



“Building Better Bodies”

**Here are the Simple, Proven and Time-Tested
Approaches to Living in a Lean, Fit, Firm Body and
within a Healthy Lifestyle!**



What is Physique Essentials?

Physique Essentials is a Personal Training company who's focus is on create outstanding results in minimal time!

Our Motto

real people...REAL RESULTS!

Who is behind Physique Essentials?

Training, Product Development, Fitness Writing – Josh Dickinson
Business, Admin, Massage and Relaxation – Cassandra Dickinson



Within this handout, some of the topics we cover are:

Mindset, Reasons for and Effective Methods of Taking Action

Weight Training, Resistance Training, Cardio-Vascular Training

Nutrition, Hydration and Supplementation

How are we going to make this work for YOU!



Continued...

- * The difference between weight loss and FAT LOSS
- * The misconceptions in sometimes labeled 'lite' food
- * The TRUE lasting definition of good eating
- * Why 'diets' set you up to fail from the very start
- * Why it seems everyone is against you and doesn't understand
- * How much exercise do you really need to do
- * The balance between exercise, food and results
- * Meal Replacement shakes - the good ones compared to the 'not so'



Ok, here we go...

What is the number 1 most important question you will ever be asked when it comes to YOU undertaking an effective health and fitness lifestyle?

WHY?



Understanding who you are, your mindset, your motivation and why you need/WANT this?

Why are you here and deep down, what are you wanting to achieve?

Are you doing this for someone else, or are you doing this for yourself?

How will you feel 6 months from now being the proud owner on a leaner, healthier, stronger body?

How will you feel if you don't get there.....

What are you willing to do to get there?



“Success Secret”

You need to want this. **You** need to want to be healthier and stronger. **You** need to want to look better and have more energy. **You** need to be prepared to give it ago, and not accept anything less then your best effort.

Additionally, **you** need to be true to yourself. All **you** can ever do is give your best, honest effort and if **you** do that, it's not a matter of if **you** succeed, but rather **WHEN!**



If you are new to the health and fitness lifestyle...

...and you fall off the wagon every now and then, that is ok. As long as you get back into it then you will hardly miss a beat.

No one expects you to be perfect from the very start and you are bound to make the odd mistake. Look back and ask yourself "how did I go wrong" and "why did it happen", evaluate and move on.



Continued...

Lastly, do not view your transformation as a quick fix. If you are looking for quick results, there are ways to achieve them but they are NEVER maintainable.



The true lasting secret to being able to live in the body you want and to have the physical confidence and abilities to do anything you like, is to view your lifestyle as that

A LIFESTYLE!



The Self Assessment

The self assessment is used to help define your end goal by encouraging you to have a look at your current position.

In other words, if you want to get to **point B** (that's the place you would like to be) then you need to know where **point A** is (that is the current you).



The POWER of the Self Assessment

Before you can start working towards the new you, you first need to acknowledge and then accept your current situation. Doing so is going to give you the absolute best chance for lasting success!



Lifestyle – Starting to structure your thoughts!

Determining your end goal (why is it important to you)

Am I prepared to change my eating habits?

Am I prepared for more physical activity?

Balance – whilst this will be a major lifestyle commitment, and I still leaving enough for me to be me? Am I also including my family/friends/close ones in my pursuit to better myself?

Above all, is everything realistic?



Breaking down into specifics

Nutrition

Cardio-Vascular Training

Weight/Resistance Training

Supplementation

Devising the end plan and putting it into action!



NUTRITION!

What is Nutrition?

Nutrition is the good we get from all the food we eat and it helps our bodies work. Food is made up of different types of nutrients that contribute to our food being nutritious! These nutrients include carbohydrates, fats, proteins, vitamins, minerals and water.

There are 4 basic macronutrients in our diets.



What is a carbohydrate?

Carbohydrates include foods composed of starches, sugar and/or fiber. They are the most common source of energy found in food.

What is a Protein?

Protein provides the body with material for building blood cells, body tissue, hormones, and other important substances. It is found in meats, eggs, milk, and certain vegetables and starches

What is a Fat?

One of the most mis-understood of all the macronutrients. Varieties of can be both good and bad for us. Examples, good = Omega 3; bad = Trans Fatty Acids

What is Alcohol?

Yes it really is a macronutrient!



Energy Contained (what is a calorie?)

