

Top 10 Healthy Living Tips

Do you need to invest in your health?

How much time have you spent trying to improve your health and fitness over the years, only for the nutrition plan and the home workout equipment to go in the cupboard or the gym membership to continue unused?

Are you ready to make a change but don't know where to start?

Take a read of our healthy living tips. It's not hard if you know how and you get the right support.

Do these simple goals resonate with you?

I WANT TO MOVE MORE FREELY

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

I WISH I HAD MORE ENERGY

Exercise stimulates your body, helping you not only look fitter on the outside but have more energy naturally on the inside. The better your nutritional intake, the more your body will love you for it.

I WANT A BETTER QUALITY OF LIFE

Effective personal training will vastly improve your quality of life because the fitter you are, the more of life's joy you can experience.

I NEED A CONFIDENCE BOOST

The side effects of ageing can leave you feeling unhappy with the way you look. These foundations for healthy living will see you lose body fat, build strong muscles and give you the confidence to wear your favourite clothes again. You will look healthier and feel happier.

By simply following the next 4 pages you will be well on your way to achieving a healthier diet and exercise routine.

READ ON TO FIND OUT HOW.....



1 YOU ARE EATING TOO MUCH PROCESSED FOOD AND SUGAR

Make sure you eat loads of natural foods, plant or animal. Eating processed food and sugar simply makes your body hungry quicker and your body will store it as fat. If you're not sure, keep a food diary - making a log of everything helps to keep things in perspective and will highlight if you are eating too many high calorie, artificial products.



2 ARE YOU EATING REFINED CARBOHYDRATES?

White rice, white (non-whole wheat) flour products, white pastas, soft drinks, sweetened drinks like juice, and the hundreds of products that contain added sugar that are deceptively listed as ingredients with names like sucrose, high fructose, corn syrup, turns off the hormones responsible for releasing your body fat and instead turns on the hormones that store fat.



3 YOU ARE NOT EATING ENOUGH

Processed food and sugars are full of energy, too much energy. But because they are power-packed with calories you don't need a lot to feel full. Therefore when you eat healthy, nutritionally dense foods you need more of it. Remember if you don't regularly eat enough your body goes into starvation mode, sheds muscle and stores calories as fat for a future energy source. You have to achieve homeostasis for optimal functioning.



4 ARE YOU SKIPPING ANY MEALS?

If so, do not expect to see a change in your body. Skipping meals slows your metabolism causing body to store fat rather than burn it.



5 **HOW MANY ALCOHOLIC DRINKS DO YOU HAVE EACH WEEK?**

Alcohol stimulates your appetite, slows your metabolism, and it's loaded with empty (sugar) calories! In other words your body converts it to fat straight away. Moderation is the key to healthy living.



6 **ARE YOU HAVING FRUITS AND/OR VEGETABLES EVERY DAY?**

Vegetables are so good for our bodies: your body is in heaven when it gets some of the green stuff! They are full of fantastically delicious vitamins and minerals as well as good carbohydrates that your body needs to function properly and to be super healthy. Fruit has its place in keeping your body happy too. After or before an intense workout have a smoothie or piece of fruit to energise your body.



7 **ARE YOU PLANNING AND PREPARING YOUR MEALS AHEAD OF TIME?**

If you have not planned your meals, you are more likely to find yourself eating the stuff you should be avoiding. Fat loss can be extremely difficult, but by following these simple changes you will start to see results. It's about creating good habits and making positive lifestyle choices.



8 **YOU ARE NOT DOING THE RIGHT EXERCISE?**

Cardio alone isn't enough. In fact too much cardio can mean your body is too stressed and stops burning fat. So what you need is a combo of short sharp cardio and resistance training, which will boost your metabolism. Resistance training is crucial to maintaining your muscle and tone. If you're not doing resistance work (kettle bell training/bodyweight exercises) whilst trying to lose body fat, you will lose muscle and definition and your metabolic rate will decrease.



