

# WELCOME TO

# DEDIKATE REGULATE

## NUTRITION FOR HEALTHY, SUSTAINABLE FAT LOSS

### The DediKate Philosophy

At Kate Ivey Fitness we believe in a well balanced diet that does not exclude any food groups but includes an abundance of vitalising nutrients. We support a healthy approach to your nutrition through evidence based education and mindset shifts. We believe in empowering women to feel confident and comfortable in their body's to finally jump off the fad diet treadmill. Our aim is to support every woman to approach their food with the same joy and excitement that we do. Always with a focus on what feels good, nourishing and improves long term health!! We believe in nurturing your healthy mind and healthy body.

### Why We Wanted To Cover Healthy And Sustainable Fat Loss

We are all about supporting women's health and wellbeing which includes helping women to keep their bodies physically

healthy through nutrition and exercise. For many, persistent dieting, body dissatisfaction and body fat issues are causing a major problem for their long term health and mental wellbeing. It is not for us or anybody else to say what someone's health goals should include when it comes to their body. Whilst we do not think that fat loss should be anyone's only goal, if your body fat level is affecting your quality of life and possibly your long term health we support your right to change that. So if you do have a goal of fat loss, we want to let you know that it's ok, but we are also here to save you from yo-yo dieting and disrespecting your body through fad diets. If you want to reach your full health and wellbeing potential we are here to educate you on safe, sustainable and healthy fat loss choices. No dieting, no quick fixes, just real education to help you to make informed decisions along your journey to body confidence and long term health.

### Meet your Nutritionist

Amy Allport is a qualified Nutritionist with a Bachelor of Science in Nutrition and Health, a Masters Degree in Sport and Exercise Nutrition. She has worked in the health and fitness industry for 10 years. In that time she has worked in health intervention for local government in England and ran a successful nutrition consultancy in New Zealand for 5 years before joining the DediKate team. Amy is passionate about supporting women to reach a level of comfort, contentment and control over their own health and nutrition choices. She knows all too well that this is a journey, but one that starts with knowledge and empowerment.



# 01 CHANGING YOUR MINDSET

## How Fat Loss Works

Body fat is important, we need it to survive! It protects our organs and acts as stored energy for all of our cells when we haven't eaten for a while. Energy balance is what dictates the overall fat storage in our bodies. If you eat on average across a week, less energy than your body requires to maintain its current fat stores, it will be forced to release its stored energy for fuel. If you eat on average, more energy than your body requires it will be stored as body fat. It is important to note that any one meal or day will not cause significant fat storage alone. Look at the average energy consumption over time instead. No particular food or nutrient causes fat gain or fat loss. Energy balance is the most important equation here and all food contains energy.

## Compassionate Fat loss

So you may be thinking that if the energy balance equation is so vital to changing fat stores we must have to focus on calories (the measurement of food energy). Calories count, that much is true, but we will not be counting calories. This is because:

- Calorie counting takes the focus from the nourishing function of food
- Calorie counting takes you further away from self-regulation and straight on to a diet
- Calorie counting is notoriously difficult to get right, for anyone
- Calorie counting Apps are often inaccurate and require prior knowledge to use.

We will be lowering average energy intake in a slow and sustainable way using dietary techniques that focus on 2 major areas:

1. Food is fuel. We need nutrients, energy and even enjoyment from it every day!
2. Listening to our bodies' cues allows us to better self regulate energy balance.

This is not a diet! We will not be telling you what you must and must not eat - there are no foods off-limits. I know this is scary but bear with us! It is much better that you learn to take control yourself, instead of being given a false sense of control for a limited period on a restrictive diet. In this way it is very much an education process, teaching you how to achieve sustainable and healthy fat loss for the long term.

Please do not expect rapid fat loss results such as those you may get from an intense 5 week heavily restricted diet. You will get the results once you are aligned with your body and you have learnt the necessary skills to allow healthy fat loss through sustainable healthy living. That is why we will not be using scales to judge success. The scales will fluctuate over the next 5 weeks for many different reasons and will in no way determine your long term success. We are here to learn behaviour change which is very different to temporary fluctuations on a scale.



