

# **FIT BODY** **MILTON KEYNES**

**DROP 10+ LBS IN  
THE NEXT 6 WEEKS**



**MISSION**  
**1000**

100 People To  
Drop 10lbs Of Fat

# **WELCOME!**

**WELCOME TO FIT BODY MILTON KEYNES AND CONGRATULATIONS ON TAKING THE FIRST STEP TO A FITTER, HEALTHIER AND HAPPIER YOU!**

**WE ARE HERE TO GUIDE YOU EVERY STEP OF THE WAY BUT IN THIS GUIDE IS EVERYTHING YOU NEED TO GET STARTED ON YOUR JOURNEY TO HUGE SUCCESS!**

**WE CANT WAIT TO GET TO KNOW YOU AND YOUR GOALS AND WELCOME YOU TO THE FIT BODY FAMILY.**

**HELEN AND NEIL X**



# **DROP 10LBS+ IN 6 WEEKS!**

## **ADHERE TO THE FOLLOWING GUIDELINES FOR GUARANTEED SUCCESS...**

- **ATTEND A MINIMUM OF 3-5 FIT BODY SESSIONS A WEEK**
- **DOWNLOAD MYFITNESSPAL AND USE THIS TO TRACK YOUR FOOD, CALORIES AND MACROS.**
- **AIM TO EAT AS CLOSE TO YOUR RECOMMENDED CALORIE INTAKE AS POSSIBLE AS PER YOUR INITIAL BODY SCAN.**
- **AIM FOR 30% OF YOUR FOOD INTAKE TO COME FROM PROTEIN**
- **DRINK A MINIMUM OF 2 LITRES OF WATER DAILY**
- **EAT A MINIMUM OF 5 PORTIONS OF VEG AND 2 PORTIONS OF FRUIT PER DAY**
- **AVOID ALCOHOL COMPLETELY FOR THE 6 WEEKS**

**FIT BODY**  
**MILTON KEYNES**



# NUTRITION



At Fit body Milton Keynes we have been helping people drop body, build lean muscle and become their fittest selves since 2011.

Weve done this by using our Fit Body Method which combines highly effective metabolic resistance training alongside nutrition education to ensure our members get the best results possible.

In this quick guide you will find all the basic nutrition information you need to get you started on the road to success. There are no crazy diets, no cutting out of major food groups and no pills and potions. Our aim is educate you on healthy nutrition for fat loss so you are able to make informed decisions and will have the information needed to start piecing together your own meal plans. This is a skill you will be able to carry forward into your day to day life whether you decide to remain a part of the Fit Body Family or not.

So lets get stuck into the basics starting with calories....





# CALORIES

We talk about calories a lot when it comes to nutrition and fat loss. What's your daily calorie intake? How many calories are there in a slice of bread? Are you having enough calories? But not everyone knows what exactly, a calorie is...

Quite simply, a calorie is a unit of energy. To be exact, a calorie is a unit of energy defined as the amount of heat needed to raise a quantity of water by one degree of temperature. We all need energy right? So therefore calories aren't bad. They are not scary and they do not need to be restricted at all cost!

Issues may arise when you consume more calories than you expend over a period of time. Your body will store unneeded calories away for another day as body fat. This is usually what people want to lose! Most people will say their goal is weight loss but really people just mean the jiggly bits so actually their goal is fat loss. In its simplest form, fat loss is just simple maths.

1lb of fat is equal to 3500 calories. So to gain 1lb of fat you need to over consume by 3500 calories over a period of time. If you over consume by 500 calories a day you can expect to have gained 1lb of body fat by the end of a week.

But on the flip side to lose 1lb of body fat you just need to expend 500 calories a day more than you consume and this can be done through a combination of activity and the food you eat. If you do a workout that burns 300 calories and under consume by 200 calories there's your 500 calorie deficit per day and 3500cal deficit by the end of the week meaning 1lb of body fat lost!

