

S20
HEALTH + FITNESS

+ 4 STAGE
JOURNEY

NAME:

TRAINER:

START DATE:

STAGE 1/

| STAGE 2/

| STAGE 3/

| STAGE 4/

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NUTRITION

PROTEIN: 4 CALORIES PER GRAM

PROTEIN IS THE MOST IMPORTANT MACRO-NUTRIENT, WE NEED IT TO SUPPORT MUSCLE GROWTH AND REPAIR. IF WE DO NOT CONSUME ENOUGH, WE'LL BECOME CATABOLIC, WHICH MEANS OUR OWN MUSCLE WILL BE USED AS FUEL. PROTEIN IS MADE UP OF AMINO ACIDS THAT ARE COMMONLY REFERRED TO AND IT'S BUILDING BLOCKS. WHEN WE CONSUME PROTEIN, OUR BODIES BREAK IT DOWN INTO AMINO ACIDS SO THEY CAN ENTER THE BLOODSTREAM. FROM HERE, THEY'RE USED IN THE FORMATION OF NEW CELLS. TO GET THE BEST OUT OF THE PROTEIN YOU CONSUME, IT'S RECOMMENDED THAT YOU CHANGE YOUR SOURCES REGULARLY SO YOU CONSUME THE FULL SPECTRUM OF AMINO ACIDS. GREAT SOURCES OF PROTEIN INCLUDE, CHICKEN, TURKEY, FISH, LEAN RED MEATS, EGGS AND WHEY.

FATS: 9 CALORIES PER GRAM

FATS ARE NOT TO BE AVOIDED, THEY'RE ESSENTIAL IN THE DIET FOR A WHOLE HOST OF REASONS. FATS HELP TO STABILISE AND REGULATE MANY HORMONES IN THE BODY. THEY'RE ESSENTIAL TO THE BRAIN AND THE NERVOUS SYSTEM AND ALSO FOR MUSCLES TO FUNCTION AND FOR GROWTH. THEY CAN REDUCE INFLAMMATION, PROVIDE ENERGY, PROTECT OUR ORGANS, MAINTAIN CELL MEMBRANES, AND HELP THE BODY ABSORB AND PROCESS OTHER NUTRIENTS. FATS ALSO KEEP US FULLER FOR LONGER WHEN COMBINED WITH MEALS, AS THEY TYPICALLY DIGEST MORE SLOWLY. MORE IMPORTANTLY, YOU NEED FAT TO BURN FAT - ESPECIALLY WHEN CARBOHYDRATE INTAKE IS LOW.

FATS ARE MADE UP OF SATURATED, MONO-UNSATURATED AND POLY-UNSATURATED. IT'S ESSENTIAL THAT WE CONSUME OMEGA 3, 6 AND 9, ALTHOUGH OMEGA 3 IS SEEN AS THE MAIN ESSENTIAL SOURCE. THERE'S ALSO ONE OTHER FAT TO CONSIDER: TRANS FATS. TRANS FATS ARE MAN-MADE FATS THAT THE BODY STRUGGLES TO DIGEST AND UTILISE, TYPICALLY FOUND IN FAST FOOD. TRY TO AVOID IF POSSIBLE! GREAT SOURCES OF NATURAL FAT (IN MEATS), NUTS, AVOCADO, COCONUT OIL, FLAXSEEDS, FISH OILS, OMEGA 3 AND OLIVE OIL.

CARBOHYDRATES: 4 CALORIES PER GRAM

CARBOHYDRATES ARE ESSENTIAL TO ALL DIETS AT SOME POINT OR ANOTHER. THEY SERVE AS A GREAT TOOL WHEN USED IN THE CORRECT AMOUNTS AND AT THE CORRECT TIMES. THEY ARE A GREAT FUEL SOURCE, SPEED UP THE RATE OF RECOVERY AND AID IN BUILDING LEAN MUSCLE MASS. HOWEVER, SOME CONSIDERATION HAS TO BE TAKEN WHEN SOMEONE IS TRYING TO LOSE WEIGHT AS CARBS AROUND TRAINING CAN HINDER FAT LOSS, ESPECIALLY STUBBORN BODY FAT.

WITH THE LIST OF CARBS BEING SO VAST, I HAVE NARROWED IT DOWN TO THE ONES THAT I TEND TO USE MOST COMMONLY, HOWEVER, JUST LIKE PROTEIN, TO TRY USE A WELL-MIXED VARIED CARB SOURCE TO LIMIT OVER CONSUMING ONE AND POTENTIALLY MAKING YOURSELF INTOLERANT TO IT. MY BEST CARBOHYDRATE CHOICES: SWEET POTATO, WHITE POTATO, WHITE RICE, OATS, WHOLEMEAL BREAD/ WRAPS.

VEGETABLE

IT'S ESSENTIAL THAT YOU CONSUME ENOUGH VEGETABLES IN YOUR DIET BECAUSE OF THEIR HIGH NUTRIENT CONTENT. THEY'RE LOADED WITH VITAMINS AND MINERALS THAT CONTRIBUTE TO THE GROWTH AND MAINTENANCE OF YOUR MUSCLES. VEGETABLES ARE A GREAT VOLUME FOOD CONTAINING DIETARY FIBRE WHICH WILL HELP KEEP YOU FULLER FOR LONGER. THEY HELP TO CONTROL BLOOD SUGAR LEVELS AND KEEP YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY. BEST VEGETABLE CHOICES; BROCCOLI, ASPARAGUS, KALE, PEPPERS, CARROTS, BEET GREENS AND CAULIFLOWER.

FOOD DIARY

	GRAM	GRAM	GRAM	GRAM	GRAM	GRAM	GRAM
BREAKFAST							
LUNCH							
DINNER							
SNACK							
DRINK							

FITNESS GOALS

1. PLEASE ANSWER WHAT YOU WOULD LIKE TO ACHIEVE/ GOALS (BE AS SPECIFIC AS POSSIBLE)

2. WHAT ARE YOUR PROBLEM AREAS / AREAS YOU WOULD LIKE TO IMPROVE ON?

TRAINING & EXERCISE

1. HOW OFTEN DO YOU EXERCISE?

2. HOW OFTEN WOULD YOU LIKE TO EXERCISE PER WEEK/ HOW MUCH TIME CAN YOU COMMIT TO THESE SESSIONS?

3. IS THERE ANYTHING YOU DO NOT ENJOY? OR ANY INJURY WE NEED TO CONSIDER?

FITNESS GOALS

PERFORM 1 MINUTE OF EACH EXERCISE AND HAVE A 1 MINUTE REST BETWEEN EACH EXERCISE. IF YOU NEED TO MISS AN EXERCISE, PUT A MARK ON THE TABLE WITH NC (NOT COMPLETED) AND REST FOR THAT MINUTE!

REMEMBER, THIS IS A STARTING POINT. DO NOT BE DISHEARTENED BY THE RESULTS, THAT'S WHY YOU'RE HERE! TO GET FITTER, STRONGER AND BE A BETTER VERSION OF YOURSELF.

EXERCISE	START OF 4SJ	COMPLETED 4SJ	RESULTS
BOX SQUATS			
PRESS UPS			
WALK OUT			
SIT UPS			
DIPS			
BURPED			
ROWER SPRINT			

MEASUREMENTS

BODY PART MEASURED	START OF 4SJ	COMPLETED 4SJ	RESULTS
ARMS	L R	L R	
CHEST			
STOMACH (UMBILICUS)			
HIPS			
LEGS	L R	L R	
WEIGHT	LBS	LBS	LBS

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