
Listers Health
Women's gym & wellbeing centre
THE New You
Starter Guide 2018

Contents

Lets Get Started 3
The Diet 4-5
The Exercise 6-7
Weights Vs. Cardio 8
The ‘Afterburn’ Effect 9
Weight Loss Vs. Fat Loss 10-11
The (Not so) Hidden Secret 12
Why am I not losing Weight? 13

The Meal Plan 14-15

The Exercise Plan
- Beginner 16-17
- Advanced 18-19
- Busy Bees 20-21

The Classes 22-23
Final Tips 24



Lets Get Started

You’ve just taken the first step towards a healthier, happier you. And to make sure you get off to the best possible start in your fitness journey, we at Listers Health have put together a comprehensive guide to help you reach your fitness goals.

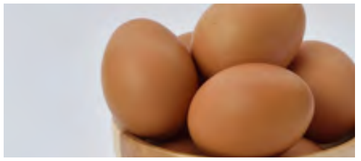
This guide is designed to help you both in and out of the gym by giving you your own choice of how you would like to exercise and what fits best for your lifestyle, as well as a great guide on what diet you can follow with options of how you can tailor it to yourself. We also advise speaking with one of our instructors for a more tailored fitness and diet plan.

The Diet

Your healthy diet should always consist of fresh ingredients wherever possible, always strive to make/cook all your own meals and to avoid processed foods whenever you can.

Below is a great selection of foods to consider including in your diet that will provide you with all the great nutrients your body needs to keep going as well as keeping you feeling fuller for longer.

We've also put together a great meal plan that you can follow (page 14-15) This guide is designed to give you a great selection of amazing foods to keep you satisfied and energised every day.



Eggs

Eggs are a great source of nutrients for low calorie diets, and can keep you feeling fuller for longer. A great food to start the day. Try it for breakfast.



Salmon or Tuna

Salmon is loaded with high quality protein, healthy fats and also contains all sorts of important nutrients. Tuna is also filled with great nutrients, it's low in calories and high in protein.



Lean Beef/Chicken Breast

Unprocessed lean meats are very high in protein and a very fulfilling nutrient which is great for keeping cravings at bay.



Leafy Greens

(kale, spinach, collards etc) Very low calory/carb foods that are high in fiber. A great way to make your meals bigger without increasing your calorie intake.



Grapefruit

Having grapefruit before larger meals has shown to keep you satsified and more likely to consume fewer calories.



Avocados

A great addition to salads. Loaded with healthy fats that have proven to help increase the nutrient intake from other vegetables.



The Exercise

"So what exactly do I need to do when I'm in the gym?"

Unfortunately, there isn't a universal 'works-for-all' solution to approaching the exercise or even any facet of diet and fitness. The reason for this is that everyone is different. Everyone comes in difference shapes and sizes, ages, and genders, have specific dietary needs or even medical conditions which determine what someone can or can't do as well as what does or doesn't work well. So when it comes to fitness (and more importantly, your diet) you need to have your own tailor-made plan for how you approach it.

If you are new to fitness, making your own tailor-made plan may seem rather unnerving, but being a member of Listers Health has more benefits than the occasional steam room visit. Our expert staff is available to help you through this and provide you with the necessary guidance that you may need to start you on your fitness journey in the most effective way possible.

This guide will give you a basic understanding of what kind of exercises you should be performing to help you reach your goals. Each of the exercise plans can be modified to fit your needs (please speak to an instructor for guidance).

We've also included some information to help give you a better understanding of how fitness works and what you should be focusing on.

Weights vs. Cardio

"I only want to lose weight, I should be doing cardio, right?"

Answer: Unfortunately the answer isn't as clear-cut as **weight training = muscle building** & **cardio = weight loss**.

Weight Training

"But I don't want to look bulky"…sound familiar? Would it surprise you to know that you cut down your body fat with weight training? Yes, it is a fact that weight training will help towards the building of muscle, but with every pound of muscle you have, your body works harder to burn more calories to fuel the additional muscles, so even when you're not training at all, the extra muscle will mean you're burning more calories than you would have if you never built up that muscle in the first place (see pages 10-11 to see how extra muscle can help reduce body fat).

