

Programme



# *absolute* Weight Loss



*absolute*  
*fitness*

MANLY

# welcome

Congratulations, you have made a significant commitment to start this program. You will be training hard three times a week for six weeks. There will be days when you feel wonderful, and there will be days when your body is sore and aching, and you wonder what is going on. All this is a normal reaction and nothing to be concerned about.

Take the time to be kind to your body and mind. In six weeks you will see a big change, and you will feel so proud of what you have achieved. Above all try to remain focused and determined, you can do this. There may be times when you feel that you want to give up. Hang in there, talk it over with your trainer, who will be appropriately understanding and supportive. However, the real results come to those that work through these feelings. We will be there for you all the way, ensuring you reach your goals.

Mental preparation is an important part of training. Remember that regardless of what happens during your session, it is merely a stepping stone to achieving your personal goals. You shouldn't ever dread your session; instead try focusing on surviving and completing the challenge. Your goals are definitely worth the work that you put into your sessions!

## training tip

### think long term

The sensible answer to losing excess body fat is to make small, healthy changes to your eating and exercise habits.

These should be things you can maintain as part of your lifestyle - that way you will lose weight and keep it off.



# active recovery

Once you've given it your all in a training session it often seems like the best thing for your body is to rest. Although rest is a very important factor in your body's recovery process, research is now revealing the benefits of active recovery.

There are two types of active recovery. The first occurs straight after your session and the second in the days that follow your workout.

How does active recovery work? Essentially active recovery is low intensity exercise that helps circulate blood through the muscles, helping to reduce lactate levels. Aside from the physical benefits, active recovery has proved to help in the mental arena helping psychological recovery by aiding relaxation.

Although the studies are ongoing in regards to active recovery, it appears that active recovery helps people recover faster and happier than sitting around nursing sore body parts. Try incorporating active recovery into your training program to help get the most out of your personal training sessions.

## training tips

### **working out away from home**

Travelling? Put a skipping rope and exercise band in your bag and you will have a mobile and effective gym.

### **double whammy**

Want to get fit and lose fat? Do a high-intensity circuit program that includes a combined blend of cardio and strength work - the world's best workout.

### **be consistent**

Training well one week and poorly the next just won't get you results.

Planning an achievable routine and sticking to it is what works.

## weight loss programme

# ***your gym bag***

When packing your bag for your gym sessions, always remember to pack the following; gym clothes (unrestrictive clothing), appropriate footwear, gym towel, water bottle and most importantly – your positive attitude.

## **Gym Clothes**

Any clothes that allow free range of movement are ideal for the gym. Be wary of clothes too loose or tight as they can both prove to be problematic. If clothes are too tight, they can often prevent normal movement or can cause chaffing by rubbing constantly on the skin. Clothes too loose are prone to being caught in machines or tangled around the body. The safest bet is to buy some gear designed for exercise which involves a cardio component. Don't forget ladies, a fitted sports bra is a must!

## **Appropriate Footwear**

Closed footwear should always be worn in a gym. Thongs, heels & sandals can't be worn in a gym due to the restriction they cause and the risk they create. Stick to a good pair of runners, x-trainers or sport specific shoes such as martial art shoes.

## **Gym Towel**

For the health and safety of yourself and others, it is recommended that you use your towel whenever using shared equipment such as machines or gym mats.

## **Water Bottle**

Keeping hydrated while exercising will allow you to train more efficiently for longer. Try not to drink too much while exercising; the occasional mouthful should be sufficient. Too much water can often leave you feeling bloated with an uneasy stomach.

## **Positive Attitude**

Mental preparation is an important part of training. Remember that regardless of what happens during your session, it is merely a stepping stone to achieving your personal goals. You shouldn't ever dread your session; instead try focusing on surviving and completing the challenge. Your goals are definitely worth the work that you put into your sessions!

Make yourself a mental checklist and make sure that every time you arrive at the gym that you have taken care of all of these items so you are fully prepared for whatever your trainer has planned for you.

# ***absolute weight loss eating plan***

When it comes to weight loss, diet and exercise go hand in hand - neither one is as effective alone as they are together! The Absolute Weight Loss Eating Plan is based on sound scientific principles and has been specially designed to help you burn fat, build muscle and stay energised and healthy.

Please stick to your diet religiously, and record everything you eat and drink in your food diary, which your trainer will check during your gym sessions.

