

Where Do I Start?



S.M.A.R.T. Goals

Fitness Planner & Action Guide



MESSAGE FROM THE OWNER



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Congratulations to you for taking one of the first steps toward getting into the best shape of your life! This is an exciting time because your journey has just begun. Receiving the information in this booklet, and taking the time to approach your fitness goals the SMART way, is one way to ensure success. We at 50Grand believe that you must not only have a clear vision of your objective, but you must also have a well established plan of the steps you'll need to take to effectively accomplish that objective.

This is where we can help. Our job is to provide the necessary knowledge and physical training to get you the results you seek. In order to do that, we must assist in identifying the problem. From there we help you establish, or at least clearly define your goal, and finally, give you the tools you need to take action.

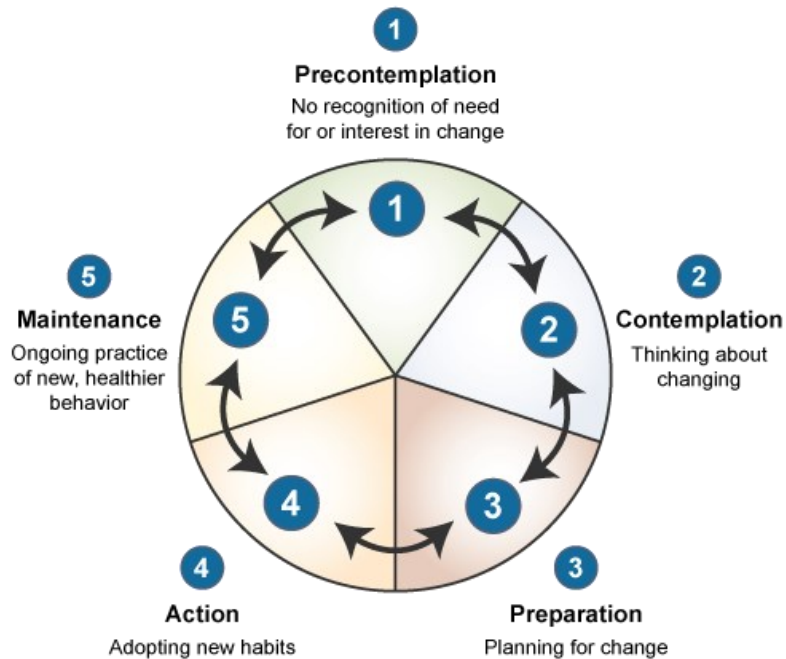
With this guide we will accomplish the following:

- Identify the problem, and the need for change
- Learn about SMART, and set a SMART goal (or goals)
- Record your Stats (weight, height, BMI, measurements, etc)
- Review *Food and Exercises for a Healthy Lifestyle*
- Establish Plan of *Action and Maintenance*



WELCOME TO THE THIRD STAGE

The 5 Stages of Change Model



FILL IN THE BLANKS BELOW AND BE AS SPECIFIC AS POSSIBLE

I would like to change _____

Why? _____

PREPARATION

The Five Stages of Change Model, is a theoretical model of behavior change, which has been the basis for developing effective interventions to promote health behavior change (See Figure 1 on left). If you're reading this, chances are you've been contemplating taking control of your health and getting fit for some time now. At this point the excuses have run their course, and a plan of action is what you're looking for. This is known as the **Preparation** stage. It is third of the five stages, and perhaps the most important.

FAILURE TO PLAN = PLANNING TO FAIL

Preparing for your fitness journey is extremely important, because your preparation now may ensure your success later. You should not approach your fitness goals, or your health for that matter, without some planning. After all, most of us would not leave to go on a trip without a plan of where we're going, and how we intend to get there. In this stage, we believe that goal planning is key. For that, we at 50Grand Health and Fitness rely heavily on the S.M.A.R.T. system for goal setting. We'll explain more about this in the next chapter, but first let's explore why we're *here*.

