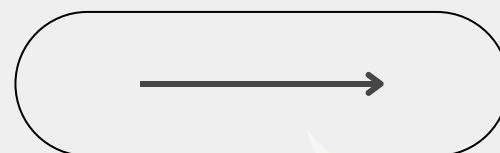




EATING & EXERCISE SEMINAR



LET'S GET RESULTS!

Alcohol

Carbohydrates

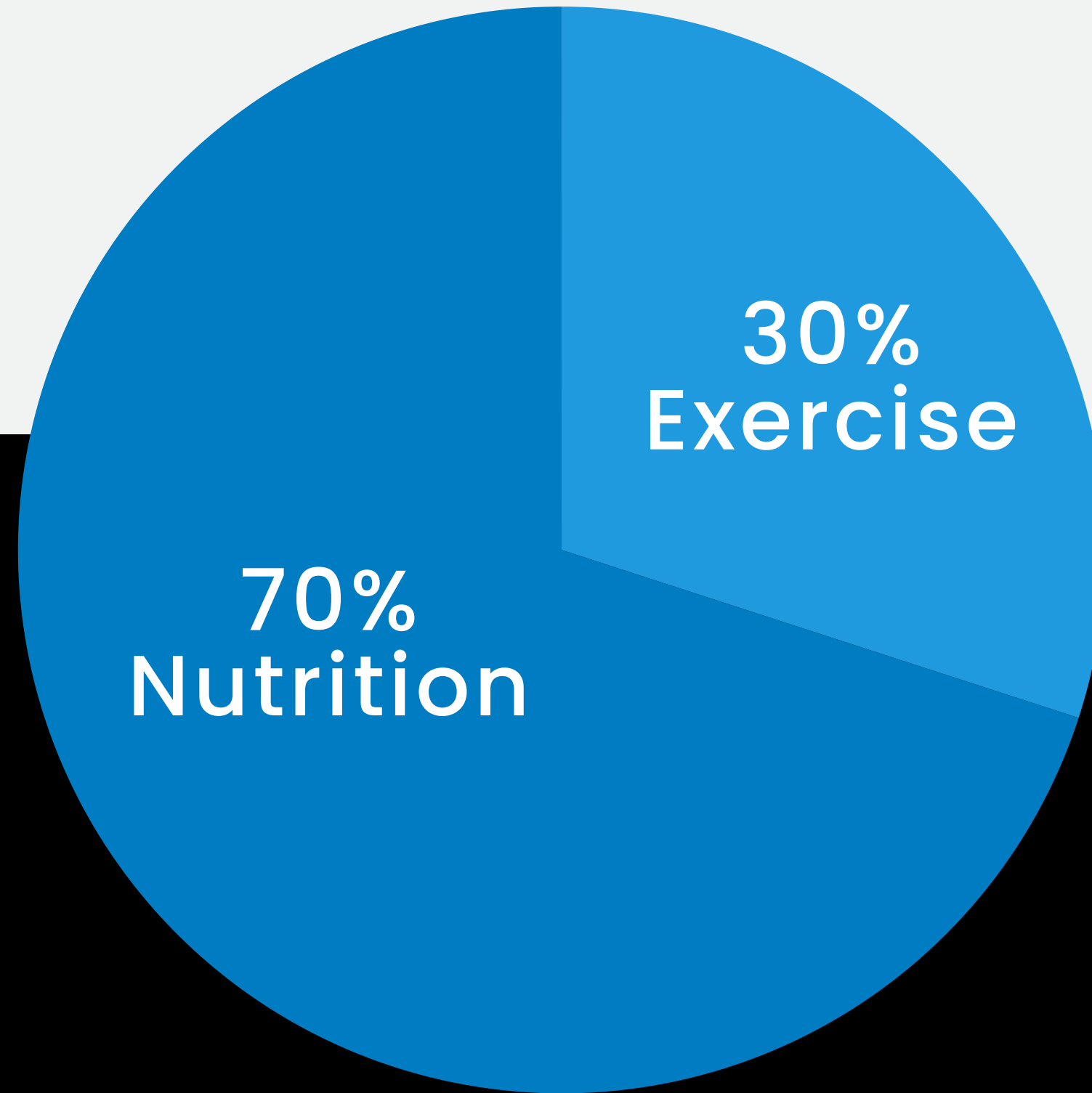
Protein

Good Fats

Body Type

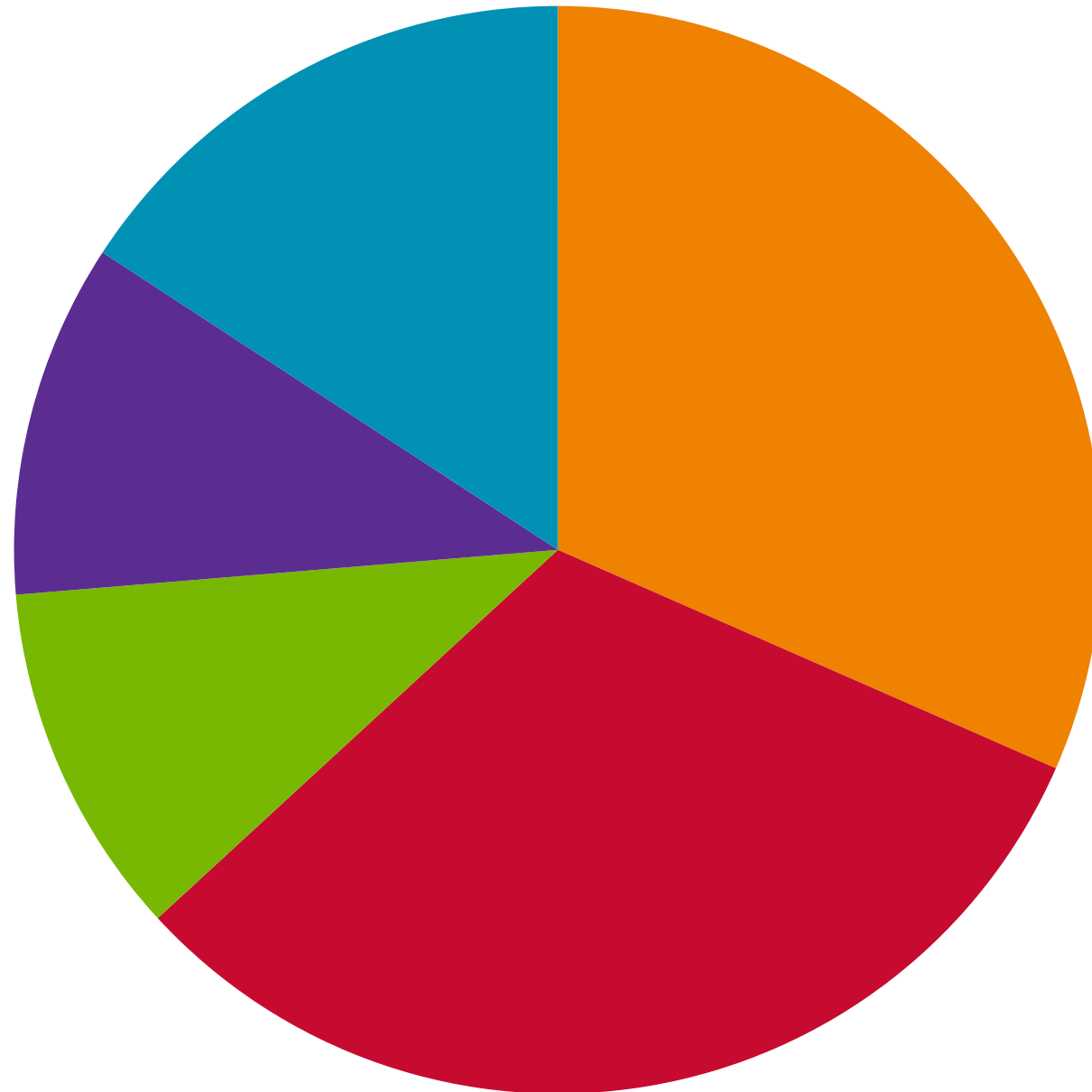
Meal Timings & Training Intensity

EATING VS. EXERCISE



WHO WE SPEND TIME WITH IS WHO WE BECOME

CIRCLE OF INFLUENCE



- Partner
- Siblings
- Family
- Friends
- Work colleagues
- Community groups

93% of members who involve their circle of influence not only achieve better results, they maintain them.