When it comes to weight training, your diet will play a key role in what results you get. A good low-calorie diet combined with the additional calories burned daily as a result of weight training is the most optimum condition to help losing fat. A poor diet with weight training usually results in additional 'bulk' and people seeing that they are gaining weight instead of losing it.

An additional benefit to weight training itself is the additional calories you burn after the workout itself, commonly known as the Afterburn Effect' (see page 9).

Cardio

Although weight training will increase your overall capacity to burn calories and contribute to the rate at which you can lose weight and burn fat, cardio will ultimately be your best source of burning large amounts of calories at one time.

If losing weight is your goal, then cardio exercises should be included in your routine. Keep in mind that to lose 1lbs (pound) of fat, you need to be able to burn 3500 calories, which is quite a difficult task if you rely on weight training alone.

Although focusing on cardio alone isn't a bad thing, it is not an ideal method to reaching your fitness goals. As already mentioned, weight training will increase your capacity to burn calories and paired with cardio, can further increase the number of calories you do burn.

Benefits to doing regular cardio include: Improved heart health, Increased Metabolism, Improved Hormonal Profile ('Feel-good' hormones), Improved recovery ability, Improved Sleep

"So what should I do? Cardio or Weight Training?"
Answer: **Both**

If your goal is to lose weight, we recommend using weight training which will help increase your body's ability to burn calories and also take on cardio exercises to burn large amounts of calories in one go. Both types of exercises combined with a low-calorie diet will ensure the optimal conditions for decreasing body fat. Your approach will vary depending on what results you are aiming for.

The 'Afterburn' Effect

Excess Post-Exercise Oxygen Consumption (EPOC) or now more commonly known as the 'Afterburn' Effect, is the effect of increased metabolism following a workout, resulting in additional calories being burned after. Below shows the how the afterburn effect works with different exercises, with High-Intensity Interval Training and Weight training being the most effective.



The figures above are based on averages. A number of calories burned will vary depending on weight, height, age and gender.

Weight Loss vs. Fat Loss

What is Weight Loss?

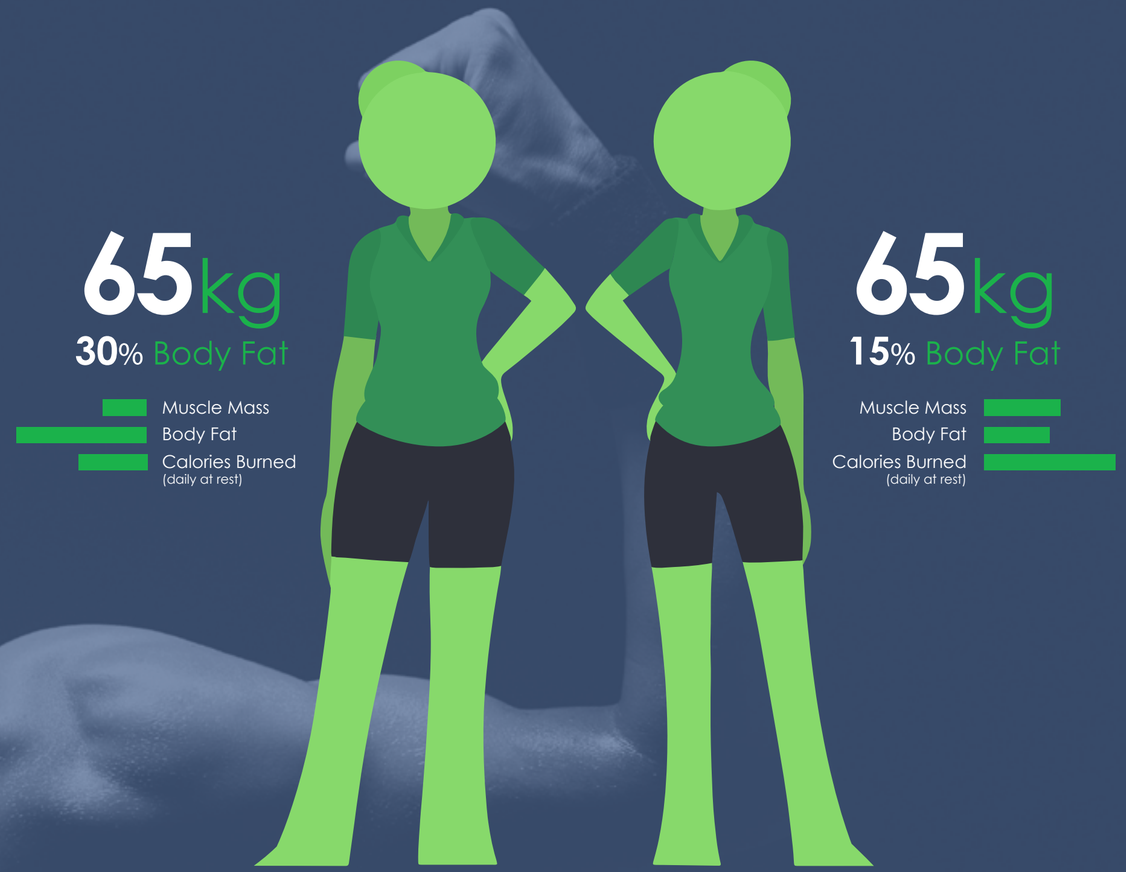
You want to lower your overall body weight, the total weight of all your bones, muscles, organs, body fat etc.

