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JUMPSTART

FITNESS & FATLOSS IN 7 STEPS



PART 1

BE SURE TO
READ ME
FIRST!

Hello lovely!

Hello and a warm welcome to **JUMPSTART!** I'm THRILLED you are here!

This fantastic 14-day mini programme has been designed with two main goals in mind, to help you:

1. Understand how to progress towards your goals of getting fitter and leaner in 7 easy steps!
2. Implement a simple, repeatable, time-efficient routine that gets you the results you want.

Over the next 14 days you are going to:

- Get yourself organised! It all starts here!
- Learn how to nourish your body and mind with our simple nutrition programme.
- Move more! You'll learn about the importance of activity for your wellbeing overall and how to choose what's right for you.
- Focus on healthy habits including reducing stress, sugar and the importance of good quality sleep!

Embarking upon a new health regime can feel complicated and this is exactly why we've created **JUMPSTART** to keep things super simple! I don't believe that being healthy needs to be complicated once you discover how to just do you!



...continued

I've broken it all down into 7 easy steps which includes everything you need to know to make serious changes to your mind and body health.

It's amazing what you CAN DO in a short space of time, but remember, this is not about a quick fix, this is about GETTING YOU STARTED. During the 14 days, you will learn how to implement lifelong habits that will make BIG improvements to your health and fitness, but only IF you continue with them long term!

There isn't an end date to your health and fitness. It's a lifelong responsibility. It's one thing getting fit and healthy, but keeping it that way means you must sustain healthy habits to avoid becoming unfit and unhealthy.

Be comfortable with being in your own lane. We are all unique and that's what makes us special. What works for one may not for another. Be your own best mate and get to know the things that work well for you and for your life.

Comparison kills progress - so avoid it! We all have different lives and responsibilities and we can't all commit to doing the exact same things.

Be OK with doing what you CAN do.

Every habit you embed COUNTS! It's not a case of unless you're doing it all you've failed. Health doesn't work like that. If today you're drinking plenty of water that's doing you good! The benefits are not erased because the 6 other things didn't happen!

Next up, I'm going to share our 7 steps with you BUT I'm not going to overwhelm you with too much information from the outset. Across the 14 days you will receive emails and coaching videos to cover each of the steps in more detail and how to implement them!

I'm so excited to help you get started, I'm here for you so ask anything, anytime!



7 Steps to JUMPSTART

1 PREP LIKE A BOSS

Being organised - it's crucial!

Download the weekly planner and fill it in BEFORE we start. Don't worry there are plenty of ideas to help you with this!

2 GET HYDRATED

Steadily build up your daily water intake!

Use a bottle that you can easily tell how much you've drunk in a day, aim for a little more each day up to 1.5-2L. Take regular sips all day! A drop of sugar free cordial or fruit infusions will help if you struggle!

3 MOVE YOUR BUTT!

Get active EVERY DAY!

Add daily activity to your planner, from a short walk to a workout. Move more to improve your physical and mental health! A little goes a long way. KEEP IT SIMPLE!

4 EAT A RAINBOW

Fill your plate wit fresh colourful food!

Head to JUMPSTART Nutrition for all the information you need to plan your meals and shopping! Eating healthily, doesn't need to be hard KEEP IT SIMPLE!

5 BREAK UP WITH SUGAR

Ditch sugary foods for 7 or 14 days!

Follow JUMPSTART Nutrition guidance to learn how to reduce sugar highs and lows and improve your energy balance throughout the day.

6 RECHARGE YOUR BATTERY

Switch off daily!

You cannot run on empty, take 5-10mins to switch completely off from everything daily! A cuppa outside, a short walk... anything!

7 GET YOUR Zzzzz's

6-8 hours sleep every day!

Gradually go to bed earlier if you are a night owl, 15mins earlier daily.



Let's Go Girl!

I know exactly what you're thinking, I get it, you're used to information overload when you start any type of programme like this but not this time! The last thing you want to do is create any unnecessary stress or overwhelm for yourself.

Next download the planner then read through JUMPSTART Nutrition to get your healthy eating off to a great start.

Activity wise, yes, I'm asking you to move daily to benefit your physical and mental health. As a minimum, get outside in the fresh air for a walk (even 5-10 mins) because this will improve digestion, posture, kickstart your sleep cycle and help you recharge your battery! These habits all weave into each other, you'll see!

Depending on your fitness level, you might decide to plan a replay workout from your **JUMPSTART** hub or even join a livestream session (timetable will follow). Get sweaty 3 times each week and post your sweaty selfies or outdoor selfies into group.

Resist the urge to try and do everything all at once, it might be that you make just 2 or 3 changes during week 1. Figure out what is achievable for you, set your goals for your first week and start. You're making the rules here so set yourself up for success with realistic goals.

Keep your eye on your inbox because I'll be popping up every other day to talk about one of the 7 habits and help you implement it! No scrolling Facebook groups for posts or videos if you don't want too as it will all land by email but feel free to lean into the Facebook group for support, sharing and advice. You'll get so much out of all the ideas that will land in group!

What you do across this 14 days is money in the bank for your future self. There is nothing in the world more important than your health!

You can do this! *Clare xxx*