A unit of energy defined as that amount of energy required to raise the temperature of one gram of water by one degree Celsius

Carbohydrate = 4 calories per gram

Protein = 4 calories per gram

Fat = 9 calories per gram

Alcohol = 7 calories per gram



What is YOUR current Nutrition like?

As we did with the self assessment, looking at your food in particular how do you eat?

- * Would you say that you eat healthy?
- * Would you say that you eat the wrong things?
- * Would you say that you eat too much?

Understanding your current nutrition habits will make the transitions needed a little easier.



So keeping it simple, how would one describe good eating?

Ideally, this is good nutrition

- * Lean protein (lean meats for example – trimming the fat off your steak)
- * Moderate essential fats, minimal bad fats
- * Functional carbs – eating the right carbs at the right time

Good nutrition comes down to **eating for your goal and making good choices** – that is the key to being able to eat what you want, when you want and getting the goals that you want!



The perception of good food versus bad food

For many of us, we eat the wrong things for a number of reasons being:

- * we don't know any better (lack of knowledge)
- * we simply like what we eat and accept the consequences
- * convenience/lazy

Simply making a few better choices here and there can really make a huge difference. How about if you could have the 'perception of bad food' but still progress to your goals?



Being able to have your cake and eat it too

Healthy food does not need to be boring and you don't need to limit yourself to a lifetime of tuna and salad, or celery sticks for examples. Eating a healthy diet does not mean you need to say goodbye to the pizza's, burgers and the 'good things' in life. Though you do need to take a few things on board

Knowledge

Know what you are eating (ingredients you buy/within the meal)

Preparation

Understand how it has been cooked/prepared; or ways to prepare at home

The relationship between portions and energy

Know how much you are eating. Even too much good food will still lead to weight gain so get a grasp on applicable portion sizes for you.



“Success Secret”

No one is asking you to be perfect everyday and it is ok to want to have something naughty, I do.

This is good for several reasons. Apart from the metabolic bonuses when following a fat loss goal, one of the most important is that having something that you don't normally have and what you consider bad, well everyone likes and deserves a treat every now and then.

Do though keep it in check with 'portion control'. Having something bad is ok as long as the volume is low.

At just a taste, you will still get the satisfaction of having the treat with a limited number of calories.



Understand the food you eat, why you eat it, the volumes you eat and the reasons for eating the things you to (taking accountability) and you will never have to diet again...

...there will be no reason too!



CARDIO-VASCULAR TRAINING

What is Cardio-Vascular Exercise?

Cardiovascular fitness training, (also known as aerobic training), can best be defined as exercise that gets you moving over a set period of time.

There are many versions of cardio-vascular training as we will get into, the easiest general explanation though is the one above.

When you get moving, work up a sweat and start puffing – that's cardio



What are the basic variations of Cardio-Vascular Training?

High Intensity Training

The purpose is to utilize as much energy as possible by the fastest means possible in the shortest amount of time.

Duration will be relative short and any longer then 20 minutes, you are not going hard enough

Low Intensity Training

This is your more traditional type of cardio-vascular activity, focusing on working within the 'fat burning zone' where you burn a greater percentage of fats for energy

Time frame for these sessions, anywhere between 30 minutes to an hour.



What are some of the different things I can do?

With cardio based training you are only ever limited by your imagination. There are a multitude of things you can do, they just require you to get off your butt and do them.

Here are some examples of both indoor and outdoor:

- walking
- running
- bike riding
- shuttle runs
- outdoor interval training
- treadmill
- bike (seated or recumbent)
- elliptical trainer
- stair climber
- circuit training



What is the best type of activity for me to do?

This is really a personal choice but basically boils down too:

- * what you enjoy
- * what you can do consistently
- * what produces results

Different methods create different results for different people. My belief is that this comes down to personal belief and enjoyment.

Believe in what you are doing, and have fun



What if I have never done anything before, not like this?

If you have never exercised regularly before, the first step is first belief that you can do it, and then is building new habits.

Start off slow to build your new habit. No one expects you to be running for 2 hours a day from the start and you don't need to expect that from yourself either



How much should I do on day 1 and beyond?

