



Boot Camp

Starter Pack

Welcome

First of all, I would like to take this chance to thank you for signing up to Body Blast Boot Camp and taking the first step towards a fit, healthy lifestyle

Did you know that when you type in 'how to lose weight' on google 133, 000, 000 results pop up?

133 million! Clearly it's quite a popular search term but it also shows why there is so much confusion around this subject. It seems everyone has an opinion about weight loss and there is so much conflicting information out there most people don't know where to start!

The health and fitness industry is worth millions and 90% of the information out there is designed for one reason and one reason only, to extract cash out of you!

All of the starter packs are designed to cut through the bullshit and give you a bit of knowledge about how to get into shape and what to expect.

As well as some handy tips you can do to help keep you on track

When someone offers you a big piece of cake or a bacon butty at work, or when you are trying to talk yourself out of going the gym (or boot camp) after a long day, it takes a great deal of will power and motivation to make the correct decision.

Our ultimate goal as your trainers is to get your mind into a position where you won't even think about skipping a session and you will automatically turn down the cake and butties.

Not because you're trying really hard and you're on a diet and making the right decisions, but because it's not exercise and eating cake and butties (during the week) isn't part of your lifestyle or habit.



You should start to think about exercise and eating right within the same lines of brushing your teeth...

That's a Bizarre statement, I know, but when was the last time you woke up and asked yourself 'should I brush my teeth today?' probably not since you were little, right? That's because brushing your teeth has been drilled into since you were a child and now it has become second nature to you.

Our ultimate aim is to help make exercise and good nutrition a part of your behaviour, a habit. You will be able commit to exercise and eating right on your own for the rest of your long and healthy life.

Achieving your goals is not going to be a walk in the park, it will require a huge amount of dedication, preparation, willpower and smart decision making.

There is going to be times when working out and eating right is going to be the last thing that you want to do.

Temptation is a very strong feeling, and eating that chocolate bar or skipping that session may bring you a short feeling of satisfaction and joy, however this is accompanied by guilt and regret immediately after.

But this short sense of enjoyment is nothing compared to the huge amount of pride and accomplishment you will feel becoming fit, healthy and strong.



Getting into shape is going to require discipline and effort, and if you are not in a place where you are willing to give it 100% then you are best off asking for a refund and saving your money and our time.

I promise, if you give this your all, and push through all the hard work, plan ahead and make the right decisions, you're going to have a great time and it will be a hugely rewarding experience.

Mark, Hilary and the team

Tranform Ladie Bootcamp

Body Blast Boot Camp is much more than just an exercise class. It is a complete health and fitness solution. You should think of it as 'group personal training' as that is pretty much what you will get.

Your measurements will be taken from day one and reassessed every month; this is a great tool for motivation and commitment.

Unlike a traditional boot camp, the atmosphere at our Boot Camps isn't one we're an instructor is going to have a foot on your back and a megaphone down your ear whilst screaming "2 more!" Well most are not that bad, but you get the point.

It is a female only boot camp and caters for all fitness levels from the complete beginners to the conditioned. Don't get me wrong, although the atmosphere is friendly, you will still have to work hard, but I promise that after the session you will feel great!

Along with the sessions you will also get nutrition advice and support. We have a private, members-only facebook group, where our boot camp members are encouraged to post anything they want and to help others out.

You will make awesome friends who are in the same boat as you

Work hard and commit and you will get amazing results!

If you've got fat to lose then you will be going onto a low carb diet.

The below section gives you a bit of background knowledge about diet and fat loss and CARBS

Don't skim over it, give it a good read.

It's really important that you understand what you are getting yourself in for and will really help you make the right decisions and WHY you are making them!

Now for some science! (only a little bit)

Carbs



What are Carbohydrates?

When it comes to carbs, most people don't know where to start. There are so many buzzwords being thrown around: simple, complex, fast/slow release, sugar, blood sugar, starch etc. it is hardly surprising that most of us don't have a clue.

There's 3 types of food (macronutrients) ... Proteins, Fats and CARBOHYDRATES

There are 2 types of CARBOHYDRATES...

Simple carbs

are chains of sugars, only a few molecules in lengths and can usually be broken down into single sugar molecules very quickly. They are usually found in foods with a distinctly sweet taste such as sugar, fruits, milk, sweets, and syrup. Generally, they're digested very quickly, they give us a quick burst of energy and our blood sugar levels are driven up very quickly. The sugars in our blood stream are broken down and stored in our liver and muscles. Unfortunately, our liver and muscles can only store a limited amount, so the rest of these blood sugars are stored as fat.

