

7 DAY HEALTH & WELLBEING KICKSTART TOOLKIT



Welcome to the 7 day health & wellbeing kickstart toolkit.

Over the next 7 days you will be provided with a daily focus to help you increase your current health & wellbeing.

Each day builds on the previous daily focus and by the end of the week you will have created a health and wellbeing blueprint specifically tailored to you.

DAILY FOCUS

- ✓ **Day 1** - What's your why?
- ✓ **Day 2** - Assessing your current availability.
- ✓ **Day 3** - Building a plan specific to your training availability
- ✓ **Day 4** - Sets & reps for your goals
- ✓ **Day 5** - Supporting your training with a healthier environment
- ✓ **Day 6** - Creating a way to track your progress
- ✓ **Day 7** - How to prepare for potential barriers

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DAY 1: WHAT'S YOUR WHY?

What is your reason for wanting to improve your health & fitness?

Defining your why is important for creating a routine to help you effectively achieve your desired goals.

There are no right or wrong answers to this. It is about what change you want to make and why you want to make it.

DAILY FOCUS CHALLENGE

- Write down your "why". This could be for an upcoming event for example a wedding, a party, a holiday or a fitness event.
- Next, create some goals which will help you achieve your why and try to be as specific as possible. For example, instead of "lose weight", try to put a desired goal "lose 1stone". Additionally, instead of "increase fitness", an example could be "run 5km in less than 30mins".
- Write down your current barriers for why you haven't been able to achieve this goal yet? Examples could include time, motivation, not sure what to do. There can be more than one barrier. Then use this list to assess how you could potentially remove these barriers. If you struggle with this step please contact us and we will be happy to help you.

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DAY 2: ASSESSING YOUR CURRENT AVAILABILITY

You have your why, now lets assess your current availability to help you achieve your goals.

You have now hopefully defined your why and created a few goals from day 1. Now you will assess your current availability of equipment, number of days you can train per week and the best time of the day for you to train, to help you create targets to achieve your goals.

DAILY FOCUS CHALLENGE

Building on from the notes you made yesterday, answer the following questions below and be as realistic as possible.

- What equipment do you currently have access to on a regular basis? - Gym, home equipment, bodyweight?
- What is your current availability to train per week on a consistency basis? Think of a busy week, how frequent would you still be able to train?
- When would be the best time for you to train in the day? (Morning, lunch, afternoon).

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DAY 3: BUILDING A PLAN SPECIFIC TO YOUR TRAINING AVAILABILITY

You have defined your availability and as a result have formed the foundations of a training plan specific to you. Today, you will build on this foundation.

One of the challenges yesterday was to identify how many days you can train per week and the equipment you have access to.

Today your challenge will be split into two parts. The first is to determine how to structure your available training days for both resistance training and aerobic training. The second is to determine the exercises to use with the equipment available.

DAILY FOCUS CHALLENGE

Which **resistance** training split would suit your training availability the best?

- Two days per week examples - Full body x 2 or Upper/Lower or Push/Pull
- Three days per week examples - Full body x 3 or Upper/Lower/Full body or Push/Pull/Legs
- Four days per week examples - Upper/Lower x 2 or Push/Pull

Which **aerobic** training split would suit your training availability the best?

- Two days per week examples - Steady state run (SSR) x 2 or SSR/High Intensity Interval Training (HIIT)
- Three days per week examples - SSR x 3 or SSR/HIIT/SSR
- Four days per week examples - SSR x 4 or SSR x 2 / HIIT x 2

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DAY 3: BUILDING A PLAN SPECIFIC TO YOUR TRAINING AVAILABILITY

DAILY FOCUS CHALLENGE (2)

The exercises to be included in your training plan will be largely dependent on the available equipment you have access to, which was discovered during yesterday's challenge.

Write down at least one exercise you can do to work your shoulders, back, chest and legs.

Below are some examples of exercises using different equipment:

Barbell	Dumbbells	Bodyweight
Bench Press (Chest) Shoulder Press Row (Back) Squat/Lunge Deadlift	Chest press/Chest Fly Shoulder press/Side raise Row Squat/Lunge Deadlift	Push ups Pike Push ups Pull Ups Bodyweight Squats Glute bridge raises

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DAY 4: SETS, REPS & FREQUENCY FOR YOUR GOALS



Your “why” discovered on day one will have a significant factor on the required number of sets, reps and frequency to achieve your goals.