Day 1 – do as little as you like to say that you have actually taken the first step

Day 2 – do a little more than day 1

Day 3 – do a little more than day 2 – both in time and intensity/effort

Everyday we should be asking just a little more from ourselves. When you can comfortably and consistently do a 30 minute session, you then need to ask yourself “do I want to go harder” or “do I want to go longer”



“Success Secret”

For cardio exercise, consistency is KING! This is especially true when you are just getting started and missing a day, well that can easily turn into 2, then 3 then a week and so on...

Get yourself into a good routine, exercise that you enjoy and in an environment that is productive for your goals and you will be well and truly on your way to success!



And when in doubt, just get moving...



WEIGHT TRAINING

What is Weight Training?

Weight training is a common type of **strength training** for developing the strength and size of skeletal muscles.

It uses the force of gravity (in the form of weighted bars, dumbbells or weight stacks – and/or bodyweight) to oppose the force generated by muscle through concentric or eccentric contraction.

If you want to transform your body in the fastest amount of time possible, this is the key!



Variations of Resistance Training

There are many variations to weight training, what we can use and what we can do. To keep it brief I will list the 2 most common and most accessible to most people.

Weight Training Equipment

This includes your standard barbells, dumbbells and machines that you find at the gym. You can also include home gyms and smaller pieces of equipment as well.

These items provide the resistance

Bodyweight Resistance Training

This utilizing exercises such as push ups, pull ups, body weight squats, crunches for example

This time your body provides the resistance



Basic Weight Training Terminology:

- * Rep – performing the exercise one time
- * Set – performing a target number of reps forms 1 set
- * Rep Speed – how fast/slow you perform the rep
- * Volume – usually related to the length (in time) of the session
- * Intensity – related to the 'effort' exerted during the session
- * Concentric – when the muscle shortens against resistance
- * Eccentric – when a muscle lengths (i.e. – lowering the weight)
- * Isometric – the muscle remains the same length during the contraction



Frequency of sessions?

Due to the nature of weight training and the overall demand on the body, you should not train everyday

You do not growth stronger and more toned in the gym, rather that takes place when you are home and resting

If you train the same muscle groups everyday, you never give them a chance to recover (and grow stronger etc) and your physique will stay the same and even in some instances, regress.

3 sessions per week is more then enough for anybody



Never done weights before? Here are some pointers...

Source some professional advice

Start off nice and slow. Just like the cardio training, no one is expecting you to be Arnold after one session

Stay within your limitations and build up to a level where the activity is quite challenging (you will need some time at the start to get accustomed to the activities and additionally, technique takes time to learn)

Spend some time warming up before the session, then cooling down with some stretching afterwards



Continued...

At the start, train your whole body during the one session

As your abilities increase, start to use more intensity to push a little harder

On all exercises use a moderate rep range of 8-12 repetitions

Focus on compound exercises



What are Compound Exercises?

Compound exercise is a type of exercise which involves several muscle groups at a time, and by definition where the exercise requires the movement across 2 joints.

An **isolation** exercise is when the movement only encompasses 1 joint.

- Bench Press
- Squats
- Deadlift
- Military Press
- Lunges
- Dumbbell Curl
- Triceps Kickback
- Leg Extension
- Leg Curl
- Lateral Raise



Basic Weight Training Program – with weights

- * (Chest) Bench Press – 2 sets x 8-12 reps
- * (Legs) Squats – 2 sets x 8-12 reps
- * (Back) Pulldowns – 2 sets x 8-12 reps
- * (Shoulders) Shoulder Press – 2 sets x 8-12 reps
- * (Biceps) Biceps Curl – 2 sets x 8-12 reps
- * (Triceps) Triceps Pushdown – 2 sets x 8-12 reps
- * (Abs) Leg Raises – 2 sets x 8-12 reps
- * (Abs) Crunch – 2 sets x 8-12 reps



Basic Weight Training Program – with bodyweight resistance

- * (Chest) Push Ups – 2 sets x 8-12 reps
- * (Legs) Lunges – 2 sets x 8-12 reps
- * (Back) Chin Ups – 2 sets x 8-12 reps (* if we have access to a bar)
- * (Shoulders) – they will receive ample cross-over stimulation
- * (Biceps) Close Grip Chin Ups – 2 sets x 8-12 reps *
- * (Triceps) Bench Dips – 2 sets x 8-12 reps
- * (Abs) Leg Raises – 2 sets x 8-12 reps
- * (Abs) Crunch – 2 sets x 8-12 reps



And if you are still not convinced of the benefits of weight training?

