



OUR TOP 10 TIPS

BUSY PERSONS GUIDE TO **FASTER** **RESULTS**



CONTENTS

INTRODUCTION	03
TOP 10 TIPS FOR A HEALTHIER LIFESTYLE & FASTER RESULTS	04
WANT TO KNOW MORE?	07

BUSY PERSONS GUIDE TO FASTER RESULTS

"The most valuable asset we have in life is our health! A healthy body will always see faster results" Annette Shepherd

INTRODUCTION

Life is busy, we get it.

When we're running our own business, 70+ hour work weeks are the norm. When we're raising a family, most of the hours in our day are taken up looking after everyone and everything else with little left over for ourselves.

We sacrifice things to prioritise what's most important to us right now but this can come at a far greater cost if what we are sacrificing is our health.

High stress, unhealthy eating habits and being inactive create the perfect breeding ground for cancers and autoimmune diseases. Years of living in an environment like this comes at a price.

Your health is the most valuable asset you are responsible for. Without it, you can not give to others, you can not perform at your best.

Undoing years of bad habits and damage to our bodies takes time but you can see faster results with some simple tweaks to your lifestyle.

Like anything worthwhile, consistent work is required to get what we want in life and it's the same with your health and fitness goals. If you want long term success, forget all the gimmicks and hacks for quick results that are lost as soon as you stop.

Faster results that don't come undone happen when you make changes like the ones listed in this ebook.

TOP 10 TIPS FOR A HEALTHIER LIFESTYLE & FASTER RESULTS

Here are our top 10 time saving tips that will help you change your lifestyle to see faster results.

TIP 1: Have fresh produce delivered straight to your door or work place.

Especially if you find yourself being caught out not restocking your fridge or relying on takeaway meals, this tip is important if you want to see faster results. Preparation and planning are vital when it comes to seeing results. There are lots of businesses who offer this type of service from local farms to Woolies online.

TIP 2: Allocate a time or two each week to do a bulk cook up OR Hire someone to cook for you.

Keep your fridge stocked with meals. If you're too time poor to do that, make a list of people you can pay to do it for you. There are lots of small and larger businesses out there that offer this type of service. Maybe there's a relative or stay at home mum that could do with some extra cash to make meals for you? Once the cook up is done, put a couple of meals in the freezer for emergency times, don't forget the work freezer too in case you forget your lunch one day.

Slow cookers are great for throwing something quick and easy together leaving it to cook overnight, while you're at work, or at home doing other things that need to be done. Using the BBQ is also another great way to cook and mix things up, as is a Thermomix. On the stove top, whip up a large wok full of stir fry vegetables.

Set the oven on the lowest temperature, wake up in the morning to the perfect melt in your mouth roast. Another tip when it comes to roasting, get yourself the largest trays your oven can fit to make as much as you can for the days ahead and freeze meals if you need too. During the day, roast up whole cauliflowers and broccolis, carrots with their skins on – Quick, simple and delicious.

TIP 3: Drink your water!

Keep this really simple. Set a daily ongoing reminder in your calendar or phone not long after you wake up to fill up a 1 litre bottle of water. Repeat this

reminder 3 hours then 6 hours later. Drinking enough water will help speed up fat loss in many ways!

TIP 4: Supplement smart!

Some protein powders and fat burners can actually make you store body fat so it's really important that you only take supplements your body benefits from. We've had great success getting clients fat burning better by removing the sports supplements they've been taking and replacing them with good quality vitamins and minerals that improve energy levels and improve body composition without causing inflammation or extra stress within the body. For more information on this, check out [Applied Muscle Testing](#).

TIP 5: Train smart!

Exercise in a way your body responds too. Our body adapts quickly so when it comes to seeing a physical transformation, adaptation is important. If you like to run, change the speed, rest and duration of your runs. For example, if running 5km a night is your thing, try mixing up your runs so that the terrain changes and add in some sprint sessions. If you are going to the gym, get your program written based on where your body is at and what it needs next for best physical changes to happen and make sure your program is updated regularly. We like to change up our clients programs every 4-6 weeks. An experienced personal trainer will know how to program to ensure your body adapts fast.

TIP 6: Buy pre-packed bags of mixed frozen vegetables and pre-packed bags of salads.

