



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.** Whether it's a 5 -minute jog or a 10-minute living room workout, whatever you do to get started again is valid. The key is to just begin. Do anything, no matter how small, and then build on that.
2. **Find time: getting fit and healthy does not require you to spend hours at the gym.** If you want it enough, then you'll be willing to make time. Park your car a couple of kilometers away from your office and walk the rest, do 20 squats in between meetings or 10 pushups before lunch and you'll quickly notice your heart beating and mood improving.
3. **Protein is key: if you find yourself craving carb-heavy meals then it may be because your meals are not protein-rich.** Protein leaves us feeling satiated after meals, not stuffed as well as maintaining muscles, organs, the nervous system, blood, skin, and hair. Studies suggest that adults should ensure at least 10-30% of their total calories come from protein. And if you're looking to build muscle you will need even more.

4. **Be patient: there are no quick fixes for results that last.** It takes sustained effort over a prolonged period to really integrate positive 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. Losing weight too rapidly 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: we spend a huge amount of time indoors and this can have a detrimental effect on both our physical and mental health.** Regardless of whether you go for a walk, a workout or just to get some daylight - simply getting outside can make the world of difference. Studies have also highlighted the importance of how getting sunlight in the morning help you to get to sleep better in the evening.

6. **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 properly. 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.

7. **Find healthy alternatives: healthy and tasty alternatives to your favourite junk food can be a real game-changer.** Go for chopped veg and hummus instead of crisps, a fruit salad instead of a handful of sweet or sparkling water with a squeeze of lemon instead of a glass of wine. Small changes like these soon pay big dividends later down the road.
8. **Improve sleep: sleep is often overlooked when it comes to getting healthy.** 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 in the morning. Switching off all electronics by 9pm is an example of a change which could drastically improve your quality of sleep.
9. **Remind yourself: if you want to last the course then remind yourself 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 a reduced risk of cancer.