## **PROTEIN and plenty of it!**

Your goal is to eat a small serving of protein at every meal throughout the day. Why? Protein is required for muscle building, and you're going to be building lots of muscle over the next few weeks! It also helps stabilise your blood sugar, so you can burn fat more effectively!

- ✓ Eggs, and lean cuts of lamb, beef, pork and poultry: All of these should be free-range and/or organic where available and affordable. Choose skin-free cuts of poultry, and trim the fat off other meats. Avoid bacon, salami, ham and other smoked meats that are high in salt and fat
- ✓ Fresh and tinned fish: The more fish in your diet the better! Steam, grill, bake, poach, barbecue or pan-fry your fish – no deep-frying, battering or breadcrumbs!
- ✓ Dried and tinned legumes: Aim for a serving or two every day. If you're not currently eating legumes, start with a small quantity and build-up slowly so your bowel has time to adjust!
- ✓ Tofu, low-fat dairy products: Yoghurt, fetta, ricotta, cottage cheese, and skim milk

## **CARBOHYDRATES – low GI and high fibre**

Unlike some high protein diets, this eating plan is not carb-free! Yes – we do ask you to banish the evil high glycaemic index (GI) carbs that make your energy and blood sugar spike quickly before plummeting just as fast. But at the same time you'll be feasting on low GI carbs that provide slow-burning energy, favouring options that are also high in fibre.

- ✓ Vegetables: Salads and veggies should make up the main portion of most meals. However, do not eat potato, sweet potato, pumpkin or other starchy veggies, as these are high GI. Unlike tinned legumes, most tinned veggies contain sugar and should be avoided

# **absolute weight loss eating plan**

- ✓ Fruit: Eat one piece of fresh, whole fruit every day (not juice, and not dried). Good choices include apples, pears, kiwifruit, cherries, ruby grapefruit, oranges, plums and peaches. (Watermelon has a high GI so is not a good option)
- ✗ Avoid grains and cereals: Avoid grains and cereals (including rice) wherever possible, especially wheat! This includes bread, pasta, biscuits, cakes, pies, doughnuts, cous cous etc. Small/occasional serves of low-GI, high-fibre grains such as brown rice, rye, barley and oats are okay. (If you're worried about your fibre intake, eat more legumes and veggies!)
- ✗ No sugar: No chocolate, lollies, cordial, soft drinks, biscuits, cakes, breakfast cereal, flavoured yoghurt, packaged sauces, ice cream, milk shakes, honey, maple syrup or jam! On food labels, any ingredient that ends in -ose is probably a sugar, e.g. glucose, fructose, lactose, maltose
- ✗ No alcohol: Alcohol is just another sugar – give it a break for the next six weeks!

## **FATS – but only the good kind!**

Make sure you get a little bit of fat every day, avoiding cholesterol-laden saturated fats (e.g. by trimming the fat off your meat), and prioritising heart-healthy unprocessed monounsaturates and polyunsaturates (e.g. by eating lots of fish, nuts and seeds).

- ✓ DO EAT: Avocado, nuts, seeds (especially flaxseeds), extra virgin olive oil and other unrefined oils, butter (in very limited quantities), fish
- DON'T EAT: Fats from meat or poultry (including bacon, salami etc), margarine,
- ✗ processed oils (e.g. generic 'vegetable oil'), any food labelled as containing trans-fats

## **WATER – keep your fluids up!**

- ✓ Drink at least two litres of water every day, over and above the amount you consume during training. You'll need those extra fluids after all the hard work you'll be doing!

# tips, facts & questions

## **What's the glycaemic index and why is it so important?**

The glycaemic index (GI) measures the speed at which carbohydrate-containing foods are metabolised by your body, and their effects on your blood levels of glucose and insulin.

High-GI carbs break down quickly, triggering a short, sharp rise in blood glucose levels. They promote weight gain because they increase the insulin response (which encourages your body to store fat) and stimulate your appetite (especially for more carbs!)

Low-GI carbohydrates are metabolised slowly and have a more gradual, sustained impact on your blood glucose and insulin levels. They give you more energy and make you feel full longer, plus encourage your body to be less prone to storing fat and more inclined to burn it!

In general, the least processed version of a food will have the most preferable GI. For example, whole fruit has a better GI than fruit juice, and porridge made from old-fashioned rolled oats that cook slowly has a better GI than porridge from quick-cooking or instant oats.