What is Fat Loss?

You want to lower your body fat i.e. the amount of fat your body carries. 15% body fat is a healthy goal for women

Most people can confuse weight loss with fat loss. As soon as a decision is made to get slimmer or lean, the first thought is usually "I need to lose **weight**" (not fat) and going forward, you're in a constant battle with your weighing scale (even though you are making progress). Your weighing scale shouldn't be the only way that you measure your progress. Tape measures to track changes in your body mass, fat calipers to measure your body fat, and also photos can be a helpful visual tool to track progress.

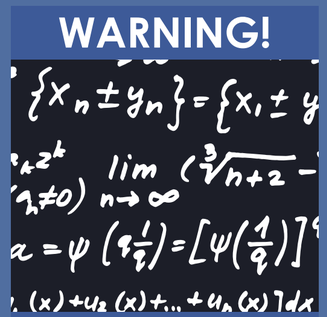
Muscle is heavier than fat (and takes up less space in the body), this is probably a fact you may already be aware of, but not many people take that into account when stepping onto the scale. With the right diet and exercise, you could reduce your body fat quite considerably and build muscle mass, this change may not be so obvious by only tracking your progress on the scale (see the image on right).



Both figures above would have the same results if they stepped on a weighing scale, yet their physiques are quite different. The figure on the right has considerably less body fat, but with the increase in muscle mass (which is heavier than the fat lost) has not reduced the overall weight.

PLEASE NOTE - This does not mean the you won't lose weight at all, this is only to illustrate that a weighing scale is not the only way that you should be tracking your progress when including weight training in your routine.

The (Not so) Hidden Secret



Thats right, you can actually break things down into numbers. And using this guide you can calculate exactly what you need to do to make your fat loss journey a success. Its been well known that the secret to successfully losing weight is by creating whats known as a 'Calorie Deficit'.

What is a Calorie Deficit?

Simply put, it's where you burn more calories in a day than you consume.

e.g. if you burn 2500 calories a day, but only consume 2000 calories, that means that you have a calorie defecit of 500 calories. A calorie deficit forces the body to use energy that it can no longer get from food - which means the body will have to use stored body fat and muscle for energy to make up for the shortfall resulting in weight loss.

How do I work out my own Calorie Deficit?

Firstly, you need to work out your Base Metabolic Rate (BMR). Your BMR is the amount of calories your body will naturally burn each day without the need for exercising.

The basic formula for women to calculate their BMR is:

655 + (9.6 x 65) + (1.8 x 162) - (4.7 x 30) = a BMR of **1429**

- 65 — Your weight in kg
- 162 — Your height in cm
- 30 — Your Age

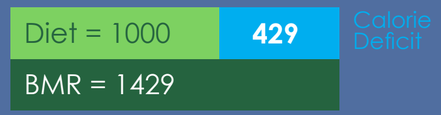
(meaning this person burns 1429 calories a day without any exercise)

Don't worry about having to do this math, as there are simple online calculators to help you...

