NATASHA FARRELL

NF

NUTRITION FITNESS



NF COACHING

Simplified Fitness Guide

WHAT'S INSIDE?

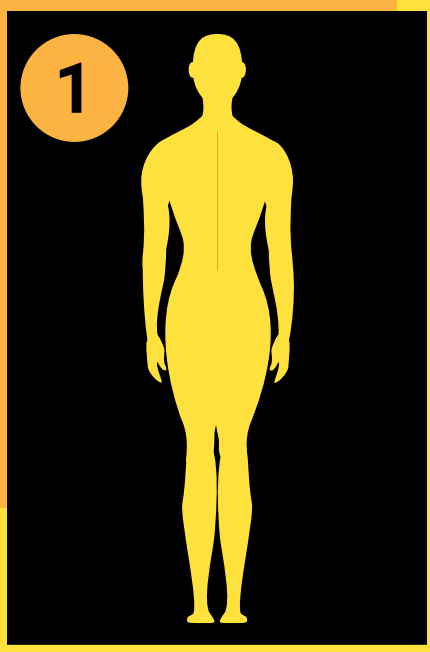
- HOW TO TAKE PROGRESS PHOTOS
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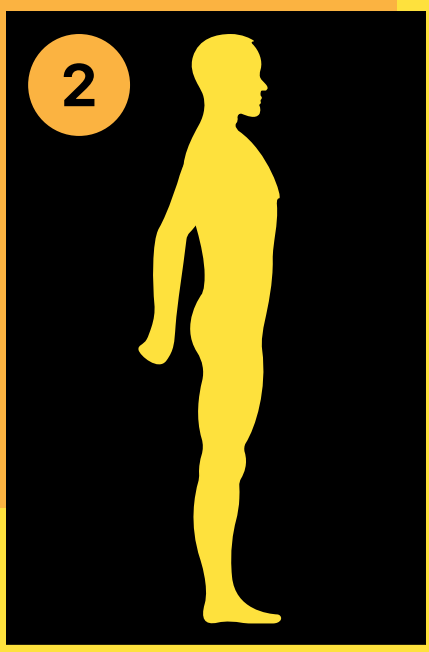
PROGRESS PHOTOS

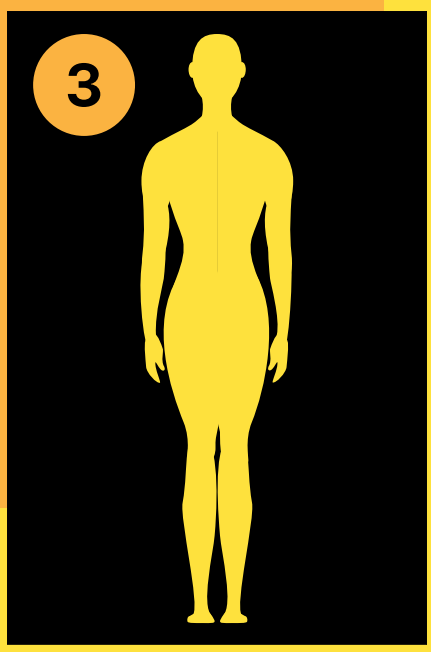
Progress photos are going to be our main indicator for seeing progress. The scale is often not an accurate indicator of our progress levels, so taking photos is going to be the best way of seeing what you've achieved and how you're body has changed.

Make sure to take your photos in good, honest light, wearing appropriate clothing - I.E Men in shorts/underwear and women in shorts/undwear and sports bra.

Take three photos; one from the front, one from the side and one from the back.