**Please do not expect rapid fat loss results such as those you may get from an intense 5 week heavily restricted diet. You will get the results once you are aligned with your body and you have learnt the necessary skills to allow healthy fat loss through sustainable healthy living.**

### The most important goals of this programme:

- Build a healthy relationship with food
- Avoid the all or nothing mentality and binges that frequently occur with dieting
- Improve self awareness around appetite and feeding cues
- Improve knowledge of how to nourish yourself
- Improve your relationship with you and your body image
- Improve your overall health and wellbeing.

### Self Talk is Key

Research has shown that shaming people into fat loss behaviours simply does not work. It makes total sense that bullying someone

to eat less or exercise more actually has the opposite effect. That person is not feeling inspired to take care of themselves. You of course would never shame anyone into not eating when they are hungry or pressure them into exercise that their body wasn't ready for? Right?

### Now how do you talk to yourself? How much have you shamed you?

Sustainable fat loss has to come from a place of self care. You are the only person who is with you 24/7. You need to be your own hype team on this journey. You are here for you! So let's work on leaving behind that negative self-talk right here, right now and start this journey with a bit more positivity and if not self love just yet, definitely some self care.

### Activities

1. Setting Non Fat Loss Goals | 2. Today I was... | 3. Diet Diary with hunger ratings

### Setting Non Fat Loss Goals

It is important for me to finish this programme with...  
E.g. a reduced tendency to binge eat.

Please write below as many non fat loss goals as you need. These should be behaviours, habits or health outcomes that are really important to you and your life regardless of fat loss.

1	
2	
3	
4	
5	

**Today I Was:**

Able	Amazing	Attentive	Adventurous	Adventurous
Artistic	Brilliant	Brave	Assertive	Beautiful
Capable	Conscientious	Confident	Beautiful	Careful
Considerate	Delightful	Decisive	Bad-ass	Diligent
Enthusiastic	Efficient	Easy-going	Careful	Energetic
Friendly	Funny	Generous	Composed	Gentle
Helpful	Imaginative	Interesting	Diligent	Independant
Intelligent	Jovial	Kind	Deep	Lovable
Lovely	Lively	Meticulous	Energetic	Motivated
Outgoing	Orderly	Passionate	Fabulous	Practical
Positive	Proud	Persevering	Gentle	Powerful
Respectful	Resourceful	Soulful	Hysterical	Spirited
Sensitive	Sensible	Smart	Independant	Sophisticated
Tactful	Talented	Thoughtful	Industrious	Versatile

	Today I was:	Because:
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Diet Diary

Please keep an accurate diet diary of all food and drink. Please write a hunger rating out of 10 before each feeding (1 = no hunger, 10 = starving)

DAY 7		DAY 6		DAY 5		DAY 4		DAY 3		DAY 2		DAY 1			
	H		H		H		H		H		H		H	MEAL 1	
	H		H		H		H		H		H		H	SNACK	
	H		H		H		H		H		H		H	MEAL 2	
	H		H		H		H		H		H		H	SNACK	
	H		H		H		H		H		H		H	MEAL 3	
	H		H		H		H		H		H		H	SNACK	

# 02 NUTRITION PRINCIPLES

## Nutritionally Minded Fat Loss

It's important whilst planning your meals during a fat loss phase to consider your nutrient requirements. If you do not cover your basic nutrient requirements it can affect your long term health and also your ability to stick with this style of eating. This can lead to a sense of failure and can knock your self esteem, which as we discussed last week, does not help your success. It is much better to eat in a sustainable way that includes all nutrients.



### Creating a Balanced Meal:

Aim for a meal that contains all 3 macronutrients, protein, fat and carbohydrate. In the following colour co-ordinated scheme that would mean having foods on your plate from the blue, yellow and green lists. Unless you choose a yellow or green from the protein list and not a blue, then your meal may just contain foods from the yellow and green lists.

## Protein

Protein is a component of food, made up from units called amino acids. There are 20 amino acids in total, 9 of which are essential for us to eat on a daily basis as our body cannot make them. Protein is the most satiating macronutrient therefore getting this nutrient in high amounts is great for appetite control. Protein provides 4 calories per gram.