- * Develops your muscles (combined with cardio gives the 'toned' look)
- * Boosts your metabolism (which naturally declines with age). Your Metabolism refers to all the physical and chemical processes in the body that create and use energy
- * Weight training strengthens your bones reducing your risk of developing osteoporosis
- * Weight training can improve your muscular endurance
- * Weight training does NOT make women huge!



Continued...

- * Weight training increases your strength and daily functional ability.
- * Keeping strong, weight training can make you less prone to lower back injuries.
- * Weight training can decrease your resting blood pressure and in developing adult onset diabetes.
- * Weight training can improve your blood level of HDL cholesterol (that's the good one), posture and the functioning of your immune system.
- * Weight training can lower your heart rate and improve your co-ordination and balance

...and it's a whole lot of fun!



Effective weight training is like a fountain of youth! The old saying “use it or you lose it” – it relates perfectly to your muscle mass, functional ability for day to day tasks and general quality of life

If you are not weight training, what are you waiting for?



SUPPLEMENTATION

What are Supplements?

Supplements are nutritional products aimed at improving the quality of one's diet, via other than standard nutritional means (as in food itself).

They range in whole food products such as meal replacements, to specific purpose products such as fat burners all the way down to individual items such as vitamins and minerals.

If your diet is lacking or if you are placing large demands on your body then supplementation can definitely help.



Though supplements should never be used to replace what would be otherwise, good quality REAL food choices.

Supplements are just that, an addition to your diet and should not be viewed as a sole source of nutrition unless under the care of a health care provider.



Some of the most common supplements available are:

- * Meal Replacement Powders
- * Protein Powders
- * Multi-Vitamins
- * Fish Oils
- * Individual Vitamins
- * Fat Burners
- * Condition Related
- * Sports/Results Specific Products



Of this list in rank of importance, my personal picks are:

Multi-Vitamins

Multivitamin supplements are specifically designed to provide a variety of both essential and/or non-essential nutrients for the body. They can help to prevent both vitamin and mineral deficiencies, and are used by many to increase essential nutrients in the body to achieve additional health benefits.

Fish Oils

There is now strong literature evidence that fish oil supplementation can help in a number of ways such as; Prevent and treat Rheumatoid Arthritis, Systemic Lupus, Inflammatory Bowel Disease and other inflammatory conditions, improve skin, hair and nail health, even prevent diabetes and preserve eyesight decline associated with aging.



Continued...

Meal Replacements

Quality meal replacements are great if your diet is either lacking in quality ingredients or consistency, or if you are using them for convenience when on the run. With your selection always aim for quality ingredients and in an array that will actually match the nutritional profile of a quality meal.

Protein Powders

Protein powders are a great way to add additional protein to your diet. The reason why this is a good idea is that to get ample protein in your diet will provide an abundance of the amino acids necessary for complete recovery, repair and growth/improvement.

There is a variety of products and blends on the market and all serve a specific purpose. This could either be more directed to specific sports uses all the way to general lifestyle type products.



Just remember, whilst supplements can be a great additive to an effective lifestyle plan, they are still a 'supplement' = addition. If you are using products such as meal replacements, never use them as a sole source of nutrition and also seek the advice of a professional for the best advice. Who knows, it might even save you a few bucks as well



PUTTING IT ALL TOGETHER AND YOUR CALL TO ACTION!

Ok, I have just run through the basis on how to implement your training goals into your lifestyle, so what's next? There is only one thing left to do and that is to take **ACTION!**

Having the plan in front of you is great and all, but unless you actually utilize the principles then you will never achieve the physique that you so desperately want to achieve.



I can almost guarantee you that if you decide on a suitable, realistic goal, assess your strengths and weaknesses, and follow a diligent nutrition, supplementation, weight training and cardio-vascular training program, and apply all the components to the best of your ability, then achieving the physique you have always wanted will hardly be a challenge.

**All you have to do is TAKE
ACTION, and reap the
REWARDS!**



How are we going to make this all work for YOU?

That is the million dollar question isn't it? You have all the information here in a very easy to understand format. We have discussed all the finer details and all we are waiting on now is...

ACTION!

Yes as novel as that sounds, this is the key. You can have the greatest intentions in the world but unless those intentions are put forward then you are simply spinning your wheels.