Another tip is that eating carbohydrates at the same time as fat, protein or acid slows down the speed at which the carbs are metabolised, and this reduces their glycaemic impact. That's why we often suggest eating fruit (high carbs) at the same time as nuts or seeds (high protein and good fats).

## **Calories and Kilojoules Explained**

Calories and kilojoules are essentially a measure of the energy our body needs to move, talk, breathe and sleep. They are a very important part of long-term weight management.

When you consume more calories than your body needs, you gain weight. If you eat fewer calories, you lose weight. If you eat just the right amount, your weight stays the same.

Over the last few years science has confirmed that where your calories come from influences both the amount of fat you burn and how long you can sustain your eating plan.

Calories and kilojoules can help guide your everyday food choices. For example don't for a second think that if your caloric intake for weight loss is set at 1400 calories, you can use them all up at KFC! Likewise, you'll soon find out that while a slice of cheesecake might have relatively low GI, if it contains 350 calories, your trainer will quickly have you on the treadmill learning exactly how long and how hard you have to run to burn those calories off!

# tips, facts & questions

## **Isn't it dangerous to eat lots of eggs and lots of meat?**

Animal foods contain saturated fats, which can increase cholesterol levels. That's why we ask you to choose lean cuts of meat, and ALWAYS trim the fat off before you cook it. Portion sizes are important too – stick to servings that are roughly the size of the palm of your hand.

To reduce your intake of saturated fats, we strongly recommend you eat fish as an alternative to meat or poultry as often as possible. Regular servings of legumes and oats will help absorb cholesterol and excrete it from your body, and a daily serving of nuts or seeds will also assist.

## **I thought we were meant to eat several serves of grains every day?**

Grains are a major source of fibre, but unfortunately, we tend to mostly consume wheat, which is not conducive to weight loss because it has a high GI.

For fat burning, we recommend you steer clear of grains as much as possible, with the exception of small quantities of low GI options like oats, rye and barley.

## **Feeling constipated?**

Cutting back on grains needn't mean missing out on fibre! Legumes are a valuable low GI fibre source, so we recommend a serve of beans, chickpeas or lentils every day or two. Additional fibre comes from your daily fruit, vegetables, nuts and seeds. It's also important to make sure you drink two litres of water every day.

Still need more help? Top up your fibre levels with psyllium husks, Metamucil or Fibresure.

## **Do I need to take any health supplements?**

It's easy for nutritional imbalances to creep in when you're on a restricted diet. To supplement your daily intake of fresh fruit and vegetables, we recommend Juice Plus®, a whole food based product containing concentrated raw juice powder from 17 different fruits, vegetables and grains, along with an array of natural antioxidants, phytochemicals and fibres.

You're probably consuming fewer dairy products than you were previously, so you may also like to take a calcium supplement. The best options provide around 1000mg of elemental calcium per day, in combination with vitamin D3 and magnesium.

And finally, if you don't eat fish, an omega-3 supplement can help ensure you're getting good levels of these healthy fats, which help balance the effects of the extra serves of meat you'll be eating, and also have anti-inflammatory benefits for your joints.

# ***tips, facts & questions***

## **Constantly craving carbs?**

It's common to crave sugary or starchy foods when you first switch to a low-GI diet. In our experience, they don't tend to last long – especially if you have protein for breakfast and then continue to eat small serves of it throughout the day.

For help overcoming sugar and carb cravings, try taking a chromium supplement, which can support your body's carbohydrate metabolism. Good options include Thompson's Glucose Manager or Blackmores Sugar Balance, both available at your health store.

If it's not so much the carbs you're craving as that sweet taste on your tongue, your health store will also be able to help you with stevia, a herb that's low in sugar and carbs, but incredibly sweet.

## **Going to a restaurant?**

It's pretty common to feel your resolve go out the window when you're faced with a menu packed with forbidden high-carb, high-calorie or high-fat delights. Take the temptation out of the process by logging on to the restaurant's website and deciding on the healthiest option in advance. You're much more likely to order the poached salmon on a bed of Asian veggies if you don't have to read all about the bacon and cheeseburger with fries!

Offer to be the designated driver so you're not tempted to have a few drinks, and take control and suggest the restaurant too. Good choices include vegetable-based Asian cuisines like Thai, Chinese and Vietnamese, or other restaurants that serve a range of meat, poultry and seafood dishes. Say no to pizza, pasta, pub food and European cuisine, all of which tend to be full of fat and carbs.

