

PROJECT RESTART

YOUR GUIDE TO GETTING
FIT AND HEALTHY AGAIN



KINESIS
PERSONAL TRAINING



WELCOME TO PROJECT RESTART

Hi everyone! I'm Will and I'm here to help you all restart your health and fitness routines with this, the *"project restart"* ebook.

The last 3 months have been challenging to say the least. As a result it's caused a lot of us to struggle with our health and fitness. Nevertheless we're not here to dwell, we're here to take action. Let's leave our past struggles behind now and look forward to getting fitter and healthier than we've ever been!

The gyms are reopening but if we're to really engrain a healthy routine into our identity we need a bulletproof strategy to set us up first. This book is going to provide you with that strategy. It doesn't contain any fad diets or ridiculous sample workouts but what it does do is provide you with a framework to get you started.

Starting and maintaining a routine is hard because right now you're probably in a bit of a comfort zone, and this is where your brain wants to keep you. It's a cosy warm place where you're not being threatened.

The irony this place is the biggest threat to your health. The comfort zone keeps you sedentary, feeling down and stops you from living your largest life. So let's get out of this place once and for all! Let's get ready to change - welcome to project restart!



Mindset

Let's start at the beginning! Too often people dive into "the plan" right away! We're in such a rush to start we often forget why we want to be fitter and healthier.

Without a sense of purpose we're doomed. We're simply relying on sheer will power and motivation to get results and that leads us to burn out pretty quickly! So let's dial it back a few notches.

Step 1 - Sit in a quiet room with a pen and paper (or make a note on your phone). Ask yourself "why is it important for me to be fit and healthy?"

What are the benefits it will bring to my LIFE. Get deep on this.

Visualise how you want your life to play out and how you want to look if you were to get into the shape you want to be in. What would living this way bring you?

For example...

- **More confidence.** - Would you feel more attractive? Would you feel less self conscious around people?
- **More energy.** - Do you want to feel like you have life in you even after a long day at work?
- **Work productivity.** - Would being in amazing shape help you focus more and have be able to get tasks done better?
- **Would you be a better role model?** (to your children, family, colleagues?)
- **Would it remove the fear of succumbing to ill health later on in life if you were to be in the best shape you could be in?**

What do you want for yourself deep down? Without purpose the roadblocks that you encounter can derail you a lot easier. So get clear on this first before you start thinking about setting foot into the gym!

Training

Assess your current level of conditioning We need some REAL honesty here!

How many times per week have you currently been training in the last 3 months?

What kind of activities and exercises have you been doing?

Have you been using weights or just your bodyweight?

Has it been all cardio and HIIT training or have you done any strength work?

Run through these questions and again WRITE THEM DOWN. We need to establish a baseline.

If your activity levels have been close to zero then we need to work from the ground upwards. Going into the gym smashing out your old routine or that lifting program you saw online could leave you broken and in pieces for a solid week or more! Ease your way back in. Remember we want to start building consistency.

If you need to have a week off because you over did it in session 1, that's not going to help build any momentum is it?!

If you have been training 0 times per week for the last 3 months or more: Start off with simply getting 12k steps per day as your daily exercise for at least a week.

If you have been doing *some* training i.e. (2 twice per week with a mixture of bodyweight routines and some weights - start with the above + 2x full body workouts and follow this protocol?

- Pick 4-5 movements that hit a different body part
- Do 3x 10-12 reps on all of them with a few mins rest between each set.
- Keep it simple! It doesn't need to be any more complicated than that to start with.

Training

Add more exercises and fancier routines as you build up your fitness. We're after sustainability, we don't want to be going through this process of starting up again!

On the days you don't train make sure you're getting the steps in!

Pick exercises you ENJOY doing. We're much more likely to adhere to a routine that we enjoy. If you really despise running don't add it in! If you hate doing burpees and HIIT training don't add them in either!

Once you've established a good routine and you're up to the challenge of over overcoming your hatred for such things, factor them in later. Keep it simple and easy to adhere to.



