



50 steps to a
FITTER YOU

Exercise, nutrition,
mindset and goals

1. When you wake up, before you get out of bed, drink a large glass of water (feel free to sit up in bed, or you'll probably spill it all down your front), you'll have **more energy, quicker**
2. Stop buying (most) foods labelled as 'low fat' or 'fat-free', as they are full of crappy chemicals and not doing you any favours – e.g. overstimulating the bit in your brain that thinks its had sugar
3. The exceptions to this are low fat hummus and low fat/fat-free Greek Yoghurt (the proper, Fage Greek yoghurt)
4. Ignore everything the adverts say to you: **eating cereal is NOT the best way to start the day**, in fact it's a really crappy way
5. Instead, starting building more protein into your meals, do this by eating more eggs, meat, fish, good quality dairy, nuts and protein shakes. Frequent studies have shown that people who consistently start the day with a minimum of 30g protein are leaner, with more muscle
6. Talking of protein shakes, I often start my day with one, it's convenient and great for you. My favourite brand is www.bulkpowders.co.uk; they have loads of great flavours, or better still, buy the unflavoured and put it into a green smoothie
7. And talking of green smoothies, they're also a great start to the day, packed full of nutrients to energise you and **bulletproof your immune system**. My favourite is: spinach, mango, mint, apple, ginger, coriander. Some people like to add cucumber, but I freaking hate that stuff
8. Work on chewing your food thoroughly, and eating slower in general. Stop watching TV while you eat, as it's a massive distraction and will encourage you to mindlessly shovel it in

9. Drink a glass of water before every meal to aid digestion and increase your feeling of satiety

10. Feeling **bloated after a meal? Try a cup of peppermint tea**

11. Take the stairs, not the escalator – I know you've heard it before, but I'm telling you again: little changes like this add up and all contribute to a **Fitter You**

12. Learn to breathe the right way, from your stomach. If I say 'take a breath' to a new client, they invariably puff up their chest, which is wrong and very inefficient. Stand up, this time as you breathe in, force your stomach down and out, this will pull your diaphragm down, pulling in more air, as you breathe out, reverse this, let your stomach move in and up – this will take a while to get used to...!

13. Lunch. If you stick to the formula of 'protein + veggies' you cannot go wrong. For example: chicken salad, salmon with broccoli and spinach, omelette with ham and peppers.

13. Alcohol. This may surprise you, but you do not need to drink alcohol every day! It's purely empty calories – ie. Your body gets nothing beneficial from it, but it will still encourage weight gain.

14. However you can still drink alcohol and lose fat: stick to once a week (but please don't save up all the drinks you haven't had in the week!)

15. If you're drinking every day, even just one glass of wine with dinner, stop and ask yourself why. "I like the taste of wine with dinner" is just **habituation**. "I need it to relax" is just **habituation**.

16. So next time you reach for the wine, especially mid-week, stop and ask yourself why you're doing it.

17. 'Just' one glass of wine each night is approximately an extra 1,000 calories each week!

18. In short, **you cannot prioritise getting fit, healthy and lean while not addressing your diet**, and often, your alcohol intake

19. Dinner, once again go for protein + veggies, but if you've worked out that day, add in some good carbs too – these include white potatoes (not in the famous 'chip' formation...!), sweet potatoes, butternut squash, brown rice and quinoa

20. **Work on improving your sleep** – easier said than done, I know, however here are some tips to help you get incrementally more and better quality sleep

21. Go to bed 15 mins earlier

22. Stop using your phone before bed – start this pre-bed phone detox bit-by-bit – ie. Initially stop using your phone 10 mins before bed, then add on 5 mins every few days – once you're up to about an hour before bed, leave it at then – you 100% do not need to check facebook before bed to see what Trish thinks of people who talk about her behind her back – it can wait till the morning

23. Speaking of that, stop checking your phone first thing in the morning – emails, Facebook, Instagram and Twitter will still be there in an hour, but **give yourself a chance to wake up and be you for your first hour of waking** without unnecessary external social pressures

24. Back to the sleep tips: a warm, calming drink before bed (not alcohol-based!) helps many people sleep, for example camomile tea or the Sleepy Teas, which are available in most supermarkets

25. Bodies and brains crave routine, so start work on a pre-bed routine, which will help to calm your central nervous system, so you can drift off sooner.