MANAGING YOUR CALORIES

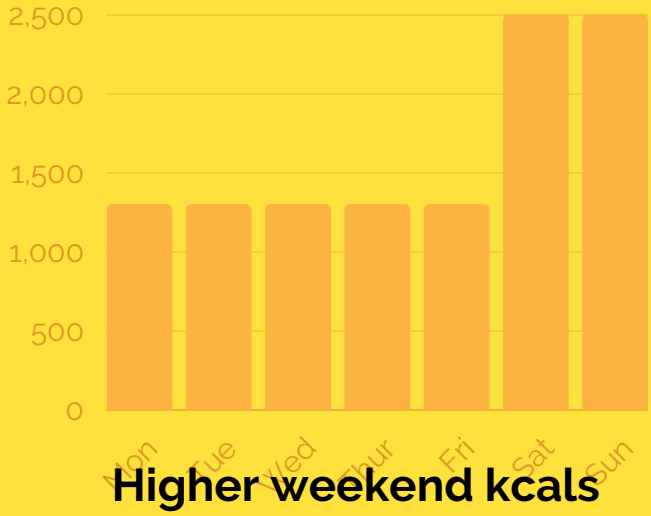
Calories are best viewed as a weekly total, as opposed to a daily total (See MyFitnessPal Guide to find out how). You'll naturally have days where you'll feel hungrier than others. This allows you to manipulate them to suit your lifestyle and goals. It's called **calorie cycling.** The charts below are examples.