Complex carbs

are long chains of sugar molecules found in fibrous starchy foods like Pasta, potatoes, rice, bread and porridge. They are generally slow releasing; meaning we extract the digest from these more gradually throughout the day, meaning they do not increase our blood sugar levels as quickly.

Why you are always hungry???

When you eat something high in carbs, e.g. bread

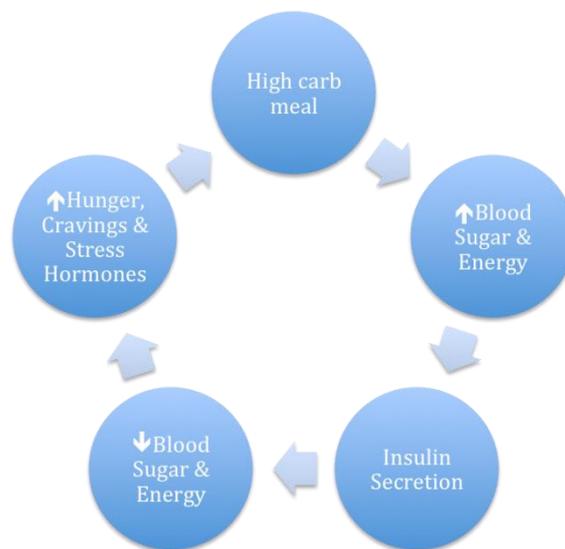
You're blood sugar levels increase dramatically!

To sort this out, your body releases insulin to bring your blood sugars down again. (and stores the sugars as fat)

But! Your stupid pancreas always releases too much insulin so your blood sugar levels drop far too low!

To bring you blood sugars back up again, your body makes your cravings and hunger go up

So then you eat something else an hour later and the whole process starts again!



Carbohydrate Intolerance

Some people can eat carbs without having any negative side effects like putting on a lot of fat, feeling bloated and stomach cramps. Whilst others only need look at a piece of bread and end up gaining 4 stone. This is because some people are carb intolerant.

So what makes someone more tolerant to carbs than others?

One reason is genetics, some people are just born able to digest carbs better than others, but the main reason is down to insulin sensitivity.

Insulin sensitivity is how well your body responds to the insulin hormone. Now as discussed with the Carb Cycle above, when you eat a load of carbs your body has to release insulin to help digest them, the more and more you do this throughout your life the less sensitive your body becomes towards insulin, which means you have to release even more insulin to get your blood sugars back to normal and also means you will get fatter and fatter.

Some symptoms of carbs intolerance include:

- Excess fat carried around the middle.
- Sleepiness and drowsiness especially after a meal with carbs in.
- Feeling Bloating
- Feeling hungry all the time
- Inability to concentrate
- Weak legs and knees after eating

Eventually your body will become Insulin Resistant (also known as pre-diabetes), whereby your body doesn't respond very well to insulin and doesn't deal with the sugars (carbs) in your blood stream which can lead to all kinds of problems such as obesity, diabetes, stroke, coronary heart disease, high blood cholesterol and pressure, pain and inflammation.

Do we need carbs?

No, we absolutely 100% do not. Human Beings do not require a single gram of carbohydrate.

Low carb diets

A good low carb diet is by far the best and quickest way to lose weight. Now if your goal is not to lose a load of weight you can keep your diet the same, as it works for you. But if you do want to lose weight then a low carb diet or at least cutting down on your carbs is essential.

Forget what you have been told about fat, fat is good, even saturated! We, as a nation, eat 25% less fat than we did in the 60's however the amount of inpatient heart related incidents have risen 470%!

We have all been conditioned to think that eating fat is the main reason why people get fat, this is categorically incorrect!

In fact a diet high in fats (both saturated and unsaturated) has been shown to bring positive health effects. Crazy eh?

Does this mean I should never eat a carb ever again?

No, some carbs are packed full of nutrients such as fruit and some just simply taste amazing, but it depends on how tolerant you are to carbs as to how much of them you should eat.

If you are a healthy weight and not looking to lose body fat then you can eat a moderate amount of carbs (whole unprocessed carbs) and maintain a healthy lifestyle and weight.

But for those of you who are looking to lose a lot or even a bit of weight then cutting out carbs or at least lowering is definitely recommended.

How to stay Motivated?

Motivation (or lack thereof) is the number one reason for failing to stick to a programme.

Our behaviour results from a collection of habits and decisions. Habits are repetitive behaviours that occur without thought or decision making. For example getting up, having breakfast, brushing your teeth, having a shower etc. is 'fairly' automatic for most people.

Decisions are typically made on a cost and reward basis, and some take an awful amount of deliberation. Unfortunately rewards are affected by time, with short term rewards far outweighing long term rewards.

For example, the immediate gratification of enjoying an Indian and a few glasses of wine on a Saturday night often overpowers the long-term cost of gaining weight due to excessive calorie consumption.

