



## **PART 1 - Introductory Program** **A 30 day Investment In Your Life & Your Health**

### **INTRODUCTION**

WELCOME, and thank you for taking the time to invest in our FREE health and lifestyle program. I acknowledge you for your commitment to your health and wellbeing, and the impact that it will have on your family, friends and your community. I want you to know you are extraordinary. You are investing your time in the most effective way possible for your future...in your health.

I want you to relate to **your healthy lifestyle program** like you do to brushing your teeth or servicing the car...**they are all good habits that work**, in the area of your health and fitness, car maintenance or personal hygiene.

Start distinguishing the opinions you have regarding health and wellbeing from the facts. **Seventy percent of what we hear in all areas of life is opinion, not fact.**

The facts are that balanced nutrition, ample water intake and regular exercise provides the basis for good health and wellbeing, and **it works *only when you participate in it***. When our energy levels are restored and balanced we become vital and we look for activities and other ways to expand our life and our lifestyle.

BUT before we get going, please take a few moments now to complete the information below as a record of where you began. You can look back in 30 days and see where you were, as a fact, not some opinion you may have had.

Name:				
Date:				
Current weight, kgs				
Goal weight, kgs	@ 7 days	@30 days	@90 days	
Current Diet (pls circle)	Poor	Fair	Good	Excellent
Nutritional supplements	YES / NO		If YES What program?	
My Activity Level Is	Poor	Fair	Good	Excellent
Preferred Time	6:00am	7:00am	9:30am	7:30pm
Buddies Name***:				
Buddies Contact Phone:				

\*\*\* Talk to a few friends and see if you can encourage one of them to create some healthy habits too, and you can then support each other as you develop your new habits.

Remember, every step you take towards your goal makes the journey shorter.

## **What NUTRITION really is.**

So what is nutrition? Common belief includes “nutrition is all the vitamins and minerals in the food we eat”, or it’s “eating the right foods”, or “eating a balanced diet”. The truth is, in fact, none of the above. Nutrition is not food.

**Nutrition is the continuous process** of taking in, breaking down, spreading around raw materials, building new and repairing existing structures, and getting rid of waste products – just like a process in a factory. In more accurate terms, **it is the process continually carried out by the body** and includes digestion, assimilation, cellular construction and repair and elimination. Two words better used to describe these individual processes are “catabolism” and “anabolism” – catabolism referring to the breaking down part, and anabolism referring to the building up part. Nutrition then is the sum total of catabolism and anabolism.

So what about the food – the protein, carbohydrates, vitamins and minerals? Where do they fit in? Why the misconception? It works like this. Just as in a factory the quality and integrity of the final product depends on the quality and integrity of the materials and processes we put in. Poor



ingredients or poor machinery usually equals poor finished product. **You don’t do it to any other part of your life, so don’t do it to your body.** Superior ingredients and a ‘well oiled machine’ equals a superior product. While the process of nutrition is carried on in the body regardless of whether we eat MacDonalds or a diet of whole natural foods, **the efficiency and the output of that process is absolutely dependent on the quality of the input.** The input includes food, and also includes mental and emotional input, exercise, rest, relaxation, water, fresh air, sunshine, shelter and personal hygiene.

The choice is yours, and so is the responsibility. Disease (“dis” – “ease” is the want of health in mind or body) is only the result of an ineffective and inefficient nutritional process. The next time you reach for a chocolate bar, Big Mac or a milk shake stop and ask yourself...“what sort of a factory am I committed to running here?”

At Fit to Walk & Talk we promote and market products and services that work, including leading nutritional products. We recommend you inquire into nutrition as a part of your commitment to health and wellbeing. There is absolutely no requirement to participate in a nutritional program as part of this health and wellbeing program, the choice is entirely yours. We simply provide you with the facts and an invitation to try them out if you wish.

In respect to the facts, put simply, our western diet contains:

- TOO MUCH FAT, SALT & SUGAR
- TOO MUCH PROCESSED WHEAT & DAIRY PRODUCTS, AND
- NOT ENOUGH WATER, FIBRE, VITAMINS OR MINERALS

**At the same time the food that we purchase has been treated with chemicals to enhance appearance,** quicken ripening, prevent disease and attack, and has less vitamins, minerals and essential fats and trace elements than it did a mere 50 years ago, a lot less. Today the majority of people are eating calories devoid of nutrients (vitamins, minerals, trace elements, amino acids etc)...commonly called empty calories. Refined sugar is one of the main culprits and is found in excessive quantities in many fast foods, sweets and soft drinks.

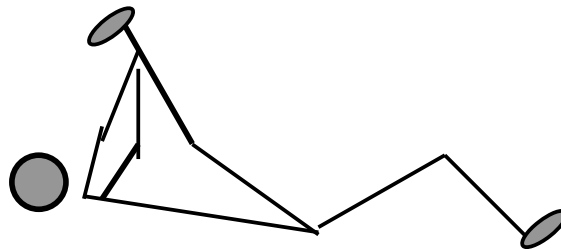
## **NOW LET'S GET STARTED – FIRST OF ALL STRETCHING.**

This is often the area of health and fitness most overlooked, even when you get into high levels of sport. Be kind to your muscles, ligaments and tendons. Warm up gently and stretch before you get going and then cool down and stretch when you finish.