Weekly total = 10,500



Same kcals each day

Weekly total = 10,500



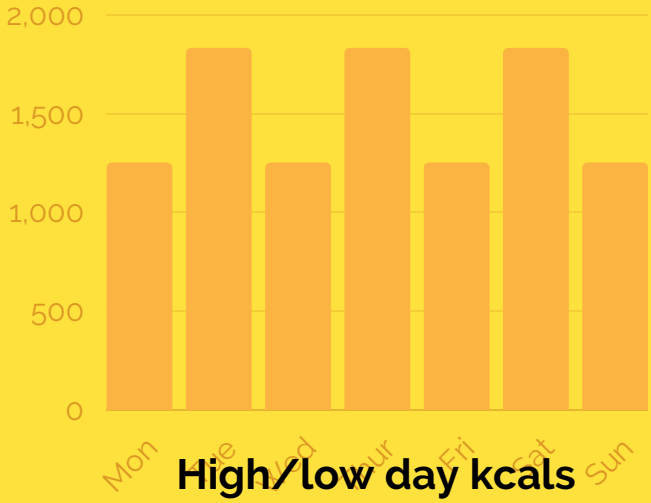
Higher weekend kcals

Weekly total = 10,500



High training day kcals

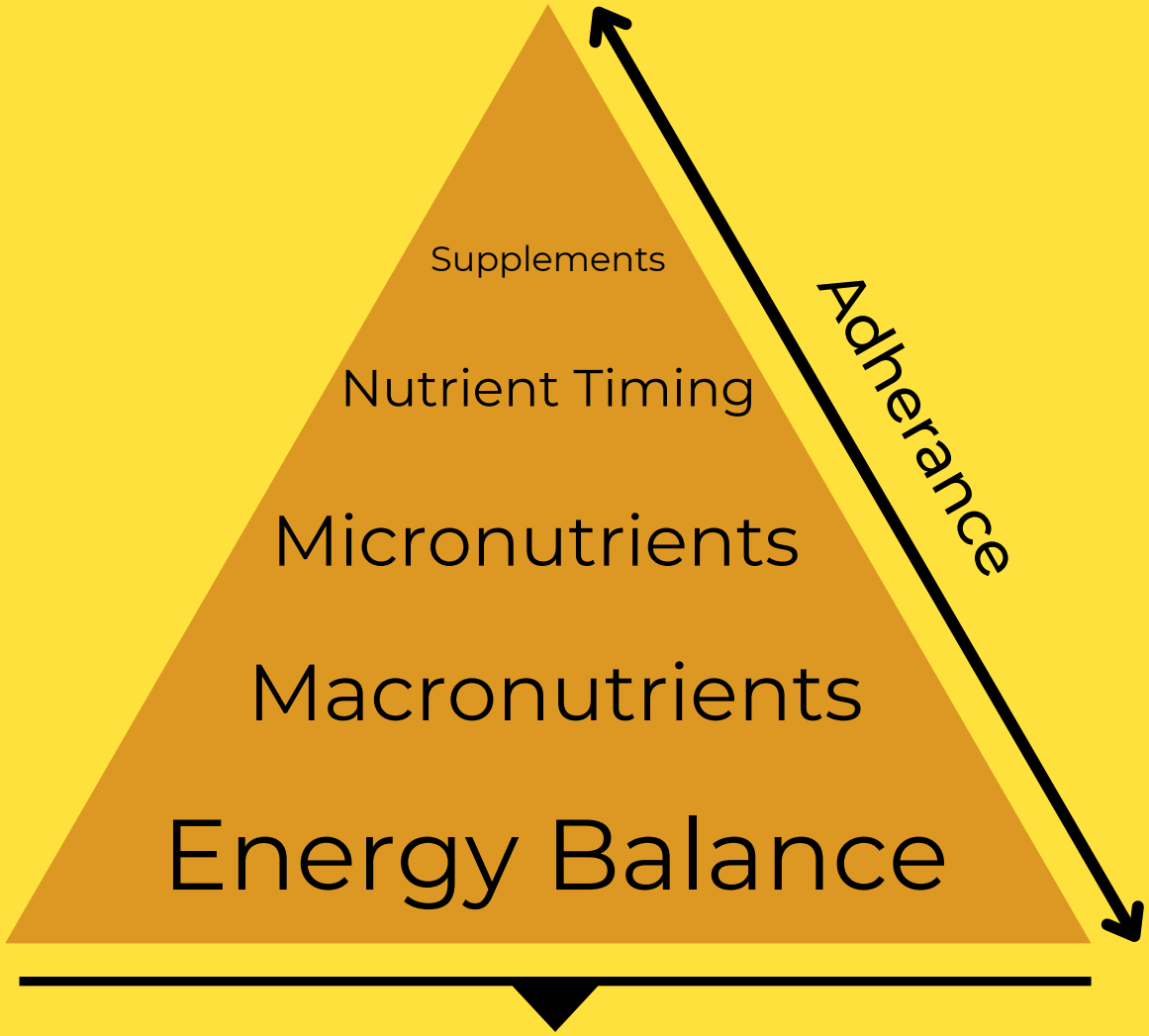
Weekly total = 10,050



High/low day kcals

WHATS IMPORTANT

This pyramid shows the hierarchy of importance when it comes to management of body fat. None of the levels should be disregarded but it is useful to see where most of your focus should be, enery balance being the most important and supplements as least.



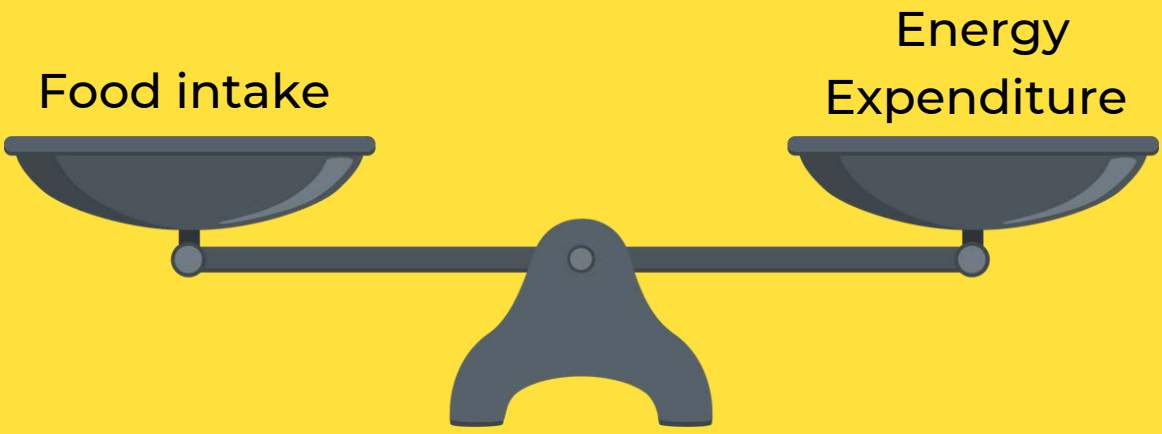
It's important to rmember that all of the above are superseded by adherence and your general lifestyle on a daily basis.

ENERGY BALANCE

HOW CALORIES AFFECT OUR WEIGHT

Calories in vs calories out is the fundamental theory behind energy balance and understanding this can be hugely beneficial when it comes to reaching your goals.