## What is Protein's Function?

- Growth and repair of all the bodies cells
- Helps biological reactions such as in the digestion and energy processes
- Act as transporters such as hemoglobin transporting oxygen
- Provides structure for all the bodies tissues
- Supports immune function.

### Protein Portions:

- Try to get at least 30g of protein per meal. Each serving of food outlined here provides 15g of protein, therefore choose at least 2 servings from the tables below.
- To increase protein intake you could also have 1 serve as a snack throughout the day e.g. 3 boiled eggs = 15g protein.

The following serves provide approximately 15g of protein each

<b>Chicken/ Turkey</b>	50g
<b>Lean Beef</b>	70g
<b>White Fish/ Shellfish</b>	75g
<b>Protein Powder</b>	2 tbsp
<b>Milk trim</b>	375ml

The following serves provide approximately 15g of protein each and also contain carbohydrate

<b>Beans</b> (cooked/ canned)	1 cup
<b>Lentils</b> (cooked/ canned)	1 cup
<b>Chickpeas</b> (cooked/ canned)	1 cup
<b>Quinoa</b> (cooked)	2 cups

The following serves provide approximately 15g of protein each and also contain fat

<b>Beef Mince</b>	80g
<b>Pork</b>	60g
<b>Lamb</b>	85g
<b>Oily Fish</b>	75g
<b>Cheese</b>	45g
<b>Cottage Cheese</b>	125g
<b>Eggs</b>	3
<b>Yoghurt</b> (greek high protein)	160g
<b>Milk full fat</b>	375ml
<b>Tofu</b>	150g

## Fat

Fat is a component of food that can be found in a few different forms. Saturated fat, unsaturated fat and trans fats. Generally speaking we should be eliminating all trans fats, moderating our intake of saturated fat and keeping our unsaturated fat high for general health. The different sources of these fats are outlined below. Fat is the most energy dense macronutrient which means that portions of fat are generally smaller than the portions for other macronutrients. Fat provides 9 calories per gram.

## What is Fat's Function?

- Provides energy for low level activity
- Provides stored energy in adipose (fat) tissue
- Provides protection and insulation to the body
- Provides fat soluble vitamins A, D, E and K.
- Aids absorption of some bioactive compounds
- Provides essential fats for cell structure, especially in the brain.

### Fat Portions:

- Try to get at around 1-2 servings of fat per meal.
- You can increase your unsaturated fat intake by having 1 serve as a snack e.g. nuts.

The following serves provide approximately 10g of fat each

<b>Olive oil</b>	1 tbsp	mono-UNSATURATED
<b>Pesto</b>	1 tbsp	mono-UNSATURATED
<b>Avocado</b>	1 tbsp	mono-UNSATURATED

<b>Brazil nuts</b>	3	poly-UNSATURATED
<b>Walnuts</b>	3	poly-UNSATURATED
<b>Macadamia</b>	5	poly-UNSATURATED
<b>Other nuts</b>	20g/2 tbsp	poly-UNSATURATED
<b>Nut butters</b>	1 tbsp	poly-UNSATURATED
<b>Seeds</b>	20g/2 tbsp	poly-UNSATURATED
<b>Coconut oil</b>	1 tbsp	SATURATED
<b>Butter</b>	1 tbsp	SATURATED
<b>Coconut milk</b>	60ml	SATURATED
<b>Animal fat</b>	10g	SATURATED

If you have already had a yellow from the protein list you do not need to add another fat source (yellow).

If you have not chosen a yellow from the protein list add fat (yellow) to your meal.

Try to choose more of the unsaturated options wherever possible.

## Carbohydrate

Carbohydrates are found in all plant foods. Meaning all fruits, vegetables and wholegrains are carbohydrates. Carbohydrate foods that are higher in fibre are better for our long term health and should be consumed in higher amounts than refined carbohydrates with less fibre. Fibrous carbohydrates will help to keep you fuller for longer and provide less energy than less fibrous carbohydrates. Carbohydrate provides 4 calories per gram whilst fibre provides around 2 calories per gram.

## What is Carbohydrate's Function?

- To provide energy for every cell in the body
- To provide storable energy sources in the liver and muscles that can be broken down and utilised much quicker than fat
- As an energy source for gut microbes
- To provide fibre for a healthy and strong intestine
- Preferentially used as energy so that protein can be preserved for its important primary functions.