Just click here

Here's an example of how it works...

Using the example above, we know that this person has a BMR of 1429. to create a Calorie deficit, she needs to be consuming less than 1429 calories a day. By restricting her calorie intake to only 1000 calories she can burn 429 calories every day. she can burn even more with added exercise.



Why am I not losing weight?

If you've ever wondered why you may not be losing any weight, the answer could very well may lie in not having a calorie deficit at all. If you are consuming more calories than you burn it will always result in more weight gain. This can often be the case when people take on weight training, the additional energy required for new muscle growth can often leave you with cravings and giving into those cravings and exceeding your daily calorie intake will result in more weight gain, even though you are exercising regularly. Below are some examples of how different diets can effect your calorie deficit.

Ordinary Diet
(No Exercise)



No Calorie Deficit

= No Weight Loss

This person is consuming the same amount of calories per day that they burn. This will have no results for weight loss, but no weight will be gained either.

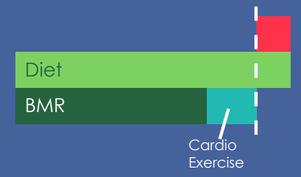
Bad Diet
(No Exercise)



= Weight Gain

This person is now consuming more calories a day than the amount that they burn each. This will result in weight/fat gain.

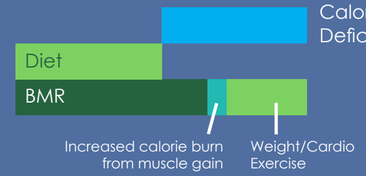
Bad Diet
(with cardio)



= Weight Gain

Even though this person has now added cardio exercise into their daily routine, they are still consuming more calories a day than both their BMR and calories burned from cardio combined, resulting in weight gain.

Low Calorie Diet
(with Weight Training & Cardio)



= Weight Loss

This person is on a low calorie diet - consuming less calories than the amount they burn per day. The calorie deficit is increased even more by the amounts of Weight + cardio exercise being carried out

The Meal Plan

For the best results, consult one of our Nutritionists for help and advice creating a more personalised plan

With the help of our highly-trained nutritionists, this next bit of information is designed to help you combat your diet woes, so you can feel light 'n' easy.

This guide is designed to give you a great selection of amazing foods to keep you satisfied and energised every day, and help you to reach your fitness goals.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	x2 Hard-Boiled Eggs + 2 Whole Grain Bread + 1 glass Fresh Orange Juice	Oatmeal/ Porridge + 1 Grapefruit	Peanut butter spread on whole meal toast topped with sliced bananas + 1 glass orange juice	x2 Scrambled Eggs (made with chopped tomatoes or other veg) + 1 Orange (sliced)	Oatmeal/ Porridge + 1 Grapefruit	Omlette (mixed with your choice of veg) + 2 Whole Grain Bread + 1 Orange (sliced)	Peanut butter spread on whole meal toast topped with sliced bananas + 1 glass orange juice
Lunch	Mozzarella and Tomato salad	Chicken Wraps (in tortilla wrap with Salad/Veg)	3 Cups Cooked Brown Rice + ½ Small Cantaloupe	Chicken Wraps (in whole wheat Pitta Bread with Salad/Veg)	Penne with feta and sundried tomatoes	Tuna Salad (with optional mayo on lettuce + other Veg)	Fruit Salad
		Substitute Chicken with Hard-Boiled Eggs		Substitute Chicken with Hard-boiled eggs		Substitute Tuna with Hard-Boiled Eggs	
Dinner	1 Large Chicken Fillet + 1 Pitta Bread + 2 cups mixed vegetables	Tuna Pasta Bake (3 cups) + 2 Cups Leafy Greens + 1 cup Broccoli	1 Large Chicken Fillet + 1 Pitta Bread + 2 cups mixed vegetables	Tuna Pasta Bake (3 cups) + 2 Cups Leafy Greens + 1 cup Broccoli	1 Large Chicken Fillet + 1 Pitta Bread + 2 cups mixed vegetables	Tuna Pasta Bake (3 cups) + 2 Cups Leafy Greens + 1 cup Broccoli	1 Large Chicken Fillet + 1 Pitta Bread + 2 cups mixed vegetables
	Substitute chicken with Black/Kidney Beans	Substitute Tuna with Tomatoes	Substitute chicken with Black/Kidney Beans	Substitute Tuna with Tomatoes	Substitute chicken with Black/Kidney Beans	Substitute Tuna with Tomatoes	Substitute chicken with Black/Kidney Beans