To maintain...	Consume an equal amount of calories as you use.
To gain...	Consume more calories than you use.
To lose...	Consume less calories than you use .



= weight maintenance

NEAT

NONE EXERCISE ACTIVITY THERMOGENISIS

NEAT refers to anything that isn't a planned exercise such as the gym or sports. It contributes a large part of our overall energy expenditure and is a powerful tool for fat loss and our health in general.

Walking, gardening, hoovering, playing with your kids, cleaning your car. Even subconscious movements like fidgeting when on the phone, or jigging your leg up and down sitting at your desk are classed as NEAT.

After your BMR, NEAT contributes the most towards your total daily energy expenditure (TDEE).

Activity trackers can be a useful tool to monitor how much you move daily. Just keep in mind they're a guide and can be inaccurate so they shouldn't be relied on.



WHY 10,000 STEPS?

You've probably heard of the 10,000 steps per day rule, but do you know why it's that number?

> 10,000 steps per day have been shown to burn approximately 500 kcals
>
> It requires approximately 3,500 Kcals of energy burned to lose 1lb of body fat
>
> 10,000 SPD (Steps Per Day) x 7 = 3,500 Kcals

Walking is low impact and easily accessible to nearly all of us making it an extremely useful tool for our health and can help us maintain or lose weight.

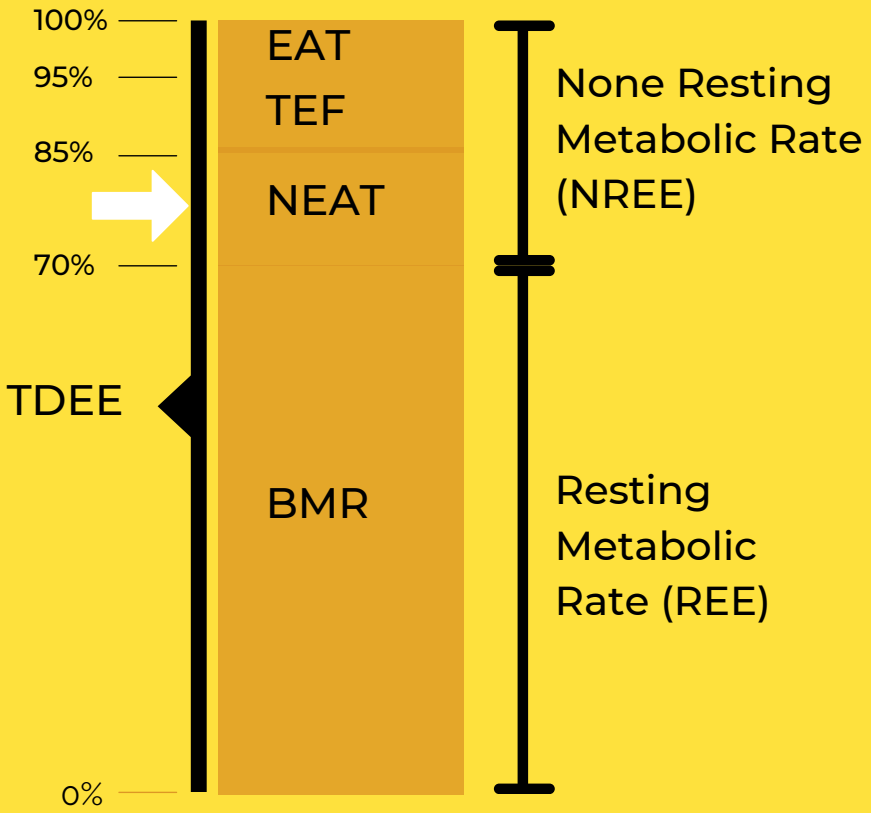


However, 10,000 steps might not be enough for everyone. If you naturally walk a lot for your job, you might still need to actively walk before or after work to make it viable for fat loss. Equally, if you sit down all day, meeting 10,000 steps might not be realistic for you and you could require less to see progress. This is why I look at your activity levels before setting you a goal.

TDEE...

Your total daily energy expenditure (TDEE) is the number of calories you burn throughout a 24-hour period. These calories come from the work your body does to keep you alive, including your brain functions, breathing, digestion, and so on as well as all of your physical activity.