### Carbohydrate Portions:

- Low energy vegetables should be eaten everyday and in abundance due to being a great source of vitamins, minerals and fibre with very little likelihood of over consuming energy.
- There is no minimum recommended portion of carbohydrates per meal. The following portions are described as average portions that are typically eaten for that food as a way of encouraging you to add them to your meals and play with what works best for you.

### The following serves can easily be incorporated into meals and snacks

<b>Large Fruit:</b> Banana, apple, pear, orange	1 piece	<b>Potato / Kumara</b>	1 medium palm size/ 1 cup diced/ 200g
<b>Small Fruit:</b> Kiwifruit, mandarin, apricot, peaches, plums	2 piece	<b>Pumpkin</b>	2-3 cups diced
<b>Other Fruit:</b> Berries, melon, grapes	1 cup	<b>Oats</b>	⅓ - ½ cup uncooked
<b>Fruit Juice</b>	½ cup (dilute where possible)	<b>Cereals</b>	½ cup
<b>Pasta:</b> Wholegrain, rice pasta, lentil pasta, pulse pasta	1 cup cooked / 50g uncooked	<b>Wholemeal Wrap</b>	1 large
<b>Rice:</b> Wholegrain, wild, brown	1 cup/ 125g cooked	<b>Wholemeal bread</b>	2 slices
<b>Couscous</b>	½ cup cooked	<b>Pita Bread wholemeal</b>	1
		<b>All other vegetables:</b> Courgette, carrot, spinach, cabbage, onion, cauliflower, tomato, cucumber, peas, green beans, mushrooms, capsicum, lettuce etc.	As much as you can :)

Fruits or vegetables are ideally added to every meal.

If you have not chosen a green from the protein list add a carbohydrate (green) to your meal.

Try to choose the carbohydrates that you find the most filling and satisfying.



## Fat Doesn't Make You Fat

Just because fat is called fat does not mean that it is instantly stored as fat in the body. Fat storage is dictated by energy balance as discussed in week 1. However, fat is the most energy dense nutrient. Gram per gram it provides over twice the amount of energy as carbohydrate or protein. This means that eating lots of fat can push your energy intake up quite quickly. The high fat foods that are easiest to overeat on tend to be highly processed 'junk' foods e.g. pizza, icecream, chocolate and fried foods. Try to get your fat from whole food sources that will provide essential fats for health and make meals more satisfying and filling.

## Carbs Don't Make You Fat

Carbohydrates have gotten a reputation for causing an increase in body fat but carbohydrates are actually preferentially stored in the muscles and liver as glycogen for energy. Carbohydrates are only stored as fat if there is a positive energy balance which requires them to be converted to fats and stored. The high carbohydrate foods that are easiest to overeat on tend to be highly processed, refined carbohydrates e.g. cakes, biscuits, energy bars and cereals. Try to get your carbohydrate from whole food sources that will provide fibre and

micronutrients for health and make meals more satisfying and filling.

## When Should I be Eating?

### Meals:

We typically suggest a minimum of 3 meals per day. This gives you an efficient opportunity across the day to fuel yourself and contribute to your overall nutrient requirements. Eating less frequently than this may lead to insufficient nutrient intakes and significantly increases your risk of mood disturbances and binge eating, because you are already trying to lower your energy intake. Prolonged periods without eating are not going to feel too good right now. Set up 3 or more meals across the day that fit in with your lifestyle, schedule and appetite.

### Snacks:

Snacks are neither necessary or to be restricted during a period of fat loss, just let them be as an option. If you are not satisfied by your meal or you are starting to get peckish you should utilise healthy and filling snacks in an amount that is sufficient to tide you over until your next balanced meal. This is an opportunity for nourishment so use it wisely.

## Activities

### Planning - Supermarket Shopping List

Plan what meals and snacks you would like to eat. Make sure to nutritionally balance the meals and set out a shopping list using the meal and nutrient boxes to help you.

