

Jump Start A Healthy Lifestyle Without Rearranging Your Life.



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Also, when describing client situations, identifying characteristics (including name, gender, location, etc.) have been changed to preserve client confidentiality. In some cases, clients have granted permission to use their story in its entirety.

Do not attempt movement that you are not comfortable with. Do not attempt movement that is above your ability level. You know what you can handle. Honor what feels right and what feels good.

The examples of movement in this book should only be attempted in a safe environment, and, if necessary, under the supervision of a trainer, an experienced exerciser, or a physician.

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Components of a Healthy Lifestyle

You know what it feels like to be healthy – to feel strong, empowered, confident – to radiate.

But maintaining a healthy lifestyle can be hard for busy women who balance multiple things like kids, work, family, social lives, and home projects.

During the busy times, healthy eating and exercise are sometimes the first things to go.

And it's easy to let that happen. When we're stressed, tired and not running at our optimum energy levels, making decisions about food, or trying to shove one more thing into our schedules can seem overwhelming.

What are the components of a "healthy" lifestyle?

To be healthy and to look and feel great, you need:

- A sensible diet.
- Exercise.

What constitutes a sensible diet? And how much exercise is enough?

As you'll see in this report, eating healthy can be simple. And exercise, doesn't necessarily mean carving even more time out of an already crazy schedule. Sometimes, exercise, doesn't even have to be "exercise." I'll show you some great ways to fit movement into your day when you just can't take the time for fitness.



It Starts With Food

Did you know that your diet has more to do with how you look and feel than exercise does?

It's true!

In order to burn 100 calories, you need to move your body about 1 mile. That's not a ton of calories for 1 mile of activity.

And, 1 lb of fat is about 3,500 calories. 1 lb of protein and 1 lb of carbs are each 2,500 calories.

So you can see that exercise doesn't completely cancel out what you eat. And adding more and more exercise doesn't help immensely to burn more calories.

Being careful about what you eat, and having a well-balanced diet can really make a difference.

Your body needs protein, fat and carbs to function properly.

Your body fuels itself with the food you eat. In order to function optimally, you need protein, carbs and fat.

We need carbs because they are easy for our body to convert into quick energy.

Keep in mind, not all carbs are created equal – but you do need all varieties. Complex carbs from whole grains are best because they digest more slowly and can be ready for a longer period of time for our body to convert them into energy.

Sugar is part of the carbohydrate family – it's the simplest carbohydrate. It should always be a very small part of your diet, because if it's not converted to energy, it's stored in the body.

Contrary to what you may have heard, the sugars in fruit are not bad for you. Even though they are simple carbohydrates, they're totally natural and should not be considered a no-no.

Protein contributes to the structure of our bodies, and it helps our hormones and our immune system. Your body actually doesn't need – nor can it process - a ton of protein. Protein is found in meat, of course, but it's also found in leafy green veggies, and other foods. Protein from red meat, poultry and pork is the hardest for your body to process.

You need fat – fat is imperative for many functions in your body – including those of your brain. Just like anything else, fat should be eaten in moderation, and should be mostly unsaturated (like the fat in olive oil or Omega-3 from fish).

Know how many calories you need in a day.

In order to balance your diet, you need to figure out exactly how many calories you need. Check out this excellent tool that will help you determine your caloric needs:

<http://caloriecount.about.com/cc/calories-goal.php>

Once you know how many calories you should be getting, it's time to track it.

And, I know, tracking calories sounds tedious and time consuming. But, tracking what you eat for just a few days can be a real eye opener. You can see what proportion of macronutrients (protein, carbs, and fat) you're actually eating, and how many calories you're actually eating.

Understanding what you should be eating, and what you actually are eating is the first step to creating a healthy lifestyle.

Tracking Your Calories

It's not going to take you long to see where any issues are in your diet. Use the worksheet on the next page to track your calorie, fat, protein and carb intake for 1 to 3 days.

Make sure your tracking on "normal" days – and do it over a weekend if you can, to get a sense of the differences in your eating pattern during the week and on the weekends.

How Tracking Helps

Once you have an idea of what you're taking in, it's easier to implement some easy changes.