TDEE - Total Daily Energy Expenditure
EAT - Exercise Activity Thermogenesis (workouts)
TEF - Thermic Effect of Food (digestion)
NEAT - None Exercise Activity Thermogenesis (steps)
BMR - Basal Metabolic Rate



SCALE WEIGHT

WEIGHT FLUCTUATIONS ARE COMPLETELY NORMAL

Learning to understand and accept weight fluctuations will be paramount to our long-term success. Without understanding why they happen you'll find yourself relaxed and ready to throw the towel in. We won't let that happen though,

Reasons the scale might change overnight...

- You consumed more salt than normal
- What point of your cycle you are in
- You ate more carbs than normal
- You ate later than usual
- You had a super intense workout
- High stress levels
- You haven't been to the toilet
- You drank more water than usual
- Increased alcohol intake
- New medication



Most of the time a small increase on the scale will be down to water retention. For example, every gram of carbs you eat, your body will store roughly 3/4grams of water which will show up on the scale - NOT FAT

SLEEP

SLEEP IS AN OFTEN-NEGLECTED LIFESTYLE FACTOR THAT ALSO PLAYS AN IMPORTANT ROLE.

Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Without enough sleep, the brain cannot function properly. Getting adequate, quality sleep is an important part of a healthy fat loss or muscle building plan.

Sleep is important for losing losing as lack of sleep can increase appetite by changing hormones, making us more likely to eat unhealthy foods and influencing how body fat is lost while counting our calories. Sleep should therefore be considered essential alongside diet and physical activity as part of a healthy lifestyle.

There are many ways to improve sleep:

- Keep a regular sleep schedule
- Don't eat right before bed
- Reduce stress
- Create a restful environment
- Reduce caffeine intake

The recommended sleep duration for adults is seven to nine hours a night.

STRESS

You're under pressure, anxious and always on the go. You aren't overeating, you are exercising and following the plan I set out for you, yet you seem to be gaining weight, rather than losing. **What is going on?!**

Aside from causing anxiety, depression and sleep deprivation... stress can lead to hypertension, weight problems and an increased vulnerability to colds and infections.

3 Links Between Stress and Fat Gain

- Emotional eating / comfort eating
- When someone is stressed they generally sleep less
- Stress causes routines to go out the window

STRESS

3 ways to beat stress...

Move every day - get outside for a walk, even if its just for 20 minutes. It makes your blood circulate more quickly, transporting the cortisol to your kidneys and flushing it out of your system.

Reduce Caffeine - coffee is 'anxiogenic' - which means too much of it can contribute to anxiety. Next time you reach for a coffee, try decaf instead.

Relaxation Techniques - Try yoga or meditation. Focus on slow movement, stretching and deep breathing are best for lowering your anxiety and stress.



WATER

Hydration is key for many factors that play a role in fat loss, digestion and muscle function. If you struggle with bloating this is your first point of call

Water is a natural appetite suppressant. When the stomach senses that it is full, it sends signals to the brain to stop eating. Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger.

You may think that you are hungry when you are probably thirsty. Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking and make you think are you reaching for a snack because you're hungry or because you're bored?

1L for every 25KG of bodyweight



FAQS

How often should I train to see results?

This will vary depending on your lifestyle and how active you are and what your goals are. I usually recommend 3 times per week plus increasing your general activity (NEAT)

Can I still eat chocolate and lose weight?

Within reason, you can eat what you want. As long as we maintain a calorie deficit (eating less calories than you use) then we can still fit in the foods you love .

Will I be sore after lifting weights?

When you use resistance you are actually causing small tears in the muscle, this does often result in soreness (DOMS) for a few days when starting out. This also occurs when new stimulus is placed on the muscle, IE a new exercise in your programme. The soreness soon disperses though. Apply heat if you're really sore! (Bath/hot water bottle)

Do I need to do cardio to lose weight?

In short, no. You just need to be using more calories than you consume (caloric deficit). Any type of exercise will do this, but cardiovascular work is good for overall health hence why it'll be a part of your programme or "Finishers" in our sessions