Nutrition

Firstly I want you to clear out all the junk from your cupboard. I'm not saying you can't have a pizza or a bar of chocolate etc, but if your kitchen is LOADED full of temptations that will throw your fitness routine into the gutter, then it's probably a wise idea to remove that temptation from your environment right?

So let's start by doing that. However I want you to remember this going forward - There is NO such thing as bad or good foods. Moderation is the key!

Apply the 80-20 rule (do for to all aspects of your health for that matter) - 80% of the time sticking to fresh non processed foods. This leaves 20% wiggle room for pizza, beer, chocolate etc! Do not ban yourself and go cold turkey on these things. I want you to enjoy life and not to live like a monk!

In your next shop buy the following things

- **Whole foods:** Anything with more than 5 ingredients is what I would classify as processed. Try and avoid products like this!
- **Non processed, high quality sources of protein.** Go one step further by buying lean meats if you want to start losing weight. Extra tip - pre seasoned sources of protein will be a big time saver especially if like me you're not the world's most incredible cook!
- **Fresh vegetables, specifically GREEN veg**
- **Spices, herbs and sauces** (watch this last one though, sauces can be super processed and calorific!)
- **Bread, pasta, rice** - Despite what the media sometimes says, carbs aren't your enemy! Try and look for the ones with the least number of ingredients in. Remember don't get into the habit of labelling foods good or bad!

Lastly

Drink more water. It's not a radical tip but it works, your body is made up mostly of this stuff, deprive it of this and your body won't function half as well as it can do. It can also help curb your hunger. Double whammy! Aim to drink 2.5 to 3L per day.

Sleep and recovery

Last and most important is sleep and recovery. *You cannot out train a shitty lifestyle.* If your sleep is awful and you're going to bed at joke o'clock in the morning you're going to burn out pretty quickly.

Purpose and the importance you place on your health and fitness come to prominence here! It's these things that will help you become more disciplined at getting to bed at a reasonable hr. Without purpose you will have no discipline because you've not placed any importance of the things you want to achieve.

Directionless discipline leads to nowhere!

Sleeping properly will give you the ability to last an entire day crashing and feeling totally drained at the end of it. Think back to a time where you were *really* sleep deprived,

- Were you motivated?
- Were you on top of your game?
- Were you emotionally stable?
- Did you succumb to every temptation that was laid in front of you?

Can you see now why sleep is so important? Not just from a biology stand point but from a psychological one too?

Sleep is not a renewable energy source, once it's lost you can't get back the energy that comes with it.

Things you can do to improve your sleep

Go back to step 1 of this ebook and understand your purpose. This will help you reconnect with your "WHY"

- Clean out your sleep environment: Fresh bedding, make your bed daily, get rid of screens from you bedroom. Your bedroom should be for sleeping only (well and something else, but let's not lower the tone here!).

Sleep and recovery

In order for you to sleep well your mind needs to associate that room with just sleeping

- Set a consistent sleep and wake time and try not to deviate from it too much at the weekend.
- Meditate before you go to bed and when you wake up: Often racing thoughts are the thing that stops us from falling asleep. Practice meditating, download either headspace, calm or waking up in order to slow your mind down before sleeping.

I use the word practice as meditation is not something you can just DO straight away, like a muscle it needs to be trained.



Summary

Mindset: Purpose first, then create a vision of the future that aligns with that purpose. Why is getting and staying in shape important to YOU?

Training: Blood yourself in easy, don't go at it like a bull in a china shop. Been inactive for most of lockdown? Start with just steps.

Nutrition & water: 3 meals daily with a lean, high quality source of protein (palm sized), as much veg as you want and a starchy carb source (rice, pasta etc) about the size of your fist. 2.5-3L of water per day in addition to this.

Sleep: 7-8hrs at a regular time. Ensure you get into bed at a reasonable hr. For me this has to be before 11pm! Make this an all the other tips **NON NEGOTIABLE!**

Let's get started!

If this ebook has resonated with you and helped kick start you. Please get in touch and simply message me with the word "Restart" and I'll get started on turning your life around straight away.

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