First, along with the total calories, look at the amount of carbs, fat and protein you're taking in.

Think about when you're eating and how often. Be sure you're steadily fueling your body, rather than letting yourself get so hungry that you don't care what you're putting in your mouth.

Plan on eating every 2 to 3 hours during the day. That should work out to about 5 to 6 small meals per day.

Also, your calories should not be made up of equal parts fat, carbs and protein. If you divide your calories up into 6 equal parts, 3 parts should be carbs, 2 parts protein, and 1 part fat.

For example, let's say someone needed 2000 calories in a day.

2000 divided by 6 equals about 333 calories. So, 999 calories should come from carbs, 666 calories should be protein, and 333 calories should come from fat.

I'm not saying you have to micromanage every single calorie. However, knowing these amounts for yourself really helps you be aware of what's going into your body, and how much of it you really need.

I'm also a big believer in what's known as "intuitive eating." This means, you intuitively know what to eat when – what's best for your body at what time. Follow your instincts when it comes to eating. If some days you crave more carbs, and other days it's protein, there's probably a reason for it.

Simple Snacks & Easy, Healthy Meals

Once you know what you should be getting and what you are getting, it's time to implement changes to make sure everything is balanced.

Healthy eating doesn't – nor should it be complicated. Just because something is easy and quick to eat doesn't mean it can't be good for you.

Here are a few simple meal and snack ideas to keep you nourished throughout the day without feeling deprived.

Meal Ideas

Smoothies - Smoothies are an easy, fantastic way to get nourishment from fruits and veggies without constantly eating salads.

Honestly, the best smoothies are made with whatever you like. Just toss fruit in a blender, blend and Voila! If you like your smoothie creamier, try adding some frozen fruit – it gives a better consistency than ice.

Also note – smoothies will keep in the fridge for a few hours. So if you want to make it ahead of time, it'll be waiting for you.

Sandwiches - Who doesn't love a good sandwich? Have healthy sandwich fixins like multi-grain bread, tuna fish, maybe egg salad, and veggies available. Try to stay away from processed meats - they have loads of sodium and preservatives.

One of my favorite sandwiches is cucumber and tomato with herbed cream cheese spread. They even make a soy variation on the cheese spread - it's yummy :)

Leftovers - When you do have time to cook, make an extra serving or two. Freeze them in 1 serving size containers. Then, when time is short, pop 'em in the microwave. Quick, easy, healthy.

Pasta - Now, pasta is easy - however - it's calorie dense, and not so nutrient dense. That means, that for every cup of pasta, you're looking at approximately 220 calories. A cup is about the size of your fist. Small amount of pasta, big amount of calories. And as far as nutrients go – carbs are about the only thing you're getting in pasta.

To enhance a quick pasta meal, load it up with fresh veggies. I usually load mine with tomatoes, zucchini, yellow squash, red onion, a bit of garlic and some basil - YUM. For every cup of pasta I'm eating, I try to have about 2 cups of veggies with it.

I recently saw a great story on the news about some really great, quick, no-stove dinner ideas. Check that out here: <http://cbs3.com/consumer/3.On.Your.2.1158267.html>

Easy Snacking

We all get cravings – that’s our bodies telling us it needs something. Check out these easy ideas for healthy snacking.

Energy Truffles

I was actually working on a recipe for these babies and would you believe, online, I found the almost the exact recipe I came up with! What are the odds?!? Check it out here:

<http://www.rawfoodnation.org/2009/raw-carob-balls/>

Great minds think alike! These truffles are delicious. They are dark-chocolatey, rich, filling... YUM! And best of all - they’re healthier than a candy bar or handful of M&M’s. And, they’re easy easy easy to make!

Banana Wrap

This is a new favorite of mine. Take a whole wheat tortilla, add some nut butter (I like almond), and then cut up a banana. Roll, and enjoy!

Nuts and Seeds

If you get the salty craving like I do, try a handful of nuts and seeds. Like raw almonds and sunflower seeds. There are all sorts of yummy options like pumpkin seeds, hazelnuts, cashews, peanuts, flax seeds. You can even check out the bulk section of the grocery store and create a combination all your own.

Just a handful will do though – nuts and seeds can be high in calories and fat.