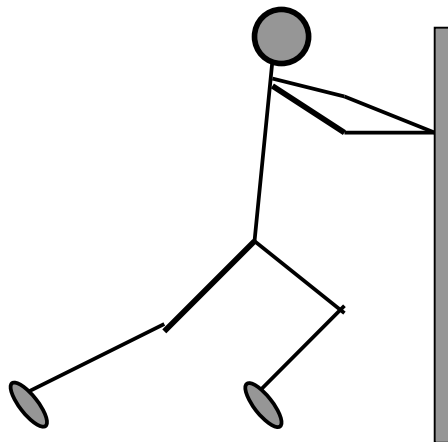
**Spend at least 10 minutes warming up and stretching.** If it hurts, relax a little, build up gradually. Remember no pain and all gain works in the area of aerobic health. Work with your body rather than working against it.

Certain stretching exercises are much safer than others, and the following are recommended. You either hold your stretch for 10 to 15 seconds or alternatively do multiple stretches holding for 3 to 5 seconds and relaxing for 1 to 2 seconds in between. I tend to alternate, some days holding for 15 seconds and other days I will do a 3 or 4 'sets' of multiple stretches.

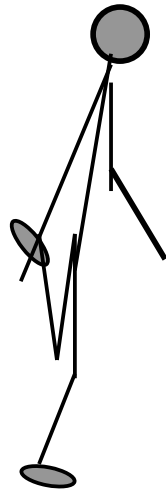
**STRETCH 1** – Lie on your back on the floor or the ground with both knees up and your legs bent. Lift one foot off the floor and grab hold of that foot or ankle, straighten the leg and gently bring the leg towards you so your foot is over your head. Hold the stretch for at least 10 to 15 seconds, relax and repeat with the other leg.



**STRETCH 2** – Find a solid wall, post or a tree that won't mind you trying to push it over. Place one foot near the base of the wall and stretch the other leg behind you as you push against the wall.



**STRETCH 3** – This is also good for your balance. If your balance is ‘shaky’ hold on to the tree or wall while you stretch. Standing upright, lift one foot behind you towards your buttocks and hold it with that hand. Repeat with the opposite leg. Keep your hip forward while stretching.



### **NOW YOU'RE ON YOUR WAY - WALKING.**

This is what you've been waiting for. **Again be kind to your muscles, ligaments and tendons.** Warm up gently and stretch before you get going and then cool down and stretch when you finish.

**If you haven't been exercising regularly then reward yourself for your achievement.** I mean it, be generous to yourself because the new habits you are creating are going to be generous to you for the rest of your life. Generous to you by accessing more energy and vitality, less illness, freedom to really express yourself and enjoy life to the fullest, you may as well. Be responsible in your generosity...lunch out with a friend at a good food restaurant, buy yourself a new sports top or walking shoes, enjoy a relaxing massage or facial, book a holiday at a health retreat or spa.

**Remember you are investing in your future health and wellbeing ... every dollar spent on preventative health saves \$100.00 in future health costs.**

The IMPORTANT THINGS TO FOCUS ON in your walking program are:

- **Walk EVERY MORNING for the next 30 days to create the HABIT.** Get support from a friend, relative or Fit to Walk and Talk coach. Relate to it as if your life depends on it. It probably does. Have your 30 day chart posted in a conspicuous place to ensure your comments are recorded everyday.
- **Walk AT A PACE that has you GENTLY PUFFING YET ALLOWS YOU TO TALK.** There is no need to measure heart rate unless you really want to. If you are puffing too much to talk comfortably then just slow down. You will develop a real sense of knowing when you are working fast enough, so keep the pace up and back off when your puffing too much, then pick up the pace a bit until you feel its right. Walk with a friend or friends of similar fitness level if you can. Form your own local walking group. Remember this is for your health and wellbeing, not your dogs, your mums or anyone else's.

- **Walk for a MINIMUM OF 20 - 30 MINUTES.** Remember you are creating the habit of healthy lifestyle ... your not in a race to get anywhere, there are no prizes for walking 50 minutes on your second day except the possibility of sore muscles. Trust me, that's no prize!

## **Step 2 COOL DOWN & STRETCH**

This is the other part of being kind to your muscles, ligaments and tendons. **For the last 3 to 5 minutes of your walk slow down and 'shake it out a bit'.**

When you arrive back home or to the start point **stretch again.** Flexibility is as important a part of fitness as your oxygen uptake level. **Always stretch to start and at the finish.** If time is critical on a particular day shorten the walk rather than deleting the stretches.

### **IN BRIEF**

1. WARM UP & STRETCH
2. Walk EVERY MORNING for the next 30 days to create the HABIT.
3. Walk AT A PACE that has you GENTLY PUFFING YET ALLOWS YOU TO TALK.
4. Walk for a MINIMUM OF 20 - 30 MINUTES.
5. COOL DOWN & STRETCH.
6. RECORD your comments and your results.
7. MAXIMISE your nutrition.