

Shine Bright

30 Days to a fitter, more energetic, & brightly shining YOU!



Introduction...

Welcome to the Body Essentials Shine Guide. I applaud you for taking this first step to improving your fitness and your life by downloading this guide to feeling fitter, more energetic, and shining brighter in your own life. In this guide you will find answers to food, exercise, and lifestyle practices to improve your overall life. If you take 30 - days to commit to practicing what is laid out in this guide you will feel better physically and emotionally. The key is making the time for YOU and shifting your life in a manner that gets you better results. You may not need to shift drastically but if you do, the better you will feel!

Lets Begin.....

A Journey of 1000 Miles Must Begin with a Single Step - Lao Tazu

Setting the Foundation: Essential Nutrition

Quality vs Quantity

What came first, the chicken or the egg? This debate on whether eating the right *amount* of food or eating the right *type* of food is still discussed today. “Bad quality” food is bad for your body, which means we need to watch out for unhealthy foods. Always strive for nutritional balance. When you are eating WHOLE foods, you will fulfill your macro and micronutrient needs for the body leaving you feeling energized and satisfied. But, you also need to control your portions. That doesn’t mean that eating 2,000 calories of junk food is equivalent to 2,000 calories of healthy and nutritious food. Junk food can cause chemical reactions that work against weight loss. And it also does not mean that eating less food will result in more fat loss. If you don’t eat enough the body will work against you because it is getting enough nutrition. Good nutrition can seem difficult but with a bit of education and focus it does not have to be complicated!

Relationships with Food

Stop punishing yourself every time you eat something that is not entirely healthy for you. This is not only just a negative thought, but it is negative clutter in that precious mind. Creating negative thoughts, and negative minds creates unwanted stress within the body and only perpetuates your ability to get desired results. Instead, practice mindful eating. Sit, chew, and breathe with your food. Use all your senses while enjoying your food. And, just let go of the need to be and eat perfectly. In addition try not to multi-task when you are eating. Leave work and technology behind but certainly enjoy the company of family or friends without indulgences. No one on this entire universe eats perfectly. Perfect does not exist in this world. Lastly, do not reach for that comfort food when you are bored, sad, or whatever emotion your feeling. Think before you grab and your choices will increase in health! You have 1 life; look after it!

Food Lists: Our favorite food ideas to say YES to!

Vegetables/Produce:

Everything goes here so try different things and find your niches and just keep an open mind to variety!

- Rainbows of veggies like peppers, carrots, tomatoes (technically a fruit), spinach, Kale, leafy greens, beets, green or yellow beans etc!
- Flowery veggies like broccoli, cauliflower, Brussels sprouts, asparagus
- Flavor enhancing veggies like onions, scallions, shallots, garlic
- Fresh herbs like basil, cilantro, parsley etc.
- Fruits like berries, pineapple, mango preferably fresh or frozen or canned in own juice
- Avocado

Meat:

Yummy protein that fuels and rebuilds the body inside and out! Go lean & plentiful and think beyond dinner!

- Chicken breast and mix in thighs to keep chicken exciting
- Turkey Tenderloins or breasts and ground turkey
- Grass fed and leaner selections of beef
- Pork Tenderloins and chops

Fish:

Yum and rich in healthy omega 3 fats! Weekly consumption is great!

-Salmon, Shrimp, halibut, Haddock etc... ..

Grains:

Mind your portions and timing! You will get enough carbs from vegetables and fruits so save starchy carbs for exercise days and stay whole grain and not pre-packaged/seasoned grains

-Quinoa

-Brown Rice

-Lentils

-Beans (rinse if canned)

-Sweet and/or white potatoes with skins

-Whole grain pastas

-Local Bakery Bread

-Triscuit crackers and other varieties absent of processed ingredients

Dairy:

Go low fat and natural!

-Plain Greek yogurt and add your own fruit

-Eggs

-Almond or cashew milk

-Cottage Cheese

Other Areas to be mindful of and use sparingly:

The more you dig into the inner aisles of the grocery stores the more troops blue you will get yourself into with sugar, salt, artificial flavor and preservatives! So use in smaller amounts things like:

-Soy Sauce (low sodium)

-BBQ Sauce

-Marinades

-Pre-Packaged Salad Dressings

Beverages:

Don't drink your calories!

-Coffee

-Teas

-Water Water WATER!

Food Rules

One of the biggest things we try to work on with our clients is eating balanced meals reasonable time intervals not just basing your decision to eat on whether or not you're hungry. You want to get the "furnace" going consistently and not just turn it on and off with inconsistent eating patterns.

Another big part of nutrition is telling yourself the truth about why you are making a decision around a certain food choice and how it is serving you. It's easy to make excuses for why you had all those bad things and why better options were not an option. But the truth is, if it matters that much to you there is always a better choice or a smaller portion. So own when you eat poorly and then just get right back on track!