26. Snacks! Top tip to help you avoid choosing chocolate bars: hardboil 12 eggs, keep them in the fridge and snack on them at Elevensies and Foursies – 7g of protein per egg, no sugar and a hit of choline, which makes you smarter!

27. Still want something sweet? No problem, **have a delicious chocolate cookies protein shake** – Bulk Powders have all the flavours you could want, and only 3g of sugar a serving

28. Out of sight, out of mind: work in an office where there is cake Every. Single. Day? No need to rugby tackle Doris as she comes towards you with the lemon drizzle, simple ensure it is behind you – ie. Out of your field of vision, so you can't see it and be tempted by it

29. You can start to burn fat much quicker than you think: **do my 12 Minute Fix every day for a week** and you will lose weight: <http://www.fitteryou.net/12-minute-fix>

30. The beauty of the 12 Minute Fix is that you never need another workout protocol again: as you get fitter, stronger and quicker, just work for more of each minute, or increase the weight you are using or change the exercises to ones that challenge you again

31. Still fancy a sweet snack? **Choose berries over other fruits**, as they're naturally lower in sugar than other fruits (especially bananas) and packed with nutrients that support your immune system

32. When you have time and can commit to it, write a three day food diary. Be super strict and honest with yourself, and you may well be surprised at what you're really consuming. It's also a handy starting point at spotting what to tweak in your diet.

33. Portion control. Start experimenting with slightly smaller portions – not at the expense of going hungry, but to slightly manipulate how much you're consuming – small changes, big results

34. Here's a handy way to work out how much to eat: choose a palm-sized piece of protein (e.g. meat/fish), two fistfuls of veggies and, if you're including them post-exercise, a palm of carbs too

35. **Stop weighing yourself every day.** Once a week, or even once every two weeks is fine – there are so many reasons for your weight to fluctuate day-to-day, that you don't want a 2lb gain to put you in a bad mood for the day, even if it's just because of water weight, your hormones or the moon

36. Start adding resistance training to your workouts – that means lifting weights. And no, if you're female, you're not suddenly going to get bulky – you won't be eating enough, you don't have enough testosterone and you don't have the genetic musculature to do so

37. However lifting weights will help you develop more muscle, as females that will be long, lean muscle, which cumulatively, will help you burn more calories per workout – and post workout too

38. **Set yourself the challenge of going without sugary drinks for a week.** You don't need them, they're full of empty, crappy calories and do you no favours in any way

39. Want to really start understanding what's in your food? Download the free app, MyFitnessPal, which allows you to track what you're eating – helping you to make more and more informed decisions – give me a shout if you would like a hand with this: matt@fitteryou.net

40. **I'm going to say it again, as it's so important: drink more water.** Just do it. It will fill you up, give you better skin and helps in fat loss

41. Ignore pretty much everything the slimming clubs do and say: if they worked, they wouldn't still be in business

42. This also goes for the worst TV show of all time: The Biggest Loser. Every 'contestant' who has been on the show has put their weight back on, as all they do is focus on extreme, hyper-drastic weight loss. My **sustainable, incremental changes are easy to build into your life** and guarantee you will make healthy, sensible choices that support your goals of fat loss

43. Also, the PTs on The Biggest Loser give the fitness industry a terrible name. The way they shame and embarrass the contestants is appalling, no wonder at the slightest drama after the show they revert to overeating and comfort eating

44. And while I'm at it, ignore everything (most) female magazines and media put out. No, her off of TOWIE did not lose three stone in a month. It's dangerous and irresponsible and encourages more crash weight loss, people to starve themselves and undoubtedly, bulimia and anorexia

45. Please don't ever even consider weight loss pills/supplements/fat-burners etc. Most of them are just jumped up amphetamines; would you like to be hooked on those for the rest of your life?

46. When you do a food shop, as an experiment, try to only buy food with one ingredient, ie. Itself

47. **I dare you to give up bread for a week. Go on, try it.**

48. If you are going to snack on something like popcorn, decant it into a bowl, so you know how much you're eating, versus just reaching mindlessly into the bag

49. When you're cooking your protein (e.g. a chicken breast) cook another two, three or more so it's ready to go with lunch or dinner the next day

50. **Swap spaghetti for courgette or butternut squash that has been julienned** – both are now commonly available in supermarkets