



aspire

Private Coaching Quick Start Guide

**A Guide to Help You Get Started and
Apply the Principles of Success**

aspire

Welcome to THE ASPIRED LIFE.

Congratulations on taking action to become a better you.

Our approach is simple. To apply effective strategies to your lifestyle that have early impact on your energy, mindset, sleep and health goals.

The key is to make the complicated simple. And that's what The Aspired Life is all about. Simple Results.

Now here's the ONE Thing You Must Start with.

Is to remove any beliefs or expectations of what you think you need. Diet plans, restricting the norms of life, preventing you from enjoying your social life etc, might be short term, but are not sustainable.

Our process is to help you be more aware, increase your OWN awareness and emotional attachment to food, triggers towards excessive drinking and other behaviours that hold you back Our goal is to empower you to make more powerful decision that serve you, that you CHOOSE to make that get you to your goals faster.



What to Expect.

These are guidelines for your journey. Nothing is a quick fix. We are your source of accountability, education and support to guide you.

Ultimately you need to be in control of your decisions and behaviours which enhance your sustainable lifestyle.

Unfortunately, simply 'working out and eating clean' isn't enough. So we have developed these flexible methods and systems that change lives. You need to find your own strategy that works for you.

Ultimately everyone is different. Each of us will respond differently to different stimuli, structure, plans and methods. We have developed that 95/5 rule of success.

The 5% most essential elements to help you be the best version of yourself. To achieve early wins To help you learn more about yourself and what gives YOU the results you are investing in.

Firstly, let's look at what doesn't work.

Diet plans. Strict rules, Random programs.

Training methods includes the everything you need. Nutrition is the area you need to commit to, understand your body and build habits that work. Create your own winning formula based on feedback.



The Educational Process

EDU

Understanding your specific needs, interests and challenges form the foundation of an effective plan. Just like business, positive returns come from strategic effective plans and constant refinement.

Goals

Goal setting and achievement system is based on unique elements of identification, actions, resources and evaluation to ensure strategic outcomes. Our unique feedback system ensures long term results.

Strategy

Strategic programs are based on effective return on investment f based on health and metabolic parameters. Science based, lifestyle and behavior modification with simple yet powerful shifts

Results

Results are a process. Fast wins, early successes and instant change are the 3 catalysts for long term success. Giving you feedback early which motivates you to greater lifestyle and energy optimization.



Phase 1: Weeks 1-4

GOALS

- Increase Awareness of hunger, food choices
- Build Sustainable habits
- Improve sleep and recovery
- Achieve some early wins

FITT Training

- Frequency of Training
- Intensity of each session
- Timing and duration of each session
- Type of training, energy system adaptation

FITT Nutrition

- Frequency of Meals
- Intervals of time between meals
- Time of day for each meal
- Type of macronutrients in each meal

The FITT Principle applies to both Nutrition AND Training.



THE ABC System to start working on right away.

AWARENESS

Awareness of hunger

Aware of sleep patterns

Energy Levels – morning, day time, evening

What triggers your hunger? Are you really hungry?

BEHAVIOURS

Build daily habits and routine into your daily life

Start with first thing in the morning – before you leave the house

Sleep routines

Going to bed and consistent times

CONCIOUS CONSISTENCY

Throughout this process, it is essential to identify WHAT is WORKING, and what is not working. Eliminate what's not working and focus on what is giving you the outcome you want.

- Refine the process.
- Repeat the powerful tools.
- Consistently do them.

Build your rituals, create systems, implement lifestyle choices.

“You Achieve What you Repeatedly do”



Phases of your Journey.

1. Accountability
2. Awareness
3. Behaviors
4. Consistency

Phase 1: Weeks 1-4

AWARENESS

Awareness of hunger and refining your eating strategy. It's not about what you eat, its more about when you eat and why.

Focus on the following:

Meal timing, Meal frequency and Macronutrients.

Remember, there will be no diet plans (unless you specifically need one). Please ask your coach if you require more detail on this. Otherwise, we focus on awareness, hunger, empowering decisions.

Awareness of RECOVERY and need for SLEEP! Regardless of how well you eat and train, you **MUST** focus on recovery, sleep and rest to keep your cortisol levels low, facilitate cellular recovery and use fat as fuel, especially if losing body fat is part of your goal.

We will have a **LINE group** with your coach to facilitate this first phase.



Phase 1: Weeks 1-4

TRAINING

Get the ball rolling. Starting with an intelligent approach to movement, assessing your needs and establishing baseline markers that we can compare and track your progress every month.

For optimal results, longevity and recovery follow this simple FITT principle of daily activity. Remember, we take care of the strength and conditioning. YOU need to implement your 'steady state, cardio or active movement on days in between.

STRENGTH: 2-3 days per week. Don with your coach. If just starting out, 2 x is a good start. 3 times is ideal.

CAPACITY: Shorter interval of 2-10 minutes of higher intensity work, Done on the same days as your private coaching.

VOLUME: HR at 60%, 45-60 minutes. Could be yoga, walking golf, spinning etc. Based on your needs, interests, scheduling availability and preferences.