Welcome to day 4. So far this week you have created the foundation of your tailored fitness training plan. Today you will decide how many times per week you will train each muscle group, the number of sets per muscle group and the number of repetitions in each set.

DAILY FOCUS CHALLENGE

Frequency of training - Today you will decide how many times per week you will train each muscle group. Findings from scientific research have identified that training a muscle group two times per week may be more advantageous when compared with training a muscle group once per week.

Sets per muscle group - Aim to complete 10 sets per week per muscle group. Then increase this number of sets after a block of training (usually 6-9 weeks). 10 sets per muscle group can be completed during one training session. As the number of sets increase, it's advisable to split these sets across the week and train the muscle more than once per week. This helps reduce overtraining, decreasing injury risk.

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DAY 4: SETS, REPS & FREQUENCY FOR YOUR GOALS (CONTINUED)



Rep range to use - The rep ranges listed below provide you with a guide on what to use.

- Aim - To increase power = 1-3 Reps
- Aim - To increase strength = 3-6 Reps
- Aim - To increase strength/muscle growth = 6-12 Reps
- Aim - To increase muscular endurance = 12+ Reps

It must be noted that rep ranges are only guidance. For example, whilst you can get stronger using rep ranges greater than 6 reps, you will see greater strength gains in the 3-6 rep range.

Think about your goal and then align the number of reps to the relevant exercise to help you achieve your goal. Review your training split from yesterday, can you plan your training to enable you to complete the recommended sets per week for each muscle group?

Feel free to use different rep ranges for different muscle groups.

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DAY 5: SUPPORTING YOUR TRAINING WITH A HEALTHIER ENVIRONMENT

Great work so far this week! You have identified your “why” and have created a training plan with sets, reps & frequency all tailored to your needs & availability. Today, you will aim to create an environment to support your goals.

Welcome to day 5. Today is focused on creating a healthier environment to help you achieve your goals. Firstly you will assess if your current nutritional choices support your goals. Secondly, you will think about any other potential barriers in your current environment & determine if you can transform some of them into facilitators.

DAILY FOCUS CHALLENGE - 1

Calorie counting isn't for everyone. However, if you are struggling to lose weight even though you believe that you are eating “healthy” then it might be a good idea to track your calories for a few days to review your current daily calorie consumption.

Track your calories for today. Easy to use apps such as MyFitnessPal have a barcode scanner for your to easily track your calories for the day.

An extra task would be to continue to track your calories for days 6 & 7 to give a 3 day overview of calories consumed.

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DAY 5: SUPPORTING YOUR TRAINING WITH A HEALTHIER ENVIRONMENT (CONTINUED)



How many calories do you need?

A very simple calculation to use is as followed:

Males - Bodyweight (KG) x 24

Females - Bodyweight (KG) x 22

Next, multiply that number by your current activity level:

- Sedentary (Sat down for the majority of the day or less than 3k steps daily) **x1.1**
- Lightly active (Exercise 1-3 times per week or 3-10k steps daily) **x1.3**
- Moderately active (Exercise 3-5 times per week or 10-15k steps daily) **x1.5**
- Very active (Hard exercise 6-7 times per week or 15-20k steps daily) **x1.7**

Example = 55kg Female who is lightly active = $(55\text{kg} \times 22) \times 1.3 = 1573$ calories.

It is better to under predict your activity level than over predict and consume more calories than your body can burn.

Use the formula above to calculate your estimated calories needs per day based on your activity levels. If your current calorie consumption is above this, then you could look for ways to reduce your intake and move closer to your calorie needs.

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DAY 5: SUPPORTING YOUR TRAINING WITH A HEALTHIER ENVIRONMENT (CONTINUED)

DAILY FOCUS CHALLENGE - 2

The second challenge for day 5 is to help you create an environment to support your goals.

For example, if you wanted to start going for a run in the morning before work. Are your running clothes easily accessible in the morning or are they still in the wardrobe? Have you charged your headphones and do you have a playlist or podcast ready to listen too?

Little things like this can make a big difference with motivation. If you have prepared the night before, then all you need to do in the morning is go for a run as everything you need will be laid out for you when wake up. You just need to get changed and you are ready to go.

Another way to create a supportive environment is to review the food/drink contents of your cupboards and fridge. If your nutritional environment doesn't support your goals and your why then this can create potential barriers in the future which could slow down or even stop your progress. There is a saying, "You can't outrun a bad diet".

Your environment can play a big part in achieving your goals. For this second challenge, write down ways in which you could make your environment work for you.