UNDERSTAND EMOTIONAL TRIGGERS

Stressed

Bored

Ignored

Lonely

Judged

Rejected

Rushed

Pressured

HOW WE UTILISE ENERGY

7 Kcals



4 Kcals



9 Kcals



1 GRAM



Carbohydrates

- The body cannot burn fat after carbohydrates have been consumed.
- People tend to increase their food intake after exercise, particularly high intensity exercise.

CARBOHYDRATES



CHOOSING CARBS

What Carbohydrates Can I Have?

Poor Choices



Pastries, cakes,
chocolate, chips,
biscuits and sugars


Fat Carbs


Vitamins
Minerals

Moderate Choices



Breads, rice, pasta,
potatoes, cereals,
fruit juices and
dried fruits.


Carbs


Fat

Best Choices



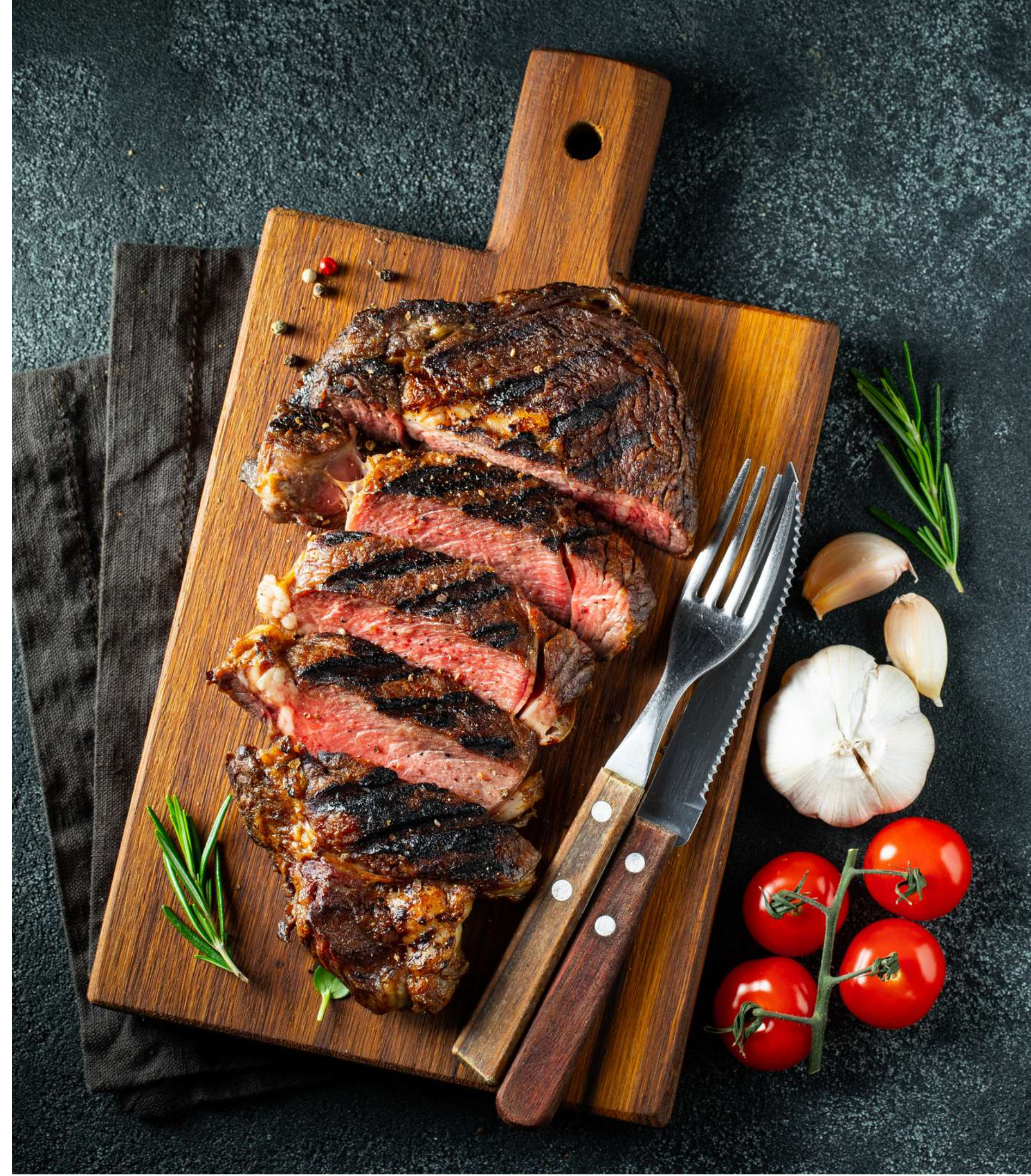
Peaches, plums, beans,
strawberries, tomato, nectarines,
raw apricots, broccoli, zucchini,
lettuce, cucumber, squash, peas,
asparagus and capsicum.