So it can be said that motivation is the strength of mind to forego short term gratification in exchange for long term rewards.

Keeping that in mind, here are some quick top tips to help you stay motivated and on the right track when you are having an off day:

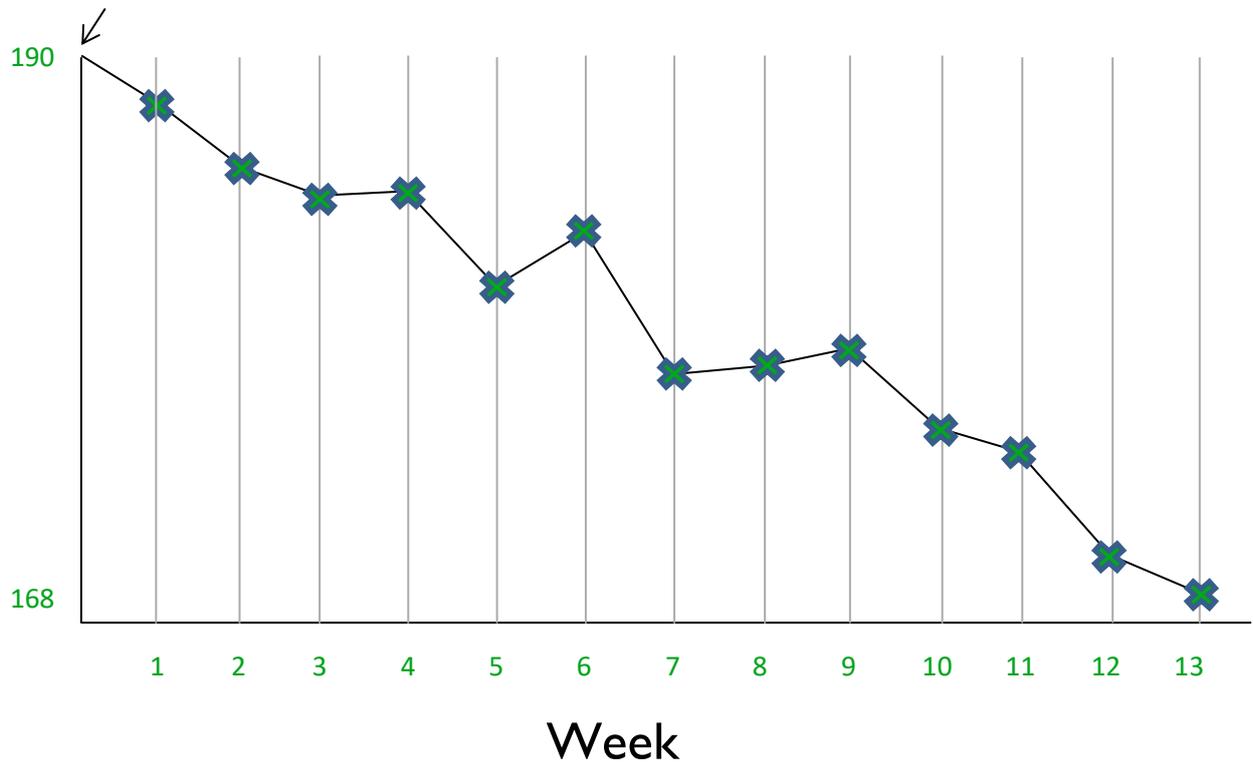
- Stick a really unflattering photo of yourself where you will see daily (e.g. fridge, screen saver on phone). Yes, you will hate looking at it, but that's the point; it gives you a burst of motivation every time you see it and reinforces your desire to **change**.
- Tell all your friends and family about your transformation and goals, they will give you support when you need it most, and the thought of quitting when so many people are behind you will drive you even further.
- Arrange all of your meals and snacks the night before. We all do it, we get home from a long day at work and can't be bothered to put together a healthy meal, so we order a takeaway or throw a pizza in the oven. Arrange your meals and snacks the night before and you'll be much less likely to stray from your nutrition plan.
- Set long and short term goals. For example, losing 60lbs will be a long term goal and focusing just on this goal may make you lose motivation as it will take a while to achieve. Now if you have some mini goals, for example, to lose 1% body fat in 2 weeks or go on 3 morning jogs this week with the dog, you have something else to focus on and work towards, and it will also contribute to your long term goal.
- Stick your goals on your bathroom or bedroom mirror, you will see them all the time and you will not lose focus on what you are trying to achieve.
- Commit to performing a fitness event, such as a run, walk or bike ride. Yes, I know that probably isn't why you've hired a personal trainer, but trust me, training towards a 5k run or walk, takes your motivation to a whole new level and the feeling you get when you complete it is out of this world!
- Don't focus on the scales! Weight loss isn't a perfect equation; it would be lovely and if you lost 3lbs every single week no more, no less. Unfortunately it doesn't work that way. There will be weeks where you lose lots of weight, and there will be others where you might even put a pound or two back on. This is normal, the body

adapts to exercise and diet, so we have to keep changing things to keep the body guessing and adapting. We will find a way through it. Keep trying hard and you will begin to see the scale coming down again!