It's very easy to get hung up on calories especially if you're a numbers driven person but although this is how fat loss works in a nutshell, many other factors do come into play. If you restrict your daily calorie intake too much your body will perceive a famine and eat into muscle reserves instead of fat stores meaning your metabolism, will slow down and losing body fat will just get harder and harder.

So now you know what calories are and we know they are just units of energy and we know that we need energy just to live, let alone go about your day to day activities we don't need to be scared of them anymore...

# MACRONUTRIENTS

Macronutrients are basically the 3 main food groups. They are...

Proteins

Carbohydrates

Fats

Each one has an important role to play in the body and none of them should ever be eliminated from your diet! Fat free and carb free diets have been popular over the years but are not healthy because your body needs each macronutrient in varying quantities for optimum health.

Having a good understanding of which foods contain which macros and what their roles are in the body will help you make educated choices when piecing your daily meals together and ensure you're fuelling your body for optimum health and performance.

Over the next few pages I'll give you some information on the 3 macronutrients and the best sources of each.



# PROTEIN

One of the hottest topics in the diet, food and fitness industries over the past decade has been protein. You'd have to have been living under a rock to not have noticed the onslaught of protein enriched foods hitting the shelves. But what's the big deal and is it necessary?

It used to be that protein consumption was something only to be concerned with if you were a body builder. After all for good health you only need around 10% of your daily calories to come from protein.

BUT

There are huge benefits for anyone looking to lose body fat or increase muscle tone to increase their protein intake.

Proteins are your bodies building blocks. They are used for healing and repairing muscle tissue (important if you're an active person) and for making hormones and enzymes. So firstly it makes sense if you are doing any form of resistance training (which you should be) to increase your protein intake.

Secondly, protein takes longer for your body to digest so meals high in protein will help you feel fuller for longer. Helpful if you have a large appetite and have a tendency to overeat.

So increasing your daily percentage of calories from protein to around 30% can have a huge benefit if your goals are to drop body to healthy levels





High protein foods include

- Tofu
- Soya products
- Lentils
- Beans
- Chicken/Turkey
- Fish
- Tempeh
- Edamame beans
- Nutritional yeast
- Quinoa
- Chia seeds
- Nuts (also high in fats so although included on this list will predominantly be seen as a good fat source).
- Protein powders (fantastic post workout, as an addition to meals such as porridge or as part of a smoothie with added nutrients)

You can also find a "protein" in anything and everything else these days from protein pasta all the way to protein mars bars! I personally would not get sucked into this marketing hype! In the case of protein pasta/rice etc you will be upping your protein at the expense of whole grain carbs which are just as important. Im a strong believer in keeping foods in their most natural state so a food that should be predominantly carbohydrate I think should stay that way. And then when it comes to protein mars bars and other confectionary, you may be getting slightly more protein in your snack but just as much fat and sugar as a regular mars bar so also not a good choice!



# CARBOHYDRATES

Hands up who's been on a low carb or no carb diet? Whos tried Atkins? Who's a little bit scared of carbohydrates?

Im here to reassure you that carbs are not the enemy! But just like calories, all carbs are not created equal. There's ALOT of info and different topics all under the umbrella of carbs so Ill try to keep this as simple as possible.

Carbs are your bodies preferred source of fuel. Your body can turn carbohydrates into energy very quickly and send it wherever its needed in the body. Sounds good right? Exactly, so far nothing to be scared of.

There are 2 kinds of carbohydrate, Simple and Complex and they all fall somewhere on the Glycaemic index (GI)

The Glycaemic index is a scale of 1 - 100. Foods are given a rating depending on how fast your body can convert them into blood sugar with 100 being the fastest. Simple carbohydrates like honey, white bread, potatoes, sugar and ripe bananas all have a high GI rating whereas complex carbs such as wholegrains and most vegetables have a low GI rating.

In the most part its far more beneficial to eat complex, Low GI foods as they will release sugar (energy) into the blood stream at a slower rate giving you a slow steady supply of energy throughout the day as opposed to a quick sugar high followed by a crash.

