to avoid this happening again?
- Ladies, you should all keep track of your menstrual cycle as this can help explain low energy or some of those “blah” feelings, and will help you put a “damage control” plan in place if you get serious cravings every month. Please, just a SMALL PORTION of chocolate this month!!



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Remember Ladies, no one knows your body better than you do. I hope that you have found my Top 10 Tips useful and you start putting into practice those you think will work for you.

Be kind to yourself. Strive for progress, not perfection. Put one foot in front of the other and ***Burn It Off!*** You are not alone. We are all doing our best to take care of our health and fitness and be proud of the way we look and feel. You can do it.

If you'd like some extra help getting into shape, check out my website at www.burnitoffhealth.com or shoot me an email at sophie@burnitoffhealth.com.

Good luck and go for it!!

Sophie Marshall Holmberg

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