Get Moving

As I said in the beginning of this report, diet has more to do with your healthy lifestyle than exercise. But, that doesn't mean that movement isn't important.

Your body needs to move. It craves being challenged, it wants to be stronger, and it wants to be more flexible and have more energy. Exercise helps all of that happen.

But, getting enough exercise doesn't mean carving out tons of time in your schedule.

There are many ways you can start adding movement to your life. You can take classes, purchase DVD's to workout at home, or even create your own workout. And, there are ways that you can get fit without "exercising" at all.

Fitness Facts

- * A 150 lb. woman needs to move her body about 1 mile to burn approximately 100 calories.
- * The more lean muscle mass you have, the faster you burn calories – even when sitting.
- * Three 10-minute segments of exercise throughout your day are just as effective as one 30-minute segment.
- * Diet plays a bigger role in weight loss than exercise.
- * Strength training not only tones muscle but it increases bone density.

How Much Exercise Is Enough?

Truly, 30 minutes 3 to 4 times per week is plenty to start with. There are reports that recommend 60 minutes 5 to 6 times per week, but that is mis-leading.

Most of those reports are based on a response to the belief that our nation is becoming increasingly unhealthy. Many of the people that wrote those reports feel that more and more exercise is the answer to an unhealthy lifestyle.

Here is a basic program to get you started. I encourage you to try it for a couple of weeks and see how you feel. At the end of 2 or 3 weeks, you might be excited to add more movement, or try some different things. However, you feel great sticking to this plan, that's fine too.

Your Program:

Cardio/Strength – 2 times per week (strength training sessions should be at least 48 hours apart).
Cardio – 1 time per week

Ideally, you would do a strength training/cardio session the first time you work out in the week, the cardio session the next time you workout, and then a strength training/cardio session as your last workout for the week.

Program Specifics:

Cardio-only days: Choose an aerobic activity such as walking (outside or on the treadmill), or any other program.

Minutes 1 – 5 – Warm up

Minutes 5 – 25 – Workout

Minutes 25 – 30 – Cool Down

To know that you're getting aerobic benefit, be sure you feel out of breath and that it would be difficult to hold a conversation. You can even talk out loud to yourself to test this – say your to-do list out loud, or say the lyrics to a favorite song.

You can also measure your heart rate. Find your pulse and count heart beats for 1 minute. To know what your target heart rate is, you would subtract your age from 220. For example, a 40 year old woman has a target heart rate of 180 beats per minute.

Cardio/Strength days: Choose a cardio activity to do for 15 minutes, then do a strength training routine for 15 minutes.

Strength Training Exercise Ideas:

Start out using 3lb. weights, and if you can easily complete 12 repetitions of each exercise below, try moving up to 5 lb. weights.

1. Bicep curl and Squat: Stand with feet shoulder width apart, arms straight down in front of your legs. Grip weights, palms face out in front of you. Bend at the knees keeping your back straight, as if you're going to sit in a chair. As you bend at your knees, bend your elbows lifting the weights toward your shoulders.

Bend knees to almost 90 degrees, hands should reach your shoulders. Straighten knees, bring hands back down to starting position. Do 12 repetitions, 3 sets.

2. Rowing Plie (pronounced PLEE-ay): Stand with feet shoulder width apart, toes slightly turned out. Hold weights together in front of you, palms face in, arms straight. As you bend your knees, keep your back straight, pelvis tilted forward. Bend your elbows bringing the weight up to chest level. Return to standing position, lowering weight. 12 reps, 3 sets.

3. Lunging shoulder press: Stand feet together, holding weights at shoulder level palms face in toward your ears. Step one foot out in front of you about 12 inches. Bend at your knees as you

raise the weights over your head. Straighten knees, lower weights back to shoulder level. 12 reps, 3 sets, each leg.

The goal is to spend quality time under tension, not to strain yourself, or sacrifice your form by slouching or using momentum to lift the weight. If you feel strained doing any of these exercises, use lighter weights, or do less reps.

To tone muscle, believe it or not, resting is just as important as exercising. Your muscles actually get stronger during the recovery. Make sure you leave at least 48 hours between resistance training sessions to allow your muscles to recover.