Lets Get Physical: Essential Exercise

You cannot Out Train a Bad Diet!

Working out and then feasting on everything in sight after you leave the studio, gym, or any other area you get some fitness, will never be beneficial for you. Working out just to eat whatever you want will never lead you to a healthy or happy life...That type of lifestyle will continue to pack on the pounds, hinder other areas of the body such as the heart, and you will continue to be disappointed with the lack of results. Try eating within 4 hours of each other so you are not “starving” after your workout. Try eating protein packed foods with loads of vegetables, which also aids in your carbohydrate intake. This will help, and you will find yourself changing your choices. It only takes 21 days to create a new habit! Eat NUTRITIOUS.

Relationships with Exercise

People tend to think of exercise as something that will help their health and decrease their susceptibility to illnesses. It does not end there, though! Exercise can improve all different parts of our lives, especially relationships with yourself, friends, family, and significant others. When you feel better about yourself, you attract the right crowd. You will attract others that are positive to be around. Be a role model, or your positive choices for your body will help your confidence; and therefore become more inclined to meet others.

Exercise & Your Lifestyle

There are many ways that exercise can improve your lifestyle. Exercise can increase your chance to become social, increase your mood, boost the immune system, improve brain function, increase longevity, promote restful sleep, and creates stronger bones. All of these improvements from exercise can better your lifestyle in so many ways. By getting more sleep, your mood and brain function can skyrocket, and with a better mood, your social skills will be amazing.

Exercise Choices

Strength Training: Adopting a regular strength training routine is one of the best things you can do for your body no matter what the age. Lifting weights (whether just your body weight or more) not only helps build lean body mass but is great for your bones, posture, and overall mobility not to mention makes you feel invincible when you are done! Working with a trainer is the best way to find exercises that are best for your body and assure that you are doing them correctly. Otherwise attending an exercise class can be helpful or using a video at home but know your limits and understand when you need to find help if something doesn't feel quite right!

Cardiovascular Exercise: There are so many ways to approach cardiovascular exercise but the easiest approach is to move more by walking and measure your intensity by how hard it is for you to talk while walking. If you can hold a full conversation without taking a breath, you are not working hard enough! Jogging, hiking, cycling, an exercise class or video are other good options to accumulate cardiovascular exercise minutes.

Flexibility: Being able to move your body through its full range of motion will make cardiovascular and strength training exercises easier. Working on flexibility via yoga is also a great way to manage stress and take time for yourself on any given day!

The Mental Chatter: Mind Body Flow

Banish the Concept of Balance

Far & away the most challenging part of establishing & sticking with an exercise routine is creating time, boundaries, and value out of changing your lifestyle. Daily life is very demanding regardless of work status or whether or not you have kids. Finding harmony in whatever your daily schedule is critical to living a happy life. Flowing with the ups and downs of life will help you sustain your healthy lifestyle and being in a regular exercise and nutrition routine will help you handle life's challenges no matter what they are. The sooner we accept that every day will be different than we imagined it is a step in the right direction. And maintaining your workout schedule no matter how bad your day was will make your day better!

Healthy Mind, Thriving Body

Mindset is the biggest barrier to achieving your goals. If you really want to accomplish something, you can. You just have to set your mind and your actions towards it. This does not mean it will happen over night with absolutely no failure. It means that you will overcome every obstacle and be laser focused on reaching and maintaining your dream life where you will be able to shine bright each and every day.

Resources for Taming Mental Chatter

- A positive and up-lifting morning routine: Schedule time for yourself before you hit the ground running in the am. It will change your level of gratitude for your life and day.
- Reading any number of self-development books throughout the year (audio books are fine too) on whatever topic is most relevant to your need.
- Daily physical activity & social interaction with those who fill you with positive energy
- Reduce drama from whatever source it comes from (social media, energy sucking people, media)
- Whole foods diet low in sugar and processed ingredients
- Do something that fills you up everyday (meditation, bubble bath, talking to a friend, spending quality time with a spouse, walking your dog, reading, writing etc)

In Closing....

Achieving a healthy lifestyle aligned with exercise, good nutrition, harmony in life and all that other jazz is not an impossible task. It is a journey just like life itself. As long as you take positive steps each day to bettering yourself and see it as a journey and not just a quick fix you can get there and maintain it. So use this guide to make healthy choices across each topic area and layer them a little at a time over the next 30 days and see how much better you feel. If it seems difficult or if you want guidance feel free to reach out to us for assistance. I will personally answer any questions you have or provide extra tips! You are only one choice away from feeling better. Start now and let us know your results!

Shinning Brightly for You,

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