BUT...

Having said that eating high GI carbs immediately post workout can be hugely beneficial as that's when your glycogen (stored energy in your muscles) will be low and needs to be replenished. Also if you are ever feeling faint or light headed a high GI snack will give you the quick energy boost needed to make you feel better.

Considering that, its best to mainly consume low GI, complex carbs and then add a small amount of high GI simple carbs immediately post workout, preferably with a protein shake. That way your body will replenish glycogen used very quickly and all the protein you consume will be used directly for muscle repair instead of some being siphoned off for glycogen replenishment. Wholegrain carbs also have the added benefit of being higher in fibre and aiding digestion.



### **Complex Carbohydrates include...**

- Oats
- Sweet Potato
- Wholegrain Bread
- Wholegrain Pasta
- Lentils
- Beans
- Unripe bananas
- Wholegrain rice
- Quinoa
- Barley
- Green peas
- Root Vegetables
- Leafy Vegetables
- Berries

### **Simple Carbohydrates Include...**

- Sugar
- Honey
- White bread/pasta/rice
- Ripe bananas
- Dried Fruit
- Sweets
- Sugary Drinks

So when it comes to carbohydrates you just need to know which kind of carbohydrate to eat under which circumstances. Wholegrain complex carbs for a slow steady release of energy and to keep blood sugar levels stable and simple carbs for a quick release of blood sugar for post workout recovery or if you're feeling dizzy/faint.



# FATS

Low fat and even no fat diets have been very popular over the years. After all if you want to lose body fat it makes sense to cut dietary fat right?... WRONG!

Your body needs some dietary fats to support cell growth, hormone production and enable your body to utilise certain vitamins.

Just like Carbohydrates not all fats are created equal. Some have amazing health benefits and will actually help you lose unwanted body fat where as others will sabotage your hard work and give you some potentially major health concerns!

To understand good and bad fats, you need to know the names of the players and some information about them.

There are four major types of fats:

- monounsaturated fats
- polyunsaturated fats
- saturated fats
- trans fats

Monounsaturated fats and polyunsaturated fats are known as the “good fats” because they are good for your heart, your cholesterol, and your overall health.

Saturated fats and trans fats are known as the “bad fats” because they increase your risk of disease and elevate cholesterol.

Appearance-wise, saturated fats and trans fats tend to be solid at room temperature, while monounsaturated and polyunsaturated fats tend to be liquid (think of olive oil). The exception to this rule is coconut oil which has great health benefits.

With so many different sources of dietary fat—some good and some bad—the choices can get confusing. But the bottom line is simple: don't go no-fat, go good fat.



If you are concerned about your weight or heart health, rather than avoiding fat in your diet, try replacing saturated fats and trans fats with good fats.

- Replace some of the meat you eat with beans and legumes.
- Eliminate trans fats from your diet.
- Check food labels for trans fats.
- Avoid commercially-baked goods
- Limit fast food.
- Limit your intake of saturated fats by cutting back on red meat and full-fat dairy foods.
- Replace red meat with beans, nuts, poultry, and fish whenever possible
- Switch from whole milk to a plant milk

Eat omega-3 fats every day. Good sources include fish, walnuts, ground flax seeds, flaxseed oil, canola oil, and soybean oil.

### **Monounsaturated fats**

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Avocados
- Olives
- Nuts
- Nut butter

### **Polyunsaturated fats**

- Safflower oil
- Walnuts
- Sunflower, sesame, and pumpkin seeds
- Flaxseed
- Fatty fish (salmon, tuna, mackerel, herring, trout)

### **How much Fat?**

This is where you can potentially go mega wrong with fats. 1gram of fat contains 9kcal which is over double that of carbs and protein. Although some are healthy and required in the body you only need them in small amounts. A few nuts, desert spoonful of seeds, teaspoon of oil or quarter of an avocado is roughly one portion.



# MICRONUTRIENTS

Although Macronutrients are the big players, when it comes to your health and wellbeing micronutrients are just as if not more important.