## **Help – I'm going to a party!**

What's the secret to attending a party without ruining your diet? Again, offering to drive is a good start – you'll have a legitimate excuse to say no to the cocktails, and without any alcohol in your system, you'll also have stronger willpower.

Another tip is to eat a small high-protein meal before you leave home – if you're not actually hungry when the trays of finger food come around, you'll find them much easier to resist! At a dinner party, load your plate with salad and veggies, and then decline dessert on the grounds that "I just couldn't get enough of that scrumptious salad, and now I'm too full to eat another thing."

# *tips, facts & questions*

## **The six-step plan to dealing with diet disasters**

It's going to happen. Whether you're stressed out, hormonal or simply trying not to offend someone who's prepared a meal for you, at some point you're going to eat something you shouldn't!

When you do, this is how we want you to deal with it:

1. Don't beat yourself up! It happens to everyone, and it doesn't mean you've failed or that all your weight loss efforts have been in vain! You can and will recover from this small setback.
2. Stop eating the forbidden food as soon as you can, and then put your shoes on and go for a run IMMEDIATELY.
3. Next time you walk into the gym, look your trainer in the eye and say "Please make me work out even harder than normal today, because yesterday I ate half a pepperoni pizza."
4. Take your punishment.
5. Next time you're tempted by an evil morsel, think back to that training session and ask yourself whether it's really worth going through it all again!

### *training tips*

#### ***push yourself***

If you aim at nothing you will hit it every single time.

Make sure you have goals and make sure they stretch you.

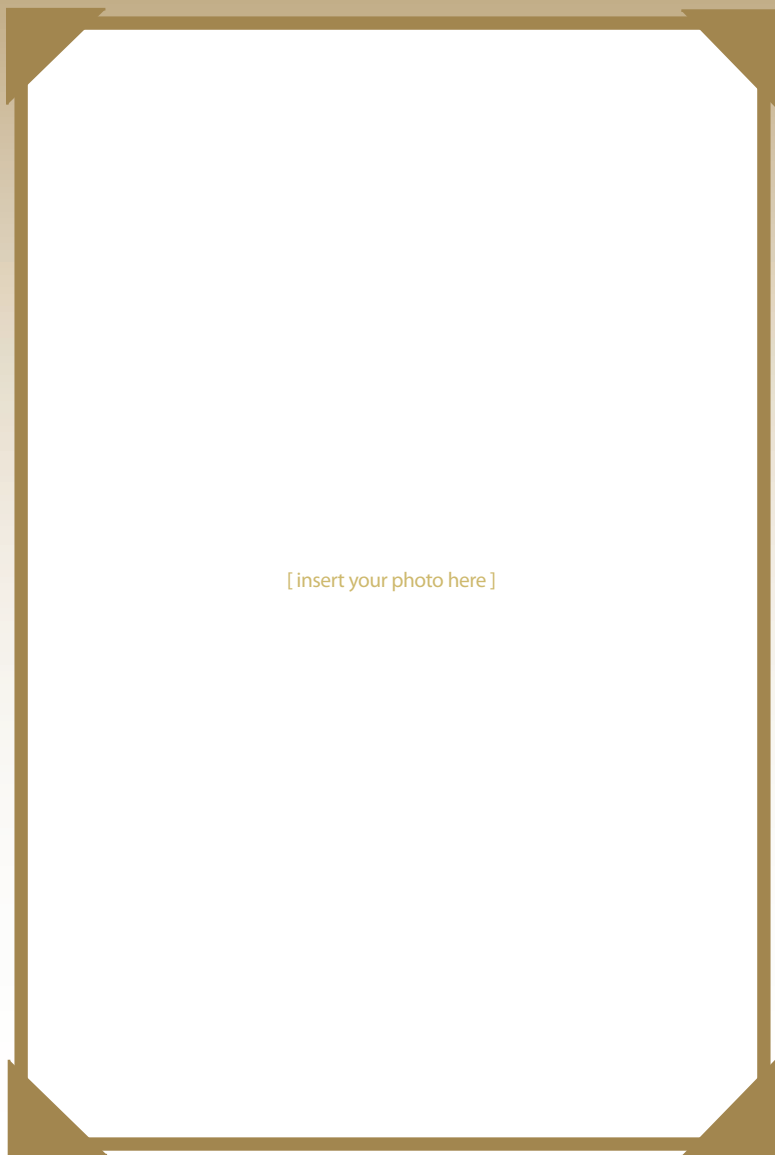
#### ***kick-start your metabolism***

An easy way to boost metabolism and cleanse the body is to prepare a cup of warm water with the juice of half a lemon and drink upon rising.