### Diet Diary

Fill out the diet diary provided with servings of your macronutrients, for example:

*2 serves of protein, 1 serve of fat, 1 serve of carbohydrate*

*or with portions of your macronutrients, for example:*

*100g chicken, 1 tbsp olive, 1 cup rice and lots of vegetables.*

# Planning - Supermarket List

BREAKFASTS
Proteins:
Fats:
Carbohydrates:

LUNCHES
Proteins:
Fats:
Carbohydrates:

DINNERS
Proteins:
Fats:
Carbohydrates:

LIST SNACKS:
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LIST DINNER MEALS:
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# DIET DIARY

= Hydrated   
 = Fruit + Vegetables   
 1. Write down your protein, fat and carbohydrate foods for each meal. Use the portions discussed above.  
 P = Protein    F = Fat    C = Carbohydrate   
 2. Circle the lettuce if you included veg.

	MEAL 1		SNACK		MEAL 2		SNACK		MEAL 3		SNACK	
DAY 1	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 2	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 3	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 4	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 5	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 6	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	
DAY 7	P		P		P		P		P		P	
	F		F		F		F		F		F	
	C		C		C		C		C		C	

# 03 APPETITE REGULATION

This week we are learning to work with your body and regulate appetite for better results, instead of fighting it and creating a feeling of restriction, hunger and ultimately rebellion.

## Appetite Regulation Diet Techniques

### 01 PROTEIN:

Research has shown that protein is the most filling of the macronutrients. If you are hungry consider snacking on foods from the protein group outlined in week 2 or perhaps you need to increase your protein portions in your meals.

### 03 FIBRE:

Fibre may increase satiety (perceived fullness) by slowing down gut transit i.e. taking longer to digest. It also contains lower calories per gram than other carbohydrate sources meaning that any given meal will be lower in kcals if it is higher in fibre. Good sources of fibre include; fruit, vegetables and wholegrains.

### 05 REPLACING HABIT EATING:

If there is a time in the day that you are behaviourally conditioned to snack or eat consider swapping this for a healthier option or practise a new behaviour or action here e.g. herbal tea and journaling/ going for a walk. Attempt to swap behaviours instead of going cold turkey.

### 07 FRONT LOADING:

Eating the bulk of your food earlier in the day to stave off hunger that may peak later on and decrease the likelihood of snacking or going off track.

### 02 WHOLE FOODS:

Whole food, whilst still being tasty, have not been processed, manufactured and altered to trigger the brain to crave and overeat it. Less processed food and more whole foods in the diet allows for better appetite regulation. These are foods that are not heavily processed, don't have multiple ingredients and that we recognise as foods that grow or graze.

### 04 MOUTH TIME:

Foods that take longer to 'get through' and masticate (chew) usually leave you more satiated. E.g. crab in the shells that you have to work for, for the meat OR chewing an apple bite by bite.

### 06 VOLUME EATING:

High volume foods should help support satiety and weight loss. More food will usually take longer to eat therefore increase mouth time. More food will usually take longer to digest. Additionally higher volumes in the stomach creates a larger pressure or stretch on the stomach wall creating feedback to the brain that the stomach is full.

### 08 HYDRATION

Ensure that you are drinking at least 1.5-2 litres of fluid a day. This may help with appetite regulation.

## Appetite Regulation Psychological Techniques

### Mindful Eating

Mindful eating is the practice of being present with your food and eating with no judgement whilst being very observant. Paying attention to your sensory experience with the food. Taking time to appreciate the visual appeal, smell, sound, taste and feel of the food.

### Satisfaction & Fullness

Being mindful of your satisfaction and fullness with food takes the mindful eating approach a step further by being mindful of the physical and emotional feedback of your experience with the food.

This might mean checking in with yourself:

- How hungry are you?
- How filling the food is likely to be?
- What effect it will have on your digestion?
- How will the food make you feel emotionally after you've eaten it?
- Being aware of the physical sensation of fullness as it comes on.

Choosing foods and eating patterns that cater to you and your appetite is a sustainable skill that will serve you well with food choice and planning going forward. Equally mindful eating and understanding your physical and emotional experience with foods allows you to get more joy from your food whilst better serving your body.



## Activities

### Mindful Eating

Use the mindful eating tool to get in touch with your hunger, food experience, fullness and satisfaction.



