



THIRTY DAY RESET

www.infinitebalance.co.uk

HELLO

Welcome! I am glad you are here.

The 30 day Reset is about re-starting as you mean to go on.

You will identify habits which you know are not doing you any good and overcome those habits one by one and make lifestyle changes.

So, if you want to eat healthier and look and feel your best then read on...

kirsty ellson

PERSONAL TRAINER, INFINITE
BLAANCE



LET'S START...

For the Thirty Day Reset, we will be working together to reset and make changes that you can then continue after the Thirty Days. This support, will come from the closed Facebook group, emails and a weekly Zoom catch up where we will share our highs and lows - plus I am here if you need a 1:1 catch up too.

The 'Thirty Day Reset' has been developed as a programme for you to take some time out to prioritise you, your wellbeing, your fitness and your general lifestyle.

Yes, for you to 'reset' with a group of like minded people who will support one another to reach their own personal goals.



KNOW YOUR FOOD

During the 'Reset', you will be taking time out to plan your food, and pre-track your food using My Fitness Pal.

This may sound like lots of work, but this is about educating ourselves about the macro-nutrient values in the foods / drinks we eat and how they all add up together. Macro nutrients refer to the balance of the carbohydrates, protein and fats.

Download the My Fitness Pal app to your phone, iPad etc and have a go at using it to familiarise yourself. Check out the bar code option - you can scan the foods directly and adjust the portion sizes as needed.



DAILY MOVEMENT GOAL

You can make a MASSIVE difference LONG TERM, that's right, LONG TERM if you focus on small bouts of movement throughout our days.

I know and YOU know that we have windows of time, sometimes five minutes, 10 minutes and possibly 30 minutes when we're in between tasks at work, during ad breaks on TV or we simply have downtime to get some movement in.

Look ahead at your timetable for the week ahead, and each day slot in some movement. This could be a twenty minute walk, a low impact workout or something else - make it work for you.



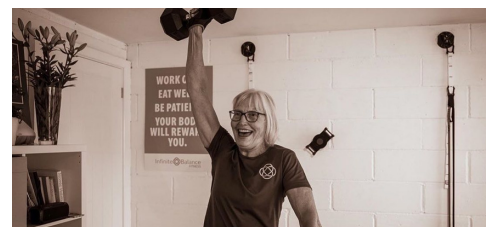
EXERCISE

Throughout the reset, we will use our highly specialised training app, Trainerize, to deliver workouts to the palm of your hand.

We have a range of workouts on the programme which will cater for all levels. There are high intensity, cardio, core, strength, flexibility workouts and more...

If you have any injuries or concerns then please do contact Kirsty.

You will be given the challenge of completing at least three x 30 minute high intensity workouts per week.



KEEP IT WHOLE

Throughout the Reset, try to focus on whole foods rather than processed food.

Whole foods are generally those that remain close to their state in nature. They do not have added sugars, starches, flavorings, or other manufactured ingredients. They are not primarily produced in a factory; in this way, they are the opposite of processed foods.

What are processed foods? Processed foods are generally made up of two or more ingredients. Not all processed foods are unhealthy but some processed foods may contain high levels of salt, sugar and fat. Processed foods are not just microwave meals and ready meals. A processed food is any food that has been altered in some way during preparation. Food processing can be as basic as freezing, canning, baking, drying.

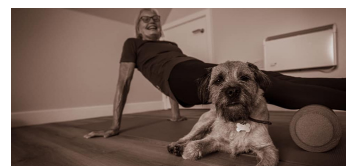


FIGURE OUT YOUR WHY

So now we have gone through what we are going to do, we need to take time to reflect on our 'Why'.

Weight loss is hands down the most common goal in the health and fitness industry, and if I was to venture a guess, I would say it is the least achieved goal as well.

If you truly want to lose weight, you need to understand why you are doing this. This should create your goal.

Aside from your weight, what other goals can you set for yourself? What is your energy like? What is your mood like? Are you happy? Are you inspired? Do you want to have the stamina to play with your kids? Do you have energy after work or do you need to lie on the couch? Do you feel comfortable in your own skin when you walk down the street? Do you make yourself a priority?

You need to understand that although these goals may seem fluffy, they are the real goals.

Weight loss is a positive side effect of eating well and living a healthy lifestyle, so if you focus on those things the weight loss will come.

ACCOUNTABILITY

The reason we are doing this is to create change.

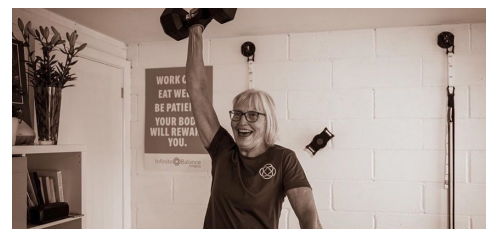
You will have a reason why you want to do this. So, we need to set **THREE** goals - a short term, medium term and long term goal.

Short Term Goal: what do you want to achieve in Thirty Days?

Medium Term Goal: what would you like to achieve in three months?

Long Term Goal: what would you like to achieve in six months?

We will record body weight and measurements using our Trainerize app and record at the beginning and end of the Reset.



SUPPORT MATERIALS

You are not expected to do this alone. I am here to support you when needed, plus I have a wealth of materials on my website to help you.

Visit the Infinite Balance Member's Area - this can be found on our website www.infinitebalance.co.uk - password: smile.

Have a look around - you will find pre-recorded videos of workouts, wellbeing videos plus food plans for you to use and adapt to meet your dietary needs.

You can use this area as much as you like and if there is something you feel you need on there, please let me know.



WHAT NOW?

The week before the start of the 'Thirty Day Reset', Kirsty will email you with a blank food plan and links to suggested food plans which will be on the Infinite Balance member's area.

You will be asked to complete a food plan and return to Kirsty and to download the 'My Fitness Pal' app.

Make sure you go food shopping the week before you start so you have the food in the house which is on your food plan. Being organised will really help.

There will also be a private facebook group which you will be invited to join - these groups can be magical when people share their ups and downs and photos of meals - please do get involved.



WANT TO KNOW MORE?

If you would like to discuss this further, please contact
me:

email: kirsty@infinitebalance.co.uk

tel: 07787 406 552

Good luck!