9 **YOU ARE SIMPLY NOT EXERCISING ANYWHERE NEAR ENOUGH!**

If you're really serious about losing weight you need to be exercising at least twice a week intensely but in a supervised environment. A gentle stroll daily isn't enough: your heart rate needs to be elevated in order to achieve results. HIT sessions should be complemented with a mobility based session, such as Yoga, to strengthen and lengthen the muscles.



10 **ARE YOU IMPATIENT?**

Are you looking for instant results? When it doesn't happen, do you give up? You have to be resolved to the fact that it takes longer than you might choose and change can be slow yet steady! Try focusing on progress, not perfection. It is more important that positive results are sustainable.



In order to see long lasting results you will need to fully equip yourself with the necessary tools. Why not enquire about our multiple services at Body Complete Fitness Solutions? We are here to get your body into healthy, sustainable shape. Whether it's 1-2-1 personal training or Small Group Training as part of our Stronger for Longer Programme, we have the solution that fits your needs.

We can guarantee that we will help you achieve your goals, whatever they may be.

WHY NOT BOOK A FREE CONSULTATION NOW

JACKIE LISTENED TO TO OUR BC21 DAY NUTRITIONAL ADVICE



“ I joined Body Complete just as a 21 day challenge was about to start so the timing was perfect for me (even though I didn't really have a proper idea of what I was signing up for!).

I've slowly put stones on over the last decade and another half stone this Christmas and couldn't find the willpower and motivation to do much about it.

At first it was all a bit daunting but the eating plan is genius, Zoe is lovely, supportive and helpful, and Chris is so motivating, knowledgeable and professional that I actually started to (quite!) enjoy it all! During classes Chris constantly watches and corrects which was great as a lot of the techniques were new for me.

Well, at the end of the challenge, I was actually joint winner with Dawn and had lost 1st 2lbs. I'm thrilled!

On joining Body Complete my plan was to do the challenge and then consider whether or not to continue, but after being so inspired, I definitely am! ”

About Us

We are a Scarborough based personal training company who are passionate about our work. As coaches, we love what we do and we seek to instill that passion for fitness in others.

We work with clients who want to lose weight, move better, improve their overall health and feel good about themselves.

Our sessions incorporate highly effective, proven, functional training methods with an easy to stick to nutritional plan. This winning combination will maximise FAT BURNING potential and INCREASE YOUR METABOLISM for the whole day!

What you will find different about our personal coaching ethos is the fact that you will be provided with continual online and face-to-face support and advice to help you overcome any barriers to achieving your goals. We have the experience and motivation to give you the confidence and self esteem you deserve.

To ensure that you achieve great, lasting results and whole body fitness, you just need to take that first step.

BOOK A FREE NO OBLIGATION, FACE TO FACE CONSULTATION FOR PERSONAL ADVICE AND LEARN HOW WE CAN DELIVER WHAT YOU NEED TO GET YOU BACK ON TRACK.



LISA TRIED OUR FITNESS TIPS...



“ I joined Body Complete in September 2018. I've been running for four years – usually three or four times a week, but not really doing anything else in the way of fitness and exercise. I wanted to do something that would complement the running; I have no upper body strength and my core needed work!

I ate healthy meals and cut out the snacking which has always been my downfall. I switched to healthier carbs, ditched white bread, pasta, rice and potatoes and found I lost weight and body fat along the way.

I've now been coming to Body Complete for six weeks, and I have noticed a huge difference in my running- knocking a couple of minutes off my half marathon and ten mile race times. I feel generally stronger, leaner and healthier and this has shown in my running performance.

I enjoy all the classes and try to get to as many as I can. Chris and Jon really know their stuff and will help and encourage you throughout. Everyone has been really friendly to me since I started: I love it. I would really recommend you try it out. I've nothing but praise for Body Complete. ”

07970 170 241

9A St Thomas Street, Scarborough, YO11 1DY



Body Complete Fitness Solutions



bodycomplete1

admin@bodycomplete.co.uk

www.bodycomplete.co.uk