Vitamins
Minerals


Fat Carbs

Why should we eat more protein?

- Protein is essential for tissue repair and muscle growth to maintain your metabolism.
- To replace your existing protein stores.
- Provides satiety which reduces cravings for high carbohydrate and fatty foods



INCREASING PROTEIN

What Protein is Good for us?

- Lean Chicken
- Lean Turkey
- Lean Lamb
- Lean Beef
- Lean Pork
- Fish
- Yoghurt
- Low Fat Milk
- Cottage Cheese
- Egg Whites
- Protein Supplementation

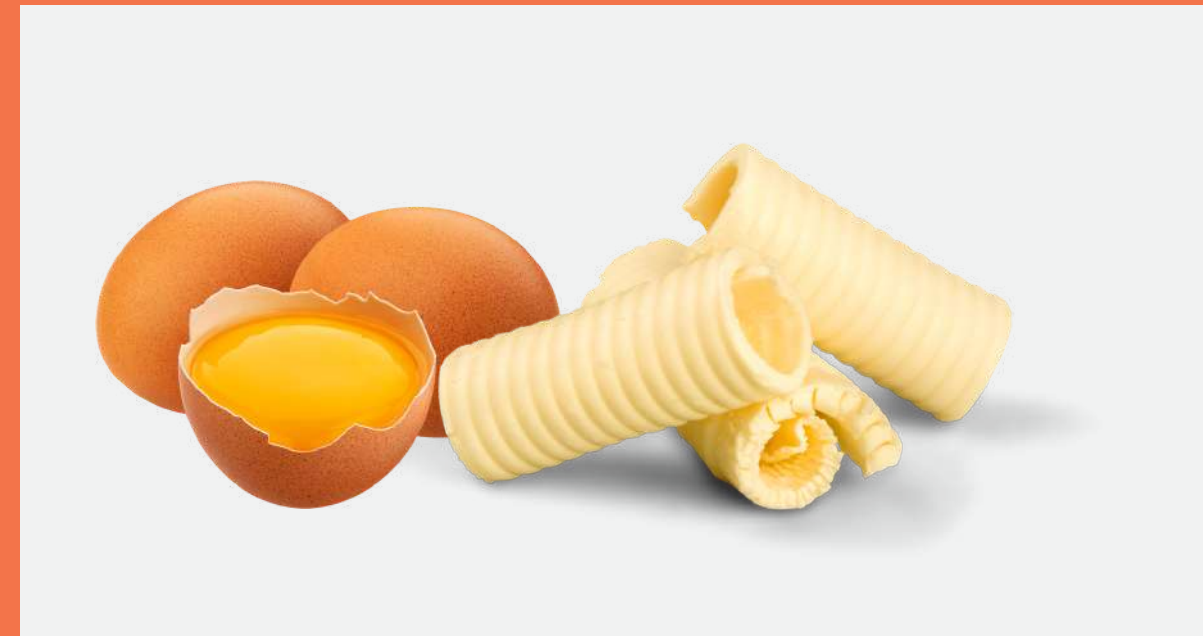


INCREASING GOOD FATS



Other good fats include olive oil, peanuts, canola oil and avocados, however, they are not considered to be essential.