Below I've created a graph to show you the weight loss journey for one of our bootcampers

Note that the negative correlation is not a perfect diagonal line...

Weight (lbs.)



As you can see, there were weeks where she actually put weight back on, but she didn't let this affect her and carried on putting 100% effort in. After 13 weeks she ended up achieving some fantastic results! So don't focus on the scales, focus on the reflection in the mirror and how you look and feel.



Hunger

One of the hardest things about losing weight is the feeling of hunger. All too often we reach for the biscuit tin or head to the vending machine when the hunger pangs kick in. I've put together a few handy guidelines that will help you overcome the feeling of hunger and help you make smart decisions.

If you are trying to lose weight, a good thing to envisage when your belly starts grumbling is that when you are hungry, your body is actively searching for body fat to burn as energy, as there is no food in your stomach. So when you're feeling peckish, just try and imagine that your body is in fat-burning overdrive.

Also, follow these tips if you want to keep hunger under control:

Stay away from fast-release carbs.

As the name suggests, this type of carbohydrate is digested very quickly. Not only does this encourage the digested energy to be stored as fat, but it also brings about a feeling of hunger almost immediately afterwards! Some examples of fast release carbs are: biscuits, sweets, white bread and cornflakes. To avoid hunger pangs you are much better off eating slow-release carbs such as: Porridge oats, sweet potatoes and brown rice.

Eat Protein

Protein is extremely satiating. If you eat something high in protein, you will feel fuller for longer than if you had eaten the same number of calories in carbs or fats. Most people can eat lots of biscuits, nuts and crisps without ever feeling full, but a few eggs (high in protein, low in calories) is usually enough to fill up almost anyone!

Also an added benefit of eating protein is that we use more calories digesting it than we do with carbs and fats. For example, the digestion of protein uses up nearly ten times as much energy as the digestion of fat. So not only do you feel fuller, you're also burning more calories!

Drink a glass of water

Sounds stupid, I know, but drinking water actually alleviates the feeling of hunger. One reason for this is that our brain often confuses thirst for hunger, as hunger is a much stronger sensation than thirst. Also drinking a glass of water can trick our brain into feeling fuller.

On top of relieving hunger, drinking sufficient amounts of water burns calories (as our body needs to heat it up to an appropriate temperature), and it also helps the body metabolise fat!

Do we need any more reasons to drink more water?

Eat small meals/snacks regularly

Eating small meals regularly gives you a constant supply of energy throughout the day, meaning that your blood sugar levels are much more stable, helping keep those hunger pangs away.

Not only this but your metabolism keeps on firing throughout the day, meaning you are burning more calories and staying fuller!

Eat Fibre packed foods

Like Protein, fibre suppresses hunger. Go for fibre packed fruit and veg, as it will not only suppress your hunger but it will give you a boat load of goodness. (Also low in calories too!)

The Dreaded DOMS!

Delayed onset of muscle soreness (DOMS) is the pain and stiffness that you feel in your muscles 24-72 hours after exercise. The exact cause of DOMS is unknown, but is thought to be caused by micro-trauma (damage on a very small scale) to the muscles.

DOMS is particularly bad when you first start an exercise programme or after a very intense workout, unfortunately this probably means you are going to suffer with DOMS when we get the programme under way.

Is there any way to prevent DOMS or alleviate it?

Unfortunately not, well not significantly anyway, if you keep hydrated that will reduce the effects of DOMS, but not to a huge degree.

It seems everyone has a personal philosophy when it comes to treating DOMS: some say a massage helps other say to take a bath, cold shower or even vitamin C. However there is no conclusive scientific evidence supporting these remedies.

One thing that does seem to help, which seems illogical, is more exercise. Although to begin with, exercising a muscle with DOMS is pretty painful, afterwards the pain and stiffness seems to feel a lot better.

So to conclude, if you are working hard during your sessions DOMS is pretty unavoidable, there is not much you can do about it when you do get it (other than exercise some more) so you're going to have to learn to live with it and carry on!

2 things I will promise though, is 1. Your body will build muscular endurance very quickly and you won't suffer half as much a couple of weeks in and 2. You will actually learn to enjoy the pain in a weird way (kind of a like badge of honour for working hard).