For days you don't have time to exercise:

Three 10-minute segments of exercise are just as effective as one 30 minute segment.

You could do 10 minutes of walking, or, try some of these circuit ideas:

Jumping Jacks - 10 to 12

Jump rope - 1 minute (no rope? You can fake it - just do the motion - same benefits).

March or jog in place 2 minutes

Pushups - 5 to 10

Lunges - 5 to 10 on each side

Squats (or squat-kicks) – 12

If you want, you can add some abs in there. Add:

Crunches - 10 to 15

Reverse Crunches - 10 to 15 (feet up toward the ceiling and pretend your stomping your feet on the ceiling)

Oblique crunches - 10 to 15

Repeat the small circuits until you've done 10 to 20 minutes of exercise - depending on what you have time for.

Fitness Anytime:

You can add these activities to your day any time. Every bit of movement counts!

Do squats or plies while you're checking your e-mail.

On the phone? Walk around your office while on the phone.

Watching TV? Do some ab exercises, or walk or jog in place or jump rope.

Exercise without “exercising”

We all have those days when we just can't fit the workout in. No worries – try these simple things to stay active.

Stairs – You've heard it before, I'll say it again – take the stairs instead of the elevator any time you change levels in a building. And, don't forget, park farther away from the door so you have to walk an extra bit to and from the car.

Laundry Squats – while you're loading the washer, try doing squats or plies to pick clothes up and put them in the washer or dryer.

Double Duty Household Chores – When you're cleaning, get your heart rate up by dusting and vacuuming with gusto. Even cleaning the bathroom can have you breaking a sweat if you do it right.

Grocery Store Sprint – If you have to stop at the grocery store, why not challenge yourself to see how fast you can get in and out. Those long aisles and heavy items make for great cardio challenges.

Waiting on the kids – When you're waiting for your kids to finish practice, why not take a quick walk around the field or the parking lot?

These little bursts of activity really do help to keep you on track, and they do add up. When thinking about fitness and nutrition, look at your week as a whole – all of your healthy choices count. One or two bad days won't completely undo all the hard work you've put in. Just remember how great you feel when you're being good to yourself and it'll be easy to get back – and stay - on track.

Give it a Try!

Now that you have some ideas about how to begin creating a healthy lifestyle – why not give it a try!

Begin by figuring out how many calories you need in a day using the tool on page 6. Then, track your food intake for a few days and see what you're taking in.

Once you know what you need vs. what you're consuming, you can begin to see what you may need more of, and what you may need less of, and you can begin making adjustments to your diet.

Then, why not give some of the movement ideas a try. Decide what you'd like to try and go for it – whether it's the program outlined here, a DVD or even a class. Go for it. You are going to be amazed at how great you feel!

Let me know how it goes

I know this was a short introduction to some of these concepts. And, there is a ton of (sometimes conflicting) information about fitness and nutrition out there.

If you ever have any questions, I'm always an e-mail away. Just drop me a line and I'm happy to answer any questions you may have.

And please, feel free to reach out and tell me how this plan is working for you. I'd love to hear what you're trying and how it's going.

I look forward to connecting with you!

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About Jenn



Jenn Givler, CPT, is a Certified Personal Trainer, and a Fitness, Dance and Yoga instructor. She specializes in helping busy women create a healthy lifestyle without completely rearranging their schedule.

Jenn works with clients through 1 on 1 fitness coaching, workshops, group classes, and Girlfriend get-together training sessions.

Jenn has danced all of her life and she specializes in jazz and contemporary. She has been studying yoga for the last 15 years, and has taught for the last 5. Her personal practice includes Hatha Vinyasa. She enjoys introducing people to yoga, and working with beginner and intermediate students.

Jenn also enjoys a variety of outdoor activities including trail running, canoeing, kayaking, biking and hiking.

Jenn is currently teaching jazz, lyrical, yoga, Pilates, adult beginner dance classes, group fitness, and wellness workshops at the [Victoria J. Ireys Dance Studio](#) in Guthriesville, PA.

Jenn is a Certified Personal Trainer through the International Sports Science Association (ISSA).

Check out Jenn's web site for more information: <http://JGivlerFitness.com>