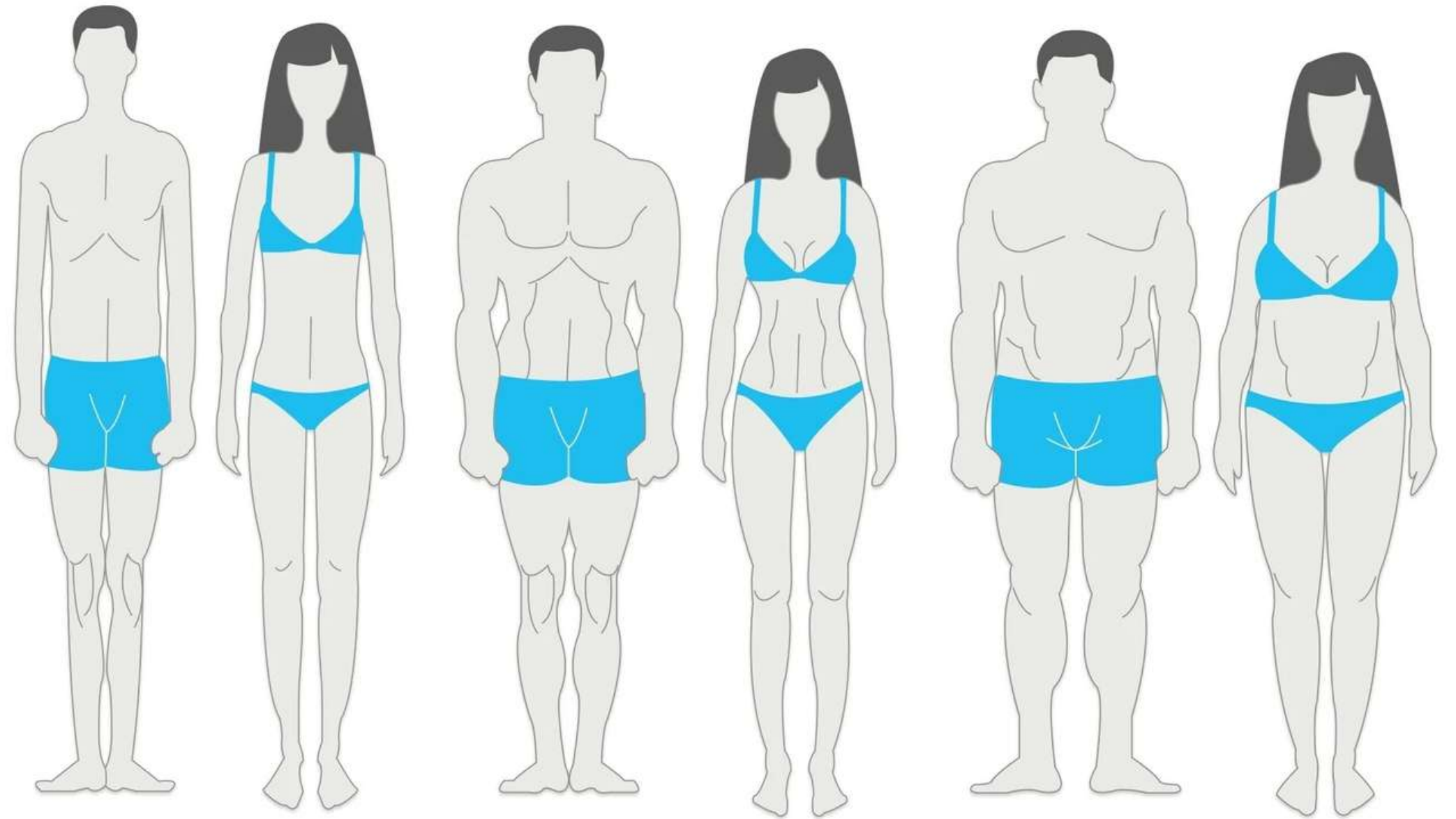
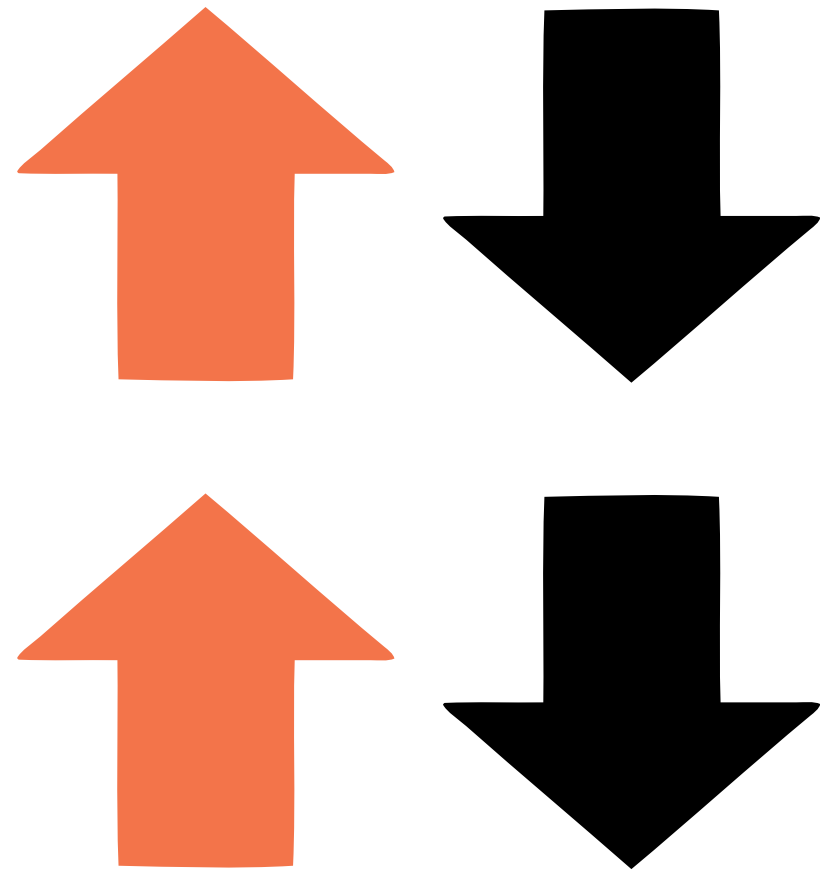
Saturated fats are found in meats, egg yolk, cream, milk, cheese, coconut and palm oil, vegetable shortening and margarine.



UNDERSTANDING YOUR BODY TYPE

Your Body Type determines:

- Eating & Exercise



WHICH EXERCISES?



Weight Training

The Fountain of Youth

The first ingredient of any exercise program

Benefits:

- Toning
- Shaping
- Increased Resting Metabolism
- Bone density
- Strength

Which Exercises?

Compound Exercises – Those which move more than one joint and work more than one muscle.

Cardio Training

- 75% Low – Moderate
- 25% Hard

CLARITY OF DIRECTION

Goals are set

E.g. Lose 7 kilos –
Stomach, Thighs

Timeframe established

By 3rd October
(50th Birthday)

Regular Check Ins w/ Trainer

Am I Progressing?

Support & Accountability =

RESULTS

Ongoing BPM Goals Sessions
(Every 6–9 weeks)

Looking & Feeling
Great Long Term

WHAT - WHERE - WHEN - WHY & HOW

SMALL IMPROVEMENTS, HUGE REWARDS.

Ownership
Accountability
Responsibility



Blame
Excuses
Denial