Micronutrients are basically vitamins and minerals and are acquired by eating a varied diet rich in many different vegetables and fruits of all colours. Without a sufficient amount of all the required vitamins and minerals your body simply can't function optimally and you leave yourself open to illness, injury and disease.

I could go into detail about what each vitamin and mineral is responsible for but that would be a book in itself! I do highly recommend reading up on the basic vitamins and minerals we need and what each of them are responsible for.

You should aim to eat as many fruits and vegetables as possible each day. The old 5 a day goal is very outdated and should be an absolute minimum. Ideally you want to double that at least! I'd also advise taking a daily multivitamin to cover your bases. **DO NOT SEE THIS AS A FREE PASS TO NOT EAT YOUR VEG** as there are many other benefits to eating your greens.

If you base each meal on roughly 50% veg, salad or fruit then you can't go far wrong. Make sure you get a good variety and make your food as colourful as possible.

As a quick task I challenge you to count how many different fruits and vegetables you ate yesterday. Beans and pulses can be included in this total.





# HYDRATION

We all know that we're supposed to drink plenty of water and stay hydrated but do you know the many benefits of drinking plenty of water daily? If you know WHY you're supposed to do something you're far more likely to actually do it, so here are some of the huge benefits to staying well hydrated...

- Alleviating hunger - If you think you're hungry try having a glass of water and wait 15 minutes. Many times we can confuse hunger and thirst signals which can lead us to overeating.
- Water aids digestion and increases your metabolism. Making sure you are well hydrated and have enough fibre in your diet makes your whole digestive system far more efficient. In turn you will be able to metabolise fat much easier.
- Just a 2% drop in hydration affects performance. If you are heading into your workout in a dehydrated state you are going to find everything a lot harder. The best pre workout is a large glass of water

Daily water intake can be from still or sparkling water or herbal teas. Water from foods, predominantly fruits and vegetables do also count but as the amount is hard to monitor its best to aim for 2 litres of water per day + 1 litre more for every hour of high intensity exercise you do.

Do you get your 2 litres a day? I suggest buying a 2 litre bottle, fill it up first thing in the morning and make sure you steadily get through it by the end of the day. You'll be surprised how much better you feel just by maintaining optimum hydration levels.



# ALCOHOL

Now before you start panicking we are absolutely not saying you need to give up alcohol completely, forever!

BUT... If you have a short term goal and want to guarantee success then cutting out alcohol for the next few weeks can make a huge difference to your results.

We all know that alcohol isn't good for us but do you know the extent to which it affects your ability to lose body fat?

Firstly there's the calorie content. Alcohol has 7kcal per gram. Remember the protein and carbs both have 4kcal per gram and fat has 9kcal per gram so it's almost double that of protein and carbs. Combine that with any mixers you choose to use which are usually either laden with sugar and/or chemicals and you've got a pretty hefty whack of your daily calories being used by something that doesn't provide you with any nutritional value.

Secondly, alcohol is a toxin. Your body is very good at eliminating toxins from the body and will prioritise doing so over most other things including metabolising fat! So, whilst your body is busy detoxifying the alcohol from your body everything you eat will be getting stored away for another day as body fat! The more you drink the longer the detoxification process takes the longer your body is storing body fat!

Carrying on from the last point, after having one too many you don't exactly crave a stir fry! You don't see rows of salad vans parked outside bars and clubs! Your inhibitions have been lowered, all good intentions out the window and you want chips, pizza, kebabs, burgers etc etc and as we just found out all of those fatty calories are going to be stored away for another day! The next problem is dehydration! Alcohol is what we call a diuretic, meaning it strips water from the body. As you learnt from my post about water we know how beneficial being hydrated is when it comes to fat loss and general health so this is another contributing factor.

And last of all... If you've had a few too many are you going to feel like working out the next day? Very doubtful, although we have had some crazy people do bootcamp after our Xmas parties! You know who you are!