#### ***make the most of an exercise***

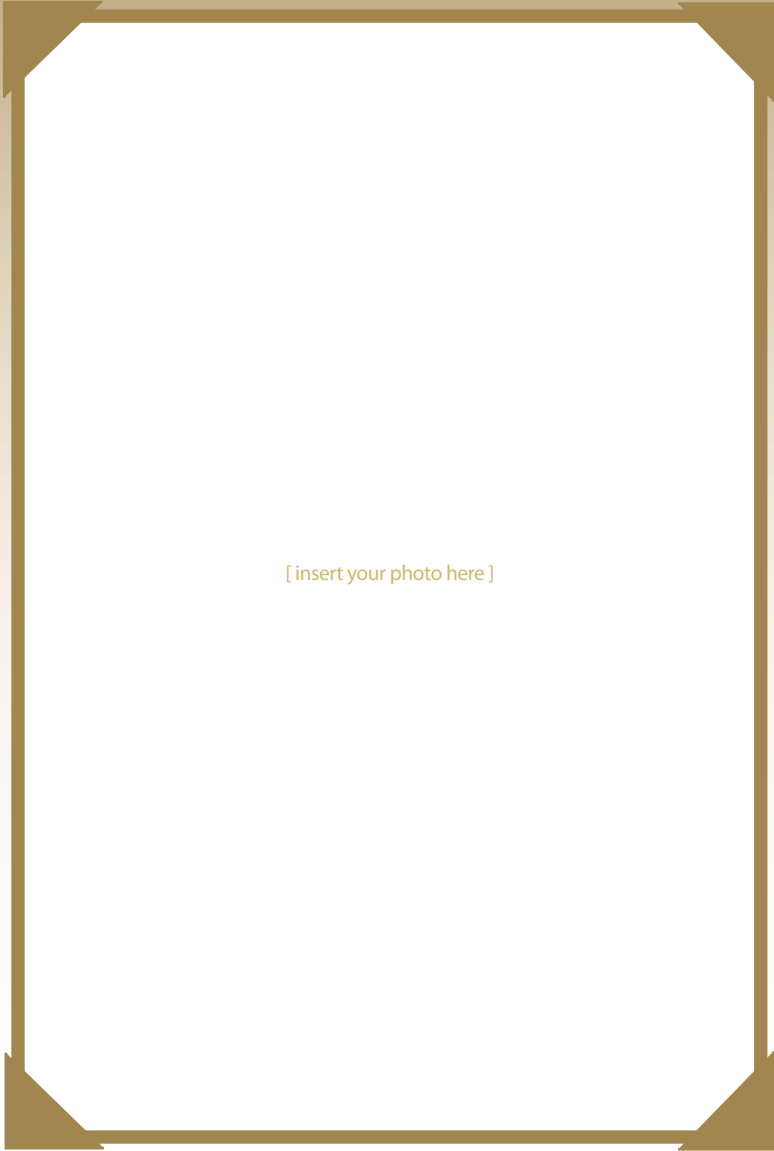
The most functional way to advance an exercise is to reduce it's stability. This requires more muscle to become involved.

***before***



***weight loss programme***

**after**



# measurements

|         |      |       |      |      |      |        |        |          |
|---------|------|-------|------|------|------|--------|--------|----------|
| INITIAL | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|         | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|         |      |       |      | /    | /    | /      |        |          |

|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 1 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 2 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 3 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