IDENTIFYING THE PROBLEM

In order for change to happen, we must first recognize that there is need for change, and why that need exists. Since we don't normally attempt to change things that *are* working, it's reasonable to draw the conclusion that if we feel a need for change, then there is a problem somewhere. An individual who does not yet recognize this need is most likely in the Precontemplation stage. Once they have recognized the need, they can identify the problem, and contemplate preparing a plan of action. This is where you are right now...welcome to the third stage! Take a moment and determine what change(s) you'd like to make with regard to your health. **(Record on left)**

WHAT IS S.M.A.R.T.?

Letter	Description
S pecific	The goal should precisely state what is to be accomplished.
M easurable	Progress against the goal should be visible and trackable.
A chievable	The goal should be reachable (often stated based on current capabilities, resources, personal abilities).
R elevant	The goal should matter and/or align with other goals.
T ime-bound	The goal should have a defined time for completion.

MISTAKES OF THE PAST

Before I explain exactly what SMART is, I want to make clear one point. Exercise and how we maintain our diet is not unlike anything else we do in life. In order to be successful now, we must learn from our past mistakes. Winston Churchill said, “*those that fail to learn from history are doomed to repeat it*”. Many people at one time or another have tried to incorporate a routine of exercise and/or healthy eating into our lifestyle. The reasons why it may have fallen by the wayside can vary from person to person. It may have been one or more of the following:

- Hectic work schedule
- Lack or loss of enthusiasm
- Lack of support from those closest to you
- Taking on too much at the beginning of the process
- Injuries due to lack of knowledge about exercises

There are many more possible reasons. Take a moment and think about what may have been the obstacle(s) for you and list below.

FILL IN THE BLANKS BELOW AND BE AS SPECIFIC AS POSSIBLE

What obstacles did you face in attempting your fitness goals in the past?

MORE ON SMART

The explanation for each letter in the acronym is listed in the figure above. I will explain a little further. You must be Specific about what it is you want to achieve (i.e. I want to look better in a bathing suit, so I must lose 20lbs by exercising at least 4 times a week). Measure your progress (i.e. I will check my fat loss bi-weekly). Don't set yourself up for failure. Make sure your goal is realistic and Achievable. A goal of losing 50lbs in 2 months is not very realistic and probably not achievable. Your goal should make sense when considering other goals, so that they are Relevant. Say one of your goals is to live a healthier life in general, then a goal of working out and losing fat makes sense, and is therefore relevant. Finally, set a Time frame for completion as in the example of *losing 20lbs in three months*. This gives you a clear vision on how hard you will need to work to reach your goal, and keeps you accountable.

Remember though, start with a small and manageable goal. Accomplishing the smaller endeavors will give you the confidence you need to tackle the bigger ones to come.

SET YOUR S.M.A.R.T GOALS

Specific _____

(Be specific in what you want to achieve, and the what you intend to do to get there)

Measurable _____

(How do you intend to track your progress?)

Achievable _____

(Is your goal a realistic one? Explain why you think this goal is achievable)

Relevant _____

(How does this goal align with your lifestyle and other goals)

Time-
Bound _____

(Set a time frame for accomplishing your goal. Designate a date or number weeks,



RECORD YOUR STATS

In order to measure your progress throughout your journey let's enter some important information. This will be very valuable information for your trainer and you down the road. However, if you do not have the necessary materials to take complete every entry, don't worry, just do the best you can.

Name _____

Date _____

Heart Rate _____ (BPM)

Measuring your resting heart rate. A resting pulse is the lowest your heart rate would go during the day. You can get your best reading when you first wake up in the morning, before any activity. Follow the steps below for measuring your pulse:

Step One: Apply light to moderate pressure with the fingers until the blood pulsing beneath the fingers is felt. If no pulse is felt, move the fingers around slightly, up or down, until a pulse is felt. Do not apply excessive pressure. This may compress the artery and distort the measurement. Once the pulse is felt, move to step two.
Step Two: Using a watch or clock with a second hand, count the number of beats felt in 30 seconds, then multiply that number by two to compute a heart rate, expressed in BPM (beats per minute).