So there you have it, the ugly truth when it comes to alcohol and fat loss! Now, I'm not saying you should stop drinking all together but limiting your intake to 1 or 2 glasses on only 2 days of the week is going to limit a lot of the damage done and prevent huge set back to your goals. And fat loss goals aside your kidneys and liver will thank you immensely in the process!





# SAMPLE MEAL PLAN

## MEAL 1

Porridge oats/1-2 scoops protein powder/flax seed/blueberries

## SNACK

Fruit or protein shake

## MEAL 2

Rice/Peas with Chicken Breast/  
Wholemeal wrap with Chicken salad

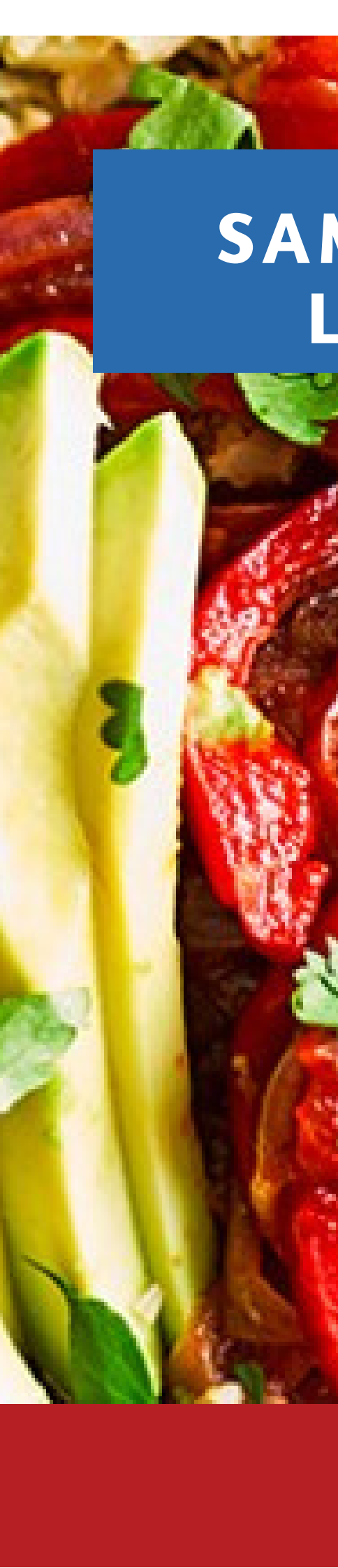
## SNACK

Oatcakes with whole earth peanut butter & sliced banana

## MEAL 3

Lean steak/Salmon with stir fried veg





# SAMPLE MEAL PLAN LOW CARB DAY

## MEAL 1

1-2 scoops protein powder/flax seed/100g frozen mixed berries & handfuls spinach (Smoothie)

## SNACK

Fruit or protein shake

## MEAL 2

Chicken Breast & Mixed Salad

## SNACK

Fruit OR protein shake

## MEAL 3

Lean steak/Salmon with stir fried veg



# SAMPLE PLANT BASED MEAL PLAN

## MEAL 1

Porridge oats/1-2 scoops protein powder/flax seed/blueberries

## SNACK

Fruit OR protein shake

## MEAL 2

Rice/Peas with Plant chief Chicken style pieces (Tesco's) OR  
Wholemeal wrap with PlantChief pieces salad

## SNACK

Oatcakes with whole earth peanut butter & sliced banana

## MEAL 3

Vivera vegan steak/Vivera Vegan Chicken Breast with stir fried veg



# SAMPLE PLANT BASED MEAL PLAN LOW CARB

## MEAL 1

1-2 scoops protein powder/flax seed/ 100g  
Frozen berries/handull spinach (Smootie)

## SNACK

Fruit OR protein shake

## MEAL 2

Plant chief Chicken style pieces & mixed  
salad(Tesco's)

## SNACK

Fruit OR Protein Shake

## MEAL 3

Vivera vegan steak/Vivera Vegan Chicken  
Breast with stir fried veg



# HABIT CHANGE

## THE FITBODY METHOD

# FIT BODY MILTON KEYNES

## :WHAT ARE MY PITFALLS

[illegible]