If you don't have time to chop up vegies, this will be your way to make the quickest salad you'll ever whip up! Otherwise a food processor will let you quickly chop up a large volume of vegetables with very little effort.

TIP 7: Avoid foods containing processed sugar.

Consuming foods with processed sugars to help get you through the day comes with repercussions. Replace those foods with fruit. Even better, eat more vegies! Consuming enough plant food, protein and good sources of fat will help keep you satisfied. A meal meeting this criteria will keep you more satisfied than snacks and will be more favourable to your waistline and energy stores. If you need help to create habits that last, check out our online program Habit Overhaul at www.assistpt.com/workshops

TIP 8: Avoid foods that inflame you.

This point is crucial!! I've had long periods where some weeks I was only able to train once a week but I never gained weight because of this tip in particular. In fact, I actually looked better then, than I did when I was eating foods I didn't realise were inflaming me and training 4 times a week. If you're unsure of what those are come see us for a nutrition consultation and we'll test you using [Applied Muscle Testing](#).

TIP 9: Be mindful of ways to increase incidental activity throughout the day.

Some ideas to consider: Don't always park in the closest car park to your destination, park on far edge of the carpark so you have longer to walk to your destination. Take the stairs, instead of a lift or escalator. Get some fresh air in your breaks with a quick walk around the block. Throw your runners and a change of clothes into your bag and take yourself through a short interval session before you jump in your car to come home. Sport is another way to add more activity into your life.

TIP 10: Hire a personal trainer.

Being accountable to a personal trainer means you will rarely miss a training session. Not only that, your programming will be designed especially for your body so that you can see faster results with a selection of personalised exercises based on your strengths and weaknesses. A trainer who is invested in your health and wellness will spend time with you to learn more about your busy life so that they can tailor a [personalised nutrition guideline](#) and [training program](#) that will help you see results faster.

In your first training session, we'll take you through a proper structural screening to ensure your programs are based on what your body needs to see changes and your programs will be updated regularly. When you train at Assist PT you train with trainers who invest in continued education well beyond what the government expects personal trainers to have. You don't need to do countless hours of training to see results, you just have to work with a trainer who is good at programming, train correctly and eat right for your body. We can help you with that!

WANT TO KNOW MORE?

We also offer a sneak peek into some of the things our Overhaul Lifestyle Transformation program covers. If you would like tips delivered straight to your inbox for the next 10 days, look out for our 10 Day Overhaul link at the bottom of our [blogs](#). These tips are more focused on the lifestyle commitment needed to bring about lasting changes and the understanding and general knowledge needed to make that happen.

Assist PT have been offering a personalised approach to the communities health and fitness goals since 2008. Contact us if you would like to book in for a free consultation to discuss your health and fitness goals. We'll have a chat and recommend a personalised solution that will allow us to support you as you implement changes best suited to your busy lifestyle. Email info@assistpt.com or contact Annette on 0433 445 505.

Annette also works as a mind body coach offering online courses and mentoring using a mix of healthy lifestyle coaching, nutrition and personal development. For full details about our online services, visit www.assistpt.com/workshops

Copyright © 2018 Assist Personal Training.

All rights reserved. No part of this e-resource may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording or by any information or retrieval, without prior permission in writing from the publisher. Under the Australian Copyright Act 1968 (the Act), a maximum of 10 per cent of the number of pages of the e-resource or chapter, whichever is the greater, may be photocopied by any educational institution for its educational purposes provided that the education institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under the Act.

Assist Personal Training

Food Freedom Version 1

Published & distributed by: Annette Shepherd

Disclaimer

The content of this e-resource is to serve as a general overview of matters of interest and is not intended to be comprehensive, nor does it constitute health (or other) advice in any way. This e-resource is a compilation of one person's ideas, concepts, ideologies, philosophies and opinions. You should carry out your own research and/or seek your own professional advice before acting or relying on any of the information displayed in this e-resource. The author, and its related entities will not be liable for any loss or damage (financial or otherwise) that may arise out of your improper use of, or reliance on, the content of this e-resource. You accept sole responsibility for the outcomes if you choose to adopt and/or use the ideas, concepts, ideologies, philosophies and opinions within the content of this e-resource.