Phase 2: Weeks 5-8

Phase 2: Weeks 5-8

DAILY HABITS & RITUALS

Now as your tasks are turning into habits, these rituals should be locked in, automated and part of your daily lifestyle. These can be enhanced with additional movements or time or intensity to make them even more effective.

Remember your awareness of their impact is for you to acknowledge. To assess how it makes you feel, that it energizes you, increases your mental alertness and kicks off your day positively.

NUTRITION

By now you are into your new decisions. This phase you can tweak and dial into more focus. Choosing the options that give you more energy, help you recover faster, and are helping you achieve your specific outcomes and goals that you set for yourself along with your coach at the beginning of your program,

TRAINING

Optimize your performance. Now you have set the foundation, and getting familiar with your movements. We call this movement mastery. Give yourself permission to increase the intensity, increase your work capacity and reduce your recovery time between sets.

Start to focus on your days in between to build more time and volume into your fasted cardio, OR more intensity with your morning rituals.



Phase 3: Weeks 9-12

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DAILY HABITS & RITUALS

Mindset, affirmations and Success.

The tools you have learned should be applied to other areas of your life. Work, success, family, time management, recovery and sleep. Use every occurrence, frustration, an event, every situation as 'feedback' to step back, evaluate the situation and conclude the best solution for the outcome you want.

NUTRITION

Depending on where you are with your results to date, in line with your initial baseline measurements. If you are on track and happy with the results so far, then either: a) continue or b) tweak to increase effectiveness of meal frequency, meal timing, number of meals per day or your general macro-nutrients.

TRAINING

You will start a new training phase, new movements and added active recovery that support your overall goals. As you understand your body more, you will continue to see much greater output and achieving more in less time.



Effective Nutrition

The Nutrition Strategies

The goal is to increase your awareness of hunger, the types of food that energize you, keep your emotions balanced and nourish you.

Step 1:

Eat When You're Hungry!

Yes, this goes against the 'old way' of eating light and often to keep your metabolism burning. This is a myth. Eating frequently keeps your blood sugar and your Insulin levels high all day and most likely when you sleep. Insulin does a great job to move blood sugars to your cells IF they need it. But ask for its help too much and you turn into a very effective Fat Storage Machine.

Research proves that eating LESS frequently actually INCREASES our metabolism, increases Growth Hormone (a metabolic booster and decelerator of aging). The benefits of greater concentration, balanced energy and increasing the use of our stored fat for energy and also part of the strategic plan to help you achieve more.

Step 2:

Record your food log. What you eat and what time of day and records your level of Hunger out of 10.

Anything 5-6 or less, question if you really need to eat. If not sure, drink water, green tea have a black coffee, and keep moving till you reach a hunger of 7+ or decide – now is a good time to eat.



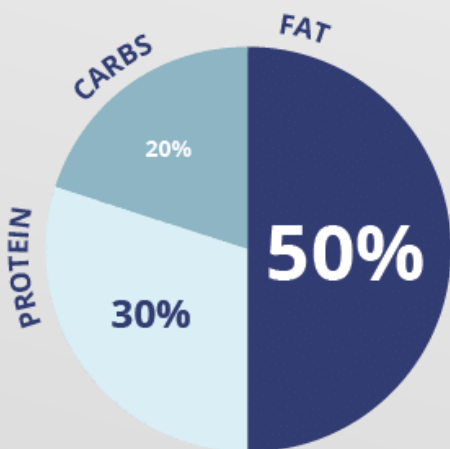
Effective Nutrition Strategies

Your Macro's: Macro-nutrients are your Fats, Proteins and Carbs.

Firstly, carbs are NOT BAD. They serve their purpose for performance. So IF your goal is reduce body fat, then they are not an essential part of your nutrition plan. Except to LEAVE OUT

Set up an account on My Fitness Pal. It's an easy to use app. Download from your favourite store.

Track your food for a week. I find it easier to subscribe to the upgraded premium account, its just a few dollars. Then you will see instant feedback on your pie chart. Something like this:



By simply focusing on good sources of fat, avocados, virgin olive oils, nuts, seeds, coconuts, deep sea cold fatty fish, you will feel more full for longer, have balanced energy levels, reduce insulin and encourage your body to use fat as fuel for training and daily activities.

Macros are more important than counting calories.



Metabolic Movement

How your Weekly Training Strategy should look like.

Day	1	2	3	4	5	6	7
Training	P1	CV	P1	INT	P1	CV	R

P1: Strength Program

STRENGTH / Resistance Program

INT: Intervals

10-25 minutes

Ratio of 1:1. ie 30 seconds work, 30 seconds
recover – more rest if needed

CV: Steady State Cardio / Volume

HR 60-70% HRmax

45+ minutes

Fasted if possible in the morning.

The above is general plan. If you're a with your Coach 2 x
week, choose either an additional CV or INT day.



You're all Set!

Make sure you add your best email to this list to ensure you receive your reminders, updates and ongoing strategic tips to support you on your journey.

Click on the box below to join the LIST.

Name:

Email:

Submit

We respect your [email privacy](#).

Congratulations, and again, thank you for your trust. We are here to help, so any questions, reach out to the team.

Private Client Results (Not to be shared)