Vegetarian Options

We understand that this meal plan may not always be enough to give you the energy you need to get you through your day, and starving yourself is only going to put your body in a position to store fat instead of burning it. So to help we've included some snacks to help keep those pesky cravings at bay, Pick **one** morning snack to have in between breakfast and lunch, and **one** afternoon snack between lunch and dinner to keep you energised throught the day.

Morning Snack

Low-fat Greek yogurt + chopped almonds + honey	1 Apple + Handfull of Almonds	1 Banana + Handfull of Almonds

Afternoon Snack

1 Banana (Chopped into 3 pieces) + spread ½tsp peanut butter topped with chopped almonds	5 Whole-Wheat Crackers (sugar-free)	Dip Sliced bananas half way in melted chocolate. Allow chocolate to cool

Diet Tip
Protein Shakes can be used to substute one of your main meals (Breakfast, Lunch, Dinner) if you are unable to cook. But may not have the same nutritional benefits as a cooked meal.

Diet Tip
A good tip to keep in mind is to avoid processed food whenever possible. Stick to foods that you can make yourself using fresh ingredients

Exercise Plan

Beginner

Heading to the gym? Well, if you've just arrived at Listers Health and aren't up to running speed just yet, why not follow our beginner's workout plan?

This is the perfect workout if you're just starting your fitness journey or want to take the next step to a happier, healthier you. Oh, and it's easy to follow, and do!

Mon	Warm-Up	**Chest**	**Back**	**Compound**		Cool Down
		Barbell Bench Press (Incline /Medium grip)	Reverse Flyes	Push-ups		
Tue	Warm-Up	**Shoulders**		**Abs**		Cool Down
		Seated Dumbell Press	Lateral Raises	Upright Row	Plank	Spiderman Plank
Wed	Warm-Up	**Biceps**		**Tricep**		Cool Down
		Barbell Curls	Dumbell Curls	Tricep Extension	Tricep Push-down	
Thu	Warm-Up	**Quadraceps**		**Hamstrings**		Cool Down
		Kettlebell Swings	Single-Arm Kettlebell Swings	Sumo Squats	Split Lunges	
Fri	**Rest**					
Sat	Warm-Up	**Cardio (Treadmill)**				Cool Down
		Walk (1min)	Jog (1min)	Run (1min)	Repeat all (15mins Total)	
Sun	**Rest**					

Warm-Up	Walk/Light Jog (5-10mins) Treadmill	Light Stretch (5-10secs per body part)
Cool Down	Slow Walk (5-10mins) Treadmill	Light Stretch (5-10secs per body part)

For the best results, consult one of our Personal Trainers for help and advice creating a more personalised plan



Maureen
Listers Health | Manager

Exercise Plan

Advanced

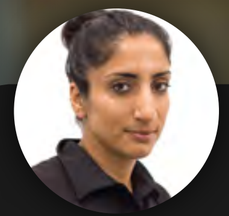
If you're thinking "nuh, I can challenge myself to do more...!", then you're wanting to take the warrior's path.
Say hello to the "Advanced" workout plan to get you into gear and have you turn into a hero in no time

(Disclaimer: we can't promise you'll turn into Wonder Woman...!)