# 04

## FUELLING AN ACTIVE LIFESTYLE

### How Does Exercise Support Fat Loss?

The saying, you can't out exercise your diet, is true for most. Exercise burns energy, and muscle requires energy to even exist so exercise will support your body composition goals but is so much easier to consume excess energy than it is to burn it off. We also tend to overestimate the energy we burn and underestimate what we consume. So instead

of using exercise as a tool for fat loss, it's best to focus on your nutrition and have exercise playing a supporting role.

It's important that you do not push yourself into gruelling workouts that your body is not ready for in pursuit of fat loss. Your body will thank you for looking after it and you are much more likely to sustain your active lifestyle and therefore your results long term.

**Exercise is amazing for you and your quality of life. There are so many benefits to leading an active lifestyle, including:**

- Better adherence to healthy lifestyle changes
- Frequent exercisers are more likely to maintain a healthy weight
- Better mental health
- Increased cardiovascular fitness
- Increased strength and power
- Stronger bones
- Reduced risk of all sorts of diseases
- Creating muscle tone and body shape.

## So What Do We Recommend?

At DediKate we aim to improve fitness and strength through various different styles of workouts listed here:

DediKate members get access to all of the above workouts with new ones every week. The most important thing is that you find movement that's enjoyable, that you will stick with! For more information visit [www.kateiveyfitness.com](http://www.kateiveyfitness.com)

CARDIOVASCULAR CONDITIONING FOR CARDIOVASCULAR HEALTH	RESISTANCE TRAINING FOR STRENGTH, BONE HEALTH AND MUSCLE TONE	STRETCHING FOR RECOVERY AND INJURY PREVENTION
DEDIKATE WORKOUTS	DEDIKATE WORKOUTS	DEDIKATE WORKOUTS
<ul style="list-style-type: none"> <li>• Power Session</li> <li>• BOXhiit</li> <li>• Speed Session</li> <li>• Steady State Cardio</li> <li>• Bootcamp Blast</li> </ul>	<ul style="list-style-type: none"> <li>• Sculpt</li> <li>• Power Session</li> <li>• 5 Min Abs</li> <li>• Ignite</li> <li>• BOXLift</li> <li>• Low Impact</li> <li>• Resist-Ded</li> </ul>	<ul style="list-style-type: none"> <li>• YesYoga!</li> <li>• BeYoga!</li> <li>• Core Connect</li> <li>• Pilates</li> <li>• Calme</li> <li>• Postpartum Pilates</li> </ul>

### Correct Fuelling

So now that we have established exercise is not to be used specifically for fat loss we can focus on how to fuel to get the most out of our exercise for our health and body changes that we would like to see.

<b>ENERGY</b>	Energy provides you with just that, energy for all of your bodily requirements and movement. Eating too little energy for your requirements will affect your health, mood and sustainability of any nutrition and exercise changes.	<b>IF YOU:</b>	<ul style="list-style-type: none"> <li>• Are losing weight very quickly</li> <li>• Have ramped up exercise duration or intensity suddenly</li> <li>• Are restricting food intake very strictly.</li> </ul>	Maybe ease up. Either reduce the exercise down to a more manageable level or increase food intake back up to a point that appropriately sustains your activity.
<b>CARBOHYDRATES</b>	Carbohydrates supply the energy for our movement and exercise so please don't restrict to the point where you affect your fitness and health. Keep complex carbohydrates in each meal and try to exercise around 2 hours after a meal or carbohydrate based snack. If that is not possible you may need to add a carbohydrate based snack in before training e.g. a banana.	<b>IF YOU ARE:</b>	<ul style="list-style-type: none"> <li>• Physically fatigued during workouts or generally</li> <li>• Not recovering well after your exercise sessions</li> <li>• Nauseous during your workouts.</li> </ul>	You may not be having enough carbohydrate in your diet.
<b>PROTEIN</b>	Protein is important for repair and recovery of tissue as well as building new tissue such as muscle. It can also help to keep you satiated. Include protein in every meal as discussed in week 2 and consider putting an extra feeding of protein in around training to help with recovery.	<b>IF YOU ARE:</b>	<ul style="list-style-type: none"> <li>• Not recovering well from your workouts</li> <li>• Not building muscle where you should be</li> <li>• Always hungry.</li> </ul>	You may not be covering your protein requirements.