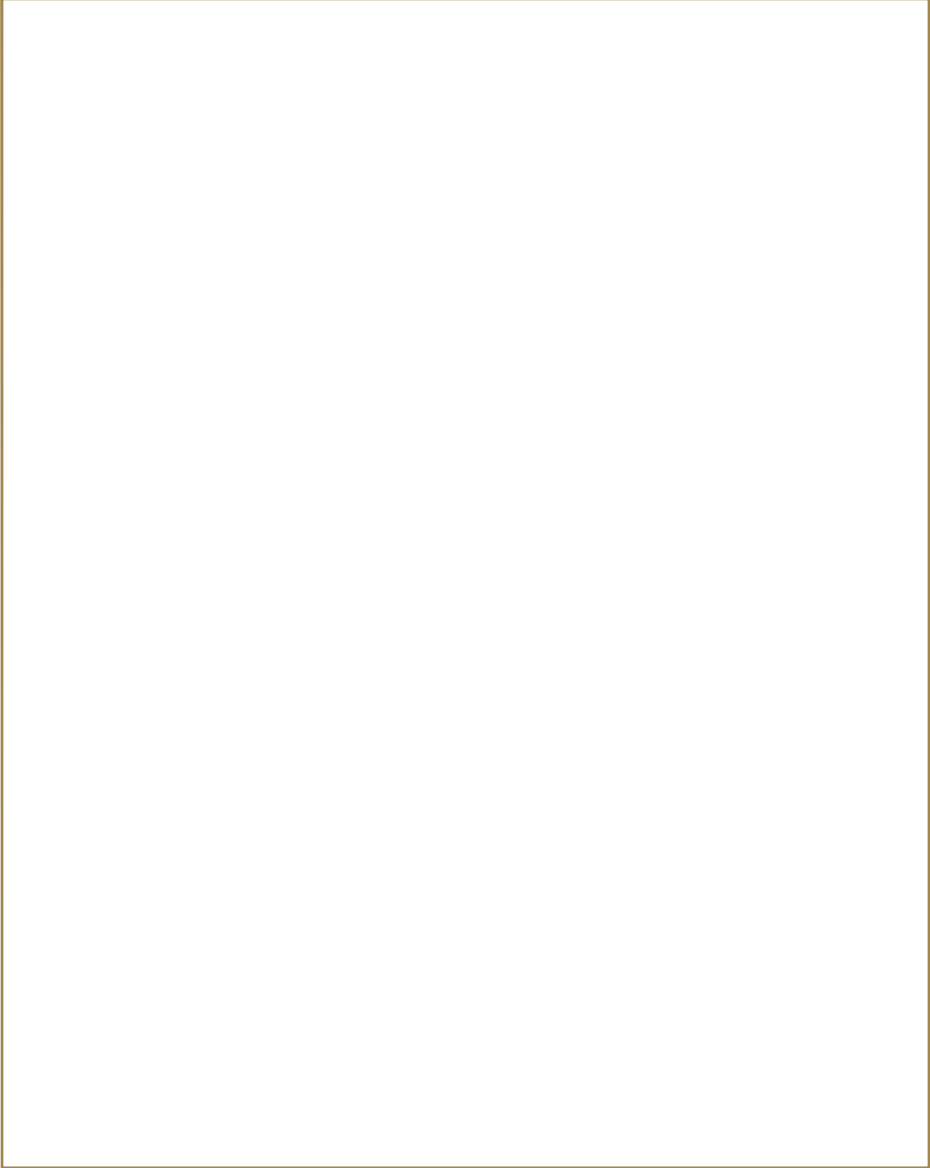
|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 4 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 5 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

|        |      |       |      |      |      |        |        |          |
|--------|------|-------|------|------|------|--------|--------|----------|
| WEEK 6 | BMI  | FAT%  | FMAS | FFM  | TBW  | Weight | Goal 1 | End Goal |
|        | Bust | Waist | Hips | Arms | Legs | Calves | Goal 2 | End Goal |
|        |      |       |      | /    | /    | /      |        |          |

