



**fitbrit**

fitness + motivation

# THE GET FIRED UP GUIDE

Ten top tips to help you  
get out of a rut!

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It's never too late  
to get started!

# Ten Top Tips

1. **Reduce expectations:** if you've been out of the game for a while then don't overwhelm yourself when getting started again. Going for a 15-minute run where you walk for 10 minutes of it is just as valid as running for an hour. The key is to simply begin by doing anything, no matter how small, and then build on that. Start where you are, look at how much exercise/healthy eating you did last week and think how you can improve that incrementally this week.
2. **Find time:** getting fit and healthy does not require you to spend hours at the gym. Instead, begin by challenging yourself to simply find time to fit movement into your busy schedule. Park your car a couple of kilometres away from your office and walk the rest, do 20 squats in between meetings or 10 pushups before lunch. 10 sit-ups here, 30 seconds of star-jumps there and you'll quickly notice your heart beating and mood improving.
3. **Be mindful:** rather than multi-tasking on ten things at once, try focusing on one thing at a time. Whether that be brushing your teeth in the morning or writing an important report, giving one task your full attention will help you to complete it fully rather than half-heartedly because of distractions. Introducing mindful pursuits like reading, meditation or painting into your life can help you improve the amount of time you're able to stay focused. And if things are getting too much then simply stop, take a few deep breaths to calm down and then continue.

4. **Be patient:** there are no quick fixes for results that actually last. It takes sustained effort over several months, even years, to truly integrate healthy habits into your life. So don't fall for the 6-week fad diets, real change is a lifestyle, indeed new habits should be things that you can imagine doing for the rest of your life. Beware of losing weight too rapidly, as this can result in the dreaded yo-yo effect and you'll end up back at the drawing board. Strive for gradual progress over instant perfection.
5. **Get outside:** most of us are guilty of spending too much time indoors. Home office, Netflix and sleeping mean we spend a huge amount of our time under a roof and this can have a detrimental effect on our ..Regardless of whether you're going for a walk, a workout or just to get some daylight - simply getting outside can make the world of difference. Studies also highlight the importance of exposing yourself to sunlight in the morning helps you to get to sleep later in the evening.
6. **Protein is key:** if you find yourself unnecessarily snacking in the evenings and/or weekends then it may be because your meals during the day do not contain enough protein. Protein has many benefits including helping to maintain muscles, organs, the nervous system, blood, skin, and hair. It also leaves us feeling satiated after meals, not stuffed. It is commonly suggested that adults should make sure at least 10% and 35% of their total calories are from protein. And if you're looking to build muscle you may need even more.

7. **Find healthy alternatives:** when it comes to improving your diet, finding healthy and tasty alternatives to your favourite junk food can be a real game-changer. Opt for chopped veg and hummus instead of crisps, a fruit salad instead of a handful of Haribo or sparkling water with a squeeze of lemon instead of that glass of wine. Small changes like these soon pay big dividends later down the road.
8. **Improve sleep:** an often-overlooked determinant for a healthy life is getting enough sleep. Not only does the recommended 7-9 hours a night allow your body and mind to recharge, but it also leaves you feeling refreshed and ready for the day when you wake up. When going to bed, having a strict switch off time for electronics, for example no more phone or laptop after 9pm, can greatly increase your quality of sleep.
9. **Remind yourself:** if you want to last the course then it's imperative you create various prompts in your life which remind you every day why you're doing this. Having your own dedicated workout corner at home, post-it notes with your goals on spread around the house or even a vision board can make huge difference when it comes to staying on track.
10. **Intermittent fasting:** if you struggle with evening snacking then implementing set eating times can be helpful. Intermittent fasting can also be beneficial for losing fat, improving heart health, brain health and as well as a reduced risk of cancer.