Weight _____ Height _____

BMI _____

You can download an App to calculate your BMI or go to <http://www.bmi-calculator.net/>

Get your body measurements. You will need a tape measure. For instructions on how to take your body measurements go to <http://www.superskinny.com/body-measurements.html>
 Record results in inches below:

Chest _____

Waist _____

Upper Arm (Biceps) L _____ R _____

Hips _____

Thighs L _____ R _____

Calves L _____ R _____



EXERCISES & FOODS FOR LONG AND HEALTHY LIFE

Exercise For Life

With chronic diseases such as heart disease, diabetes, and hypertension, increasing at an alarming rate; it is becoming even more necessary to be active. The World Health Organization recommends that we get a minimum of 30 minutes or more of exercise, at least 5 times a week. Another issue we face is chronic anxiety. Anxiety disorders are the **most common mental illness in the U.S.**, affecting 40 million adults in the United States age 18 and older, or 18% of the population. According to calmclinic.com, there is a link between anxiety disorder and inactivity. Whether you do it to avoid the onset of chronic illness, or you just want to look, and feel good, regular exercise is essential to quality of life!



Circulatory/Cardio Exercises

Circulatory exercises are important for maintaining proper metabolism and assisting in circulation.

Top exercises in this category in my opinion:

Jogging, Stair Climber, Jump Rope and Jumping Jacks



Flexibility and Relaxation Exercises

These exercises include stretching, yoga, tai chi, and qigong exercises and are important to maintain good joint and tendon flexibility. They are also great for managing stress and anxiety.



Resistance and Strength Training

These are important, because as we get older we suffer loss of muscle, and that usually means increase in fat. Working with weights, and doing body weight exercises like push-ups go a long way toward maintaining quality of life.

Top exercises in this category in my opinion: Push-Ups, Bicep Curls, Body weight or Weighted Squats, Overhead Dumbbell Shoulder Press and Sit-ups



Build muscle=burn fat!



Myth: "All I need to do is cardio if I want to lose weight."

Fact: The quickest, most effective way to burn fat is by building lean muscle. Cardio is great, but combine it with strength and resistance training, and you'll see more results, and in less time.

Tip: When weight training, try lifting and lowering weights slowly for maximum muscle stimulation. This is called Time Under Tension (TUT).

EXERCISES & FOODS FOR LONG AND HEALTHY LIFE

A complete meal is comprised of three things: a protein, a carbohydrate and a fat. It is recommended that the average individual eat six meals a day. Three main meals and three mini meals or snacks in between. Some may not see how this could be helpful to someone whose goal is weight loss, but it is even more important in this case. As long as your meals are well calculated, this, believe it or not will keep you from overeating. With almost 75% of the US adult population being either overweight or obese, we should all do what we can to avoid overeating.

Foods



Drink plenty of water!
According to the Institute of Medicine, the average woman should consume 9 cups (2.2 liters) of fluid daily, and the average man, 13 cups (3 liters) daily. All fluids count, but water is best, since it accounts for about 60% of our body weight!

Proteins



Protein is essential for building muscle, and for the repair of muscle tissue. This is largely due to the fact that it is a major source of essential amino acids (those not produced in the human body). Although meat is a major source of these proteins, you can find them in other sources, such as beans, and nuts.

Excellent sources of protein include:
Salmon, Lean Chicken, Tuna, Eggs and Quinoa

Carbohydrates



Carbohydrates are the body's preferred source of fuel. Good carbs (complex) are those that are slowly absorbed into the blood stream, and therefore are better used to fuel the body over time. See chart (right) for list of *good* vs. *bad* carbs.

Healthy Fats



Triglycerides, better known as fats, are an essential part of our diet. There are two main types of fat, *saturated* (mostly from animals), and *unsaturated* (mostly from plants and fish). Saturated fats are associated with risk of cardiovascular disease. Unsaturated fats, aid in maintaining heart health.

Examples of foods that supply healthy fats are:
Avocados, Olive oil, Nuts, Salmon, Eggs and Dark Chocolate (at least 70% Cacao).

Good vs. Bad Carbs	
Good	Bad
non-starchy vegetables	soda
starchy vegetables	white pasta
fruits	white rice
greens	sugary cereal

fibrous fruits & veggies > white foods (flour, rice, sugar)

Important: Read the Nutrition facts on ALL food packaging. Find out what to look for on our website!