## weight loss programme

# ***homework training suggestions***



# eating diary

week 1

| <b>WEEK 1</b>   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

# eating diary

# week 2

| <b>WEEK 2</b>   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

| WEEK 3          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

# eating diary

# week 4

| <b>WEEK 4</b>   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

# eating diary

week 5

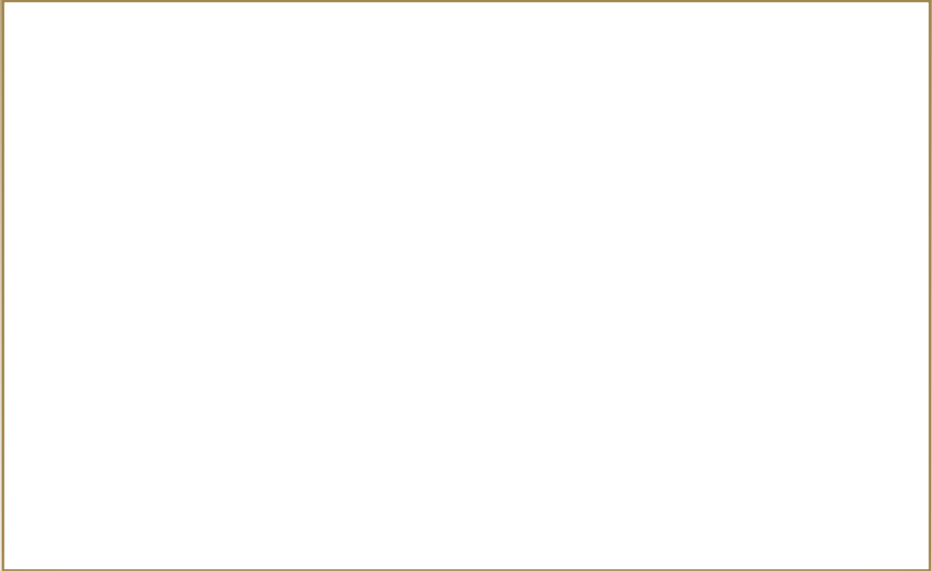
| WEEK 5          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

# eating diary

# week 6

| WEEK 6          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast       |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Lunch           |        |         |           |          |        |          |        |
| Snack           |        |         |           |          |        |          |        |
| Dinner          |        |         |           |          |        |          |        |
| Fluid Intake    |        |         |           |          |        |          |        |
| <b>ACTIVITY</b> |        |         |           |          |        |          |        |
| Comments        |        |         |           |          |        |          |        |

# ***recommended reading list***



## ***training tips***

### ***resist temptation***

Create a temptation free environment - don't have problematic foods in the house.

### ***limit fat***

Fat has twice as many kilojoules as carbohydrates. If you need to lose body fat, limit the intake of fats, to around 40 grams per day.

### ***keep drinking water***

The last signs of dehydrations is thirst. Stay hydrated all day.

### ***set some goals***

Have you written your goals down yet! If not make sure you do. Otherwise you won't know where you are headed. Goals are just like a road map.

# housekeeping

## Welcome to Absolute Fitness Manly

Here are some little house rules we would like you to be mindful of:

1. BYO water bottle and towel to every training session.
2. Personal hygiene is of the utmost importance. Please remember to wear deodorant.
3. If you need to cancel a session you must give 24 hours notice as your trainer has made arrangements to be here for you. If you do not give 24 hours notice you will be charged for that session and lose it.
4. Please don't bring alcohol or drugs into our gym.
5. Don't use the gym while under the influence of alcohol, narcotics or tranquilizers.
6. Do not smoke in the gym.
7. Use equipment for its intended purpose only. Follow the instructions provided by staff and ask for help if you need it.
8. No food or bags on the training floor.
9. Only drinks in plastic bottles containing water or sports drinks are OK to bring onto the training floor.
10. Please be mindful of other people while using equipment and if using weights make sure you replace them after use.
11. A towel must be used on all equipment and please wipe down equipment after use- no one wants the pleasure of your sweat, no matter how sweet it is.
12. If you use the showers or toilet please remember that others have to use it after you so be mindful as to how you leave it.
13. Group classes need to be pre-booked as numbers are limited to 6 per session.
14. Please follow instructions given by AFM Trainers and staff at all times.
15. Suitable exercise gear must be worn at all times. For example t-shirts, tops (no bare chests) and closed footwear must be worn.
16. Pigeon holes are available near the front door to house your belongings while you are training. We can't guarantee against theft as your belongings are your responsibility.
17. Parking is available under the building and we will not be liable for any loss, theft or damage to vehicles in the parking area.
18. Only AFM trainers can provide personal training in our gym. Please don't bring your own trainer into our gym.
19. In an emergency please follow the directions of AFM staff.
20. AFM may occasionally take photographs. We will try our best to get your ok beforehand and we will never display them without your permission.
21. Last but not least- always respect other clients in the gym. Please use the gym in a way that doesn't disturb, detract or impair anyone's experience.

We look forward to helping you achieve your health and fitness goals.

Kind Regards,  
Management

*absolute*  
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MANLY

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