## WHY ARE MY TRIGGERS?:

**HOW I WILL OVERCOME THEM:**

# WORKOUT PLANNER

Date

Year:

Month:

## Meal Plans

### Breakfast

### Lunch

### Dinner

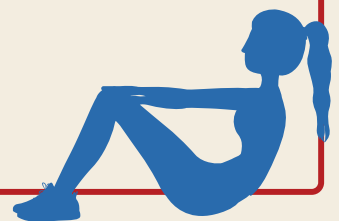
### Snack

### Water Intake



## Today's Goals

## Exercise/Workout



## Workout Progress

0

25

50

75

100





# PROGRESS TRACKER

Date

Year:

Month:

Measurement	Week 1	Week 2	Week 3	Week 4
Chest				
Arm				
Waist				
Hips				
Thigh				
Calf				
Total				

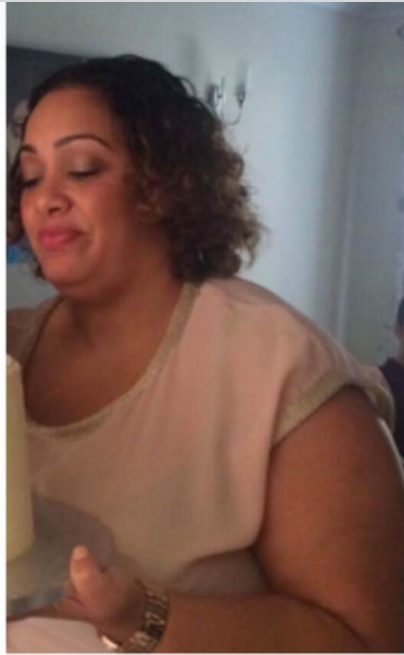
Numbers	Week 1	Week 2	Week 3	Week 4
Weight				
BF%				
Lost (LBS)				

Month:

S

# RESULTS

**SAM M**



**FIT BODY**  
**MILTON KEYNES**



# RESULTS

**CARL**



**FIT BODY**  
**MILTON KEYNES**



# RESULTS

**JESS B**



**FIT BODY**  
**MILTON KEYNES**

I have lost 39 lbs of fat  
Fit Body Bootcamp

# RESULTS

**LOU F**



**FIT BODY**  
**MILTON KEYNES**



# RESULTS

**LAURA  
NISBET**

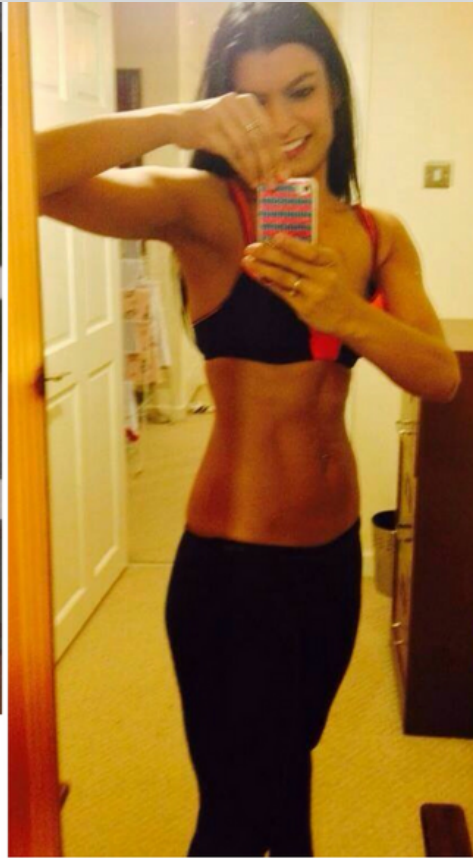


**FIT BODY  
MILTON KEYNES**



# RESULTS

**ANITA**



**FIT BODY**  
**MILTON KEYNES**