Mon	Warm-Up	Chest			Back			Cool Down
		Barbell Bench Press	Incline Barbell Press	Dumbell Press	Bent-over Barbell Rows	Pull-ups / Lat pull-down	Seated Cable Rows	
Tue	Warm-Up	Shoulders			Abs			Cool Down
		Seated Dumbell Press	Lateral Raises	Upright Row	Hanging Leg Raises	Decline Bench Crunches	Rope Crunches	
Wed	Warm-Up	Biceps			Tricep			Cool Down
		Barbell Curls	Dumbell Curls	Preacher Curls	Tricep Extension	Tricep Push-down	Lying Tricep Extension	
Thu	Warm-Up	Legs			Calves			Cool Down
		Squats	Leg Press	Sumo Squats	Standing Calf Raises			
Fri	Rest							
Sat	Warm-Up	Cardio (Treadmill)						Cool Down
		Light Jog (5min)	Sprint (1min)	Walk (30 secs)	Repeat each round 8-10 times			
			= 1 round					
Sun	Rest							

Warm-Up	Walk/Light Jog (5-10mins) Treadmill	Light Stretch (5-10secs per body part)
Cool Down	Slow Walk (5-10mins) Treadmill	Light Stretch (5-10secs per body part)

Please consult one of our Personal Trainers before attempting this workout. They can also advise and help you in creating a more personalised plan



Faz
Listers Health | Personal Trainer

Exercise Plan for Busy Bees

Working mom? Student? Constantly managing hectic family life and exercise?

Put our recommendations into action by fitting in punchy, yet time-saving workouts you could be doing right now.

Maintain peak health, no matter how big of a mountain you climb each day, because with our help, you can!

Mon	Tue	Wed	Thu	Fri	Sat	Sat
	Day 1		Day 2		Day 3	

We recommend attending the gym 3 times a week with rest / recovery days between each workout. Heres a plan we've made but you can adjust depending on what days you can workout.

Day 1	Warm-Up	Quadraceps: Kettlebell Swings; Single-Arm Kettlebell Swings	Hamstrings: Sumo Squats; Split Lunges			Cool Down
Day 2	Warm-Up	Chest: Bench Press	Back: Reverse Flys	Shoulders: Seated Dumbell Press	Arms: Barbell/Dumbell Curls	Cool Down
Day 3	Warm-Up	Cardio (Treadmill): Walk (1min)	Jog (1min)	Run (1min)	Repeat all (15mins Total)	Cool Down

50min Workout (approx)

50min Workout (approx)

30min Workout (approx)

Cool Down	Slow Walk (5-10mins) Treadmill	Light Stretch (5-10secs per body part)
Warm-Up	Walk/Light Jog (5-10mins) Treadmill	Light Stretch (5-10secs per body part)

Not able to make it to the gym? ...No problem!

We've put together a 30 minute workout you can do in the comfort of your own home, so your always making the strides to reach the goals your aiming for, even if you can't take on the other workout plans.

Home Workout	Warm-Up	Full Bodyweight Workout (12-15 reps each): Pushups/ Modified Pushups	Squats	Mountain Climbers	Tricep Dips	Glute Bridge	Jump Planks	x3 Cool Down

30min Workout (approx)

Remember to warm-up & stretch! Just because you're at home doesn't mean you'll be safe from injury. You can warm-up without a treadmill too ...Just jog on a spot and do some knee bends for 3mins each and once you've stretched, you'll be ready to go! ...**Don't forget to cool down and stretch after your workout too!**

For the best results, consult one of our Personal Trainers for help and advice creating a more personalised plan



Irina
Listers Health | Personal Trainer

The Classes

Don't feel like you need to take on a class AND stick to the workout plan outlined earlier. Substitute one of your workout days with a class. For the best results, consult one of our Personal Trainers for help and advice creating a more personalised plan

'Not all ….. are built/made/taught the same"… heard this phrase before? It can be applied to exercise classes too.

Varying in intensity and duration, each Listers Health class is designed to give you the best workout you've never had.

Here's our recommended exercise classes you should try!

15/15/15



Experience not 1, not 2, but 3 electrifying workouts in ONE 45-minute session. Try this exciting class that'll put you through intense Cardio, Resistance and Ab workouts and have you turn up the fun factor in your fitness. This 15/15/15 class is our top choice, for when you're short on time.

Bollywood Spin



Bollywood Spin is a great way to get in shape and have fun at the same time! The Bollywood film inspired music has a unique and energetic style that burns calories and keeps your muscles in shape.