Activity is hugely important for success and results on your health journey but not because you will burn lots of fat doing it. Exercise is so much more than that and is a really vital part of your self-care. Correct fuelling and exercising for where your body is at, in the moment will allow for sustainable results.

#### Activities

1. Please fill out the Diet Diary for Fuelling by writing in each meal making sure to include each macronutrient but especially protein and carbohydrate to support your activity.
2. Rate your exercise performance out of 10 (1 being extremely poor, 10 being amazing).
3. Look for patterns and gaps where you could improve exercise performance by working on overall energy, carbohydrate or protein.



# Diet Diary for Fuelling and Active Lifestyle

	MEAL 1			MEAL 2			MEAL 3			TICK OFF
DAY 1	P F C	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	
DAY 2	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	
DAY 3	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	
DAY 4	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	
DAY 5	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	
DAY 6	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	
DAY 7	P F C	P F C	P F C	P F C	P F C	P F C	P F C	EXERCISE: ?/10	EXERCISE: ?/10	

# 05

## EXIT STRATEGY & MAINTENANCE

### Long Term Goals

Did you reach some of those outcomes we outlined in week 1?

- Do you have a better relationship with food?
- Are you working on your all or nothing mentality?
- Have binges and overeating become less frequent?
- Have you improved self awareness around appetite and feeding cues?
- Have you improved your knowledge of how to nourish yourself?
- Are you working on your relationship with you and your body image?
- Have you improved your overall health and wellbeing?

Take some time to reflect on what habits, behaviours and mindset shifts you have manifested in the last 5 weeks.  
This is your accomplishment!

### I Accomplished:

## Maintenance Phases:

Maintenance phases are a must! These are periods of time that you purposely take your focus away from fat loss but continue to practise your healthy eating and lifestyle to support general health and activity. This is an important skill to learn so that you can be flexible with your goals and learn what healthy 'long term' eating looks like for you.

### You need a maintenance phase if:

- You are becoming overwhelmed with thinking about your food choices and portions
- You are getting too focused on your body
- You are no longer losing fat but actively trying
- You are losing adherence to your healthy eating goals
- You are getting very hungry
- You are less motivated in your exercise or eating
- You have an exercise event or competition coming up
- You have an event that would make it stressful to focus on food e.g. holiday.



## Eating Out:

You will of course want to eat out at some point and that is totally fine and normal. It does however make it harder to regulate what is going into your meals and how much you are served. Therefore you may want to coincide your maintenance phases with times that you know you will be eating out more e.g. holidays, Christmas.

When eating out on this journey you will want to be more mindful of your food choices. Here are some points to consider:

1. Don't restrict food to 'save yourself' for the meal. Eat as normal, perhaps even adding healthy pre-meal snacks so that you aren't making choices influenced only by hunger.
2. Choose foods that are abundant in vegetables and the nourishing food options that you know are filling for you. Veggie pizza is still more nutritious than a meat feast.
3. Identify the negotiables for you and pull back on them. If the bread basket is not the favourite part of your meal, why fill up on it? Perhaps that 1 glass of wine is non-negotiable and that's fine, your choice.
4. If you find yourself losing control or wanting to binge on all the things you aren't normally 'allowed' then you are being too restrictive in other areas. Please refer back to week 1 and week 2 for guidance.

## Going Forward

My most filling snack is?

My most filling breakfast is?

What is the most important thing in my life?

Snacks that keep me on track are?

My easiest nutritionally balanced dinner is?...

When I get peckish between meals I should?

If I want to eat out a great nutritious option would be?

What behaviour do I still need to work on?

What's the biggest thing stopping me from achieving my goal?

You have finished all 5 weeks of this programme! You should be so proud of yourself. Well done! Please remember that this is just the beginning. Now you have the skills and the knowledge for healthy and sustainable fat loss, the hard work comes in practising consistency with it again and again until it sticks. This may take weeks, it may take months, heck it may take years but what is that short period of perseverance when feeling content and comfortable with your health and nutrition is on the other side? You have the tools, now it's time to just chip away at your goal.

Thank you so much for joining us on this journey! You have been beyond amazing! We wish you so much health and well being!