<http://www.50grandfit.com/#!blog/z>

Nutrition Facts
Serving Size 1 beer (12 fl oz)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Total Carbohydrate 13g	4.7%
Fiber 8g	40%
Protein 1g	

Contains significant amounts of magnesium, selenium, potassium, phosphorus, biotin, B3 (niacin), B5 (pantothenic acid), B6 (pyridoxin), and B9 (folate), with smaller amounts of B1 (thiamine), B2 (riboflavin), B12 (inositol and choline).

*Percent Daily Values are based on a 2,000 calorie diet.

††p://www.DrinkingBeer.net - Always a good idea!

Myth: You should not eat carbs when trying to lose weight.

Fact: Losing weight is simple math, consume less calories than you burn. In fact, if you are engaged in a rigorous exercise program, you MUST have carbs to get you through your workout, and for recovery.

Tip: You should consume a good carb (fruit, quinoa, etc) at least one hour before exercise. After exercise have 20 oz. of Powerade or Gatorade mixed with protein powder, within 30 minutes of completion.

PLAN OF ACTION

You've taken in all of the information, gotten the facts and you're ready to begin your journey. Where do you begin? What's next? Below we've outlined a list of steps you should take, in order to begin the process of transforming yourself into a healthier better you. It may not be easy, but you can do it. It takes time for old habits to die, and new ones to form, so be patient. Remember the reason(s) for taking this step, and refer back to your SMART goals when necessary.

Step 1: Get A Physical

Everyone should have a routine annual physical with his or her physician. Important information to retain after physical examination would be your **blood pressure** reading, **cholesterol** levels, **liver** and **thyroid** functions. If you haven't had your annual check-up, schedule one ASAP.

Step 2: Purge

You should begin the process of healthy/clean eating, by ridding your refrigerator and cabinets of foods that are heavily processed, high in fats, sugar and simple carbs (white bread, pasta, white rice, etc). Replace them with things like leafy green vegetables, fruit, fat free yogurt, turkey, tuna, and brown complex carbs (100% whole wheat bread, quinoa, brown rice, etc). Note: If you are on a fat loss diet, the first month or so, may call for elimination of bread, pasta and rice altogether. Go to our website for more information on purging. www.50grandfit.com

Step 3: Personal Training

If you have taken the step and acquired personal training, or on-line coaching services from 50Grand Health and Fitness or another entity, you have made an important decision in the interest of your well-being. Physical training is a very important part of getting fit, and maintaining health. If not properly guided through this process, you could do yourself more harm than good! A professional trainer will custom design a workout plan for you, teach you how to execute your exercises with proper form, and help you with accountability.



Step 4: Scheduling

You should start scheduling your fitness calendar (next page) as it relates to your SMART goal(s) that you've outlined earlier in this booklet. If you've signed up for personal or on-line training, you should check your calendar and contact your assigned trainer, to set up your physical assessment, before beginning your training. Physical assessments are necessary for the trainer to assess your strengths, weaknesses, movement patterns, and muscle imbalances. With this information he or she can design the right exercise program for you. Note: You should have been sent the contact info for your trainer with your welcome email. Keep this info handy by writing it on the next page with your calendar!

If you need our training services or any assistance, please email me at 50grandfit@gmail.com. I am with you every step of the way, and I hope this is the beginning of a beautiful and long lasting friendship!

-Jeff Warley

My trainer's name is _____

Email _____

Start entering your workout and food plans into the calendar below:

Phone _____

WEEKLY MEAL & WORKOUT PLANNER							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							



REFERENCES

- 1) National Academy of Sports Medicine, *NASM Essentials of Personal Training* (Jones & Bartlett Learning 2014)
- 2) Calmclinic.com (Can You Beat Anxiety by Exercising?) <http://www.calmclinic.com/anxiety/treatments/exercising>
- 3) Anxiety and Depression Assoc. of America
- 4) National Institute of Mental Health
- 5) Superskinny.com <http://www.superskinny.com/body-measurements.html>

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