Boxercise



Boxercise is a circuit class including boxing style stations and techniques. It helps you to get fit and enhance muscle definition, but you won't gain bulk. Learn different punches and movement using focus pads. The workout uses the whole body and the time flys as you work on body movement, agility and momentum. It's also great for relieving stress!

Circuit



Circuit is a body conditioning or resistance training in which you do one exercise for a short period of time and then move on to another exercise. The class increases your strength and burns lots of calories. You will work on each section of the body individually by different activities.

Insanity



Max interval training has you work as hard as you can for 3-minute intervals, with 30-second periods of rest in between. According to the Insanity web site, exercising at this extreme intensity level will help you burn up to 1,000 calories an hour.

Kettlebells



Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance. People love it because it's challenging, efficient and you only need one piece of equipment.

LBT



This class targets those stubborn areas that normal exercise does not get to: Legs, Bums & Tums! LBT helps you tone and shape your body while burning calories. If you want great looking legs, a firmer bum and a tighter tum, join our class!

Tone & Tighten



These moves will help you not only lose fat but also get a sleeker body and boost calorie burn all day long, thanks to extra muscle. Each one calls on multiple muscles so "your body burns more calories than if it were doing a single-focus exercise like biceps curls.

Final Tips

Take the stairs when you're out and about instead of escalators or elevators for a quick workout on to go.

If you work in an office, don't spend your whole day at your desk. Move around whenever you can, go for walks during your breaks or lunch.

Opt for a shopping basket instead of a trolley for an extra weight session while you're at the supermarket.

Using the treadmill isn't the only Cardio! (abvious as it may seem). Cross-trainers, rowing machines, spinning, circuit training and aerobics classes all burn calories effectiveley. Incorporating a variety of these exercises into your workout will keep you engaged and motivated.

Don't underestimate the power of a fitness buddy. Fitness is never easy and it helps to have someone who is also sharing your fitness journey to help keep you motivated, especially on days where motivation is lacking.

Weight training and High Intensity Interval Training can burn alot of calories in short amounts of time and continue to burn calories 24 hours after the workout.

Whether from the Listers Health staff or other Gym-goers, don't be afraid to ask for advice if you are unsure about how to achieve a certain goal, how to use equipment correctly etc. It's better to get the right info right away by asking, instead of spending weeks or even months continuing to do it incorrectly.

Drink ample amounts of water. You may not be thirsty, but you can still get dehydrated.

Workouts should always be challenging. If you find that your workout begins to feel easy, then slowly increase the duration of the workout or the level of weights you use. Having to do this also a sign that you are getter **STRONGER!**

Getting the right amount of sleep is an important part of your fitness journey. After exercising, your body needs time to recover, and sleep is the best recovery you could ask for. Not getting enough sleep can be detrimental to this recovery process. A full nights sleep will make sure your body recovers and takes all the benefits of the hard work you did at the gym. We recommend 6-8 hours of sleep.

MYTH
"I'll stick to ab exercises, I Just want to lose some belly fat"

FACT
Losing fat in one specific area or 'Spot Training' is a Myth! the only proven way to reduce fat in one area is reduce your **overall** body fat.of the fat you do have.

MYTH
Muscle Replaces Fat

FACT
The human body naturally burns more calories each day to maintain a pound of muscle than it does to maintain a pound of fat. Therefore, the more muscle you build, the more calories your body will naturally burn each day at rest. The fat will not be replaced, but the muscle will help to get rid of the fat you do have.

We hope you had a blast reading this guide, and are super motivated to tackle your fitness goals head on.

We believe that to help you reach your fitness goals, your Listers Health membership should be more than just access to some gym equipment. Not only will you benefit from all of our services, but you will also have a wealth of knowledge and experience available to you. Myself and the rest of the Listers Health staff are always on hand to help you reach your fitness goals, so please speak to us if you have any questions or if you need further advice.

I hope to see you soon!



Maureen
Listers Health | Manager

Shout it from a Mountain top

Click here

.....or just use our facebook page



Let us know what you think about Listers Health

Disclaimer

No part of this eBook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the author.



£1 JANUARY OFFER

Join Listers Health this January and pay only ***£1*** *for your first month*

No Joining Fee

£19.99

a month thereafter

12 month contract