Examples

- Swap sweet treats for lower sugar/healthier options
- Meal prep tomorrow's lunch to prevent eating out and/or snacking.

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DAY 6: CREATING A WAY TO TRACK YOUR PROGRESS

Tracking your progress can be a great way to assess how well a training plan is working for you.

Welcome to day 6. Today is focused on tracking your progress. Tracking progress can be important as it provides tangible evidence of improvement, helps to maintain motivation and allows for the adjustment of goals. By keeping track of your workouts, measurements and performance, you can see the results of your efforts and identify what is working and if anything in your current routine needs changing.

Today's challenge will focus on create a way to track your progress.

DAILY FOCUS CHALLENGE

Identify a way to track your progress to help you achieve your goals. This can be done using the notes app on your phone, typing up a document on your computer or writing in a physical notepad. Whichever method you choose to track your progress, ensure that it is one that is easy to access for you. Take today to create your tracking page so that its ready when you start.

Examples of what to track include:

- When you complete a workout
- Number of reps & weight lifted for each exercise
- Distance completed & time taken when running or using the bike/rowing machine.
- Calories consumed that day

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DAY 7: HOW TO PREPARE FOR POTENTIAL BARRIERS

Life happens & barriers can appear, potentially causing issues to your plans. So what can you do to prepare if barriers appear?

This week, you have spent time to acknowledge your goals & have created a plan to help you achieve those goals. Hopefully, this plan provides a long term approach to improvements in your health & wellbeing. However, it is important to highlight that over the course of a year, there will be occasions when your plan is tested & potential barriers appear. A few examples include, injuries, holidays, celebratory occasions, social meet ups with friends/family.

Today you will focus on how to prepare for potential barriers, so that you can stay on track with your health & fitness journey & achieve your goals.

Let use the examples provided above to give some strategies to prepare for potential barriers.

Injury - Injuries can't be 100% prevented, especially if you work in a physical occupation. However, an injury may not need you to stop training all together. For example, if you suffer an arm injury. Can you still continue cardio training by walking or by using an exercise bike? If you are unable to train , then you are still in control of your nutritional choices and calories consumed.

Social gatherings/Holidays - You work hard & deserve to enjoy your life. Just because you are working on a healthier lifestyle doesn't mean you should miss out on social gatherings/holidays. You might consume more calories than normal at these times due to the availability of drinks & foods with higher calorie content. That's fine, just make a conscious effort over the next few days or when you return from your holiday to reintroduce your healthier choices.

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DAY 7: HOW TO PREPARE FOR POTENTIAL BARRIERS

DAILY FOCUS CHALLENGE

Potential Upcoming Barriers - Look at your calendar for the next 3 months. Are there any occasions or holidays booked where potential barriers to your nutritional plan could arise?

- Write down some strategies to help you reduce the impact of the potential barriers. For example, eating out you could choose a healthier option on the menu, or reduce your calorie consumption over the couple of days to balance up your total calorie consumption for the week. Another example, when on holiday, could you increase your physical activity by going for a daily swim or increase your steps by walking on the beach? Walking 10k steps burns approximately 450 calories.
- Injury reduction - As mentioned, no one can guarantee an individual can become injury free. But there are many techniques to reduce injury risk. Warming up the muscles correctly before training and stretching during the week are just a couple of methods to help reduce the risk of injury. Make separate note for stretching, it can be as simple as upper body and lower body. Aim to complete at least 30 mins of stretching per week for upper and lower body.

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YOU HAVE NOW COMPELTED THE 7 DAY HEALTH & WELLBEING KICKSTART TOOL KIT



Great effort! By spending some time every day this week, you have created a structured plan with goals specifically tailored to you.

The next step is to put this plan into action to start your journey in achieving your health & fitness goals.

It is recommended good practice to repeat the 7 Day health & wellbeing kickstart toolkit every 6 months to ensure that your current fitness plan is suitable for you at that point in time.

WOULD YOU LIKE MORE SUPPORT WITH YOUR FITNESS TRAINING?

Get Fit For Duty offer a range strength & conditioning plans to help you achieve the required firefighter fitness levels. The plans include a suitable warm up, main workout, accessory work and a cool down.

If you would like support with your fitness training then head over to our website www.getfitforduty.co.uk to find out more. Alternatively, feel free to contact us directly via email.

Good luck with the next steps with your health and wellbeing journey!

Dr Liam Noll



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