

CLIENT SUCCESS PATH

Where to next?

#FEELGOOD



- 1 Healthy habits
- Program achievements
- Fitness test
- Mindset growth



Dear New Member,

Firstly, welcome from all of us – fellow members and staff alike - to the Inspire Fitness family!

Today marks the first day of what I hope - no, what I KNOW – will be a truly life-changing experience for you. I can be certain of this beyond doubt because I've seen it happen to hundreds of others before you, over the past ten or more years.

They, at first, too shared your likely hesitation and skepticism about what's possible within these four walls, but I ask you to doubt no more!

Belief starts here! Right now.

Believe in yourself, your ability to persevere, push through, overcome obstacles, and deliver for yourself the life you want.

Believe that the 'vehicle' of Inspire Fitness has the power – if you allow it – to transform you, body and mind, from whatever point you are now, to a thriving, powerful, confident, powerhouse of a woman you may not recognise were you to meet her today.

Believe in the strength of community – I've seen acts of kindness and support among our membership that has brought tears to my eyes and the eyes of others – never underestimate it!

Most importantly, believe YOU can CHANGE, and be OPEN to it. Without that you'll struggle more.

Begin assuming right now – take it as fact – that you'll become the vision you have for yourself, and all that stands between you and that vision is the passing of time. Believe it.

Over the coming weeks and months we'll experience so much together (challenges, struggles, achievements, FUN), but it's not feasible to expand fully on all that here.

For now, it goes without saying that we're here to support you, in every possible way towards the transformation you desire, and to hold you accountable and true on the course you set for yourself. And we're excited to get started!

Jessica, Joe, Bronwyn, Alan & Conor X

Your Commitment to YOU:

I _____, as an Inspire Fitness member, commit to undertake the following...

1. **Attend** induction
2. Complete the Inspire Fitness online **Simple Nutrition System**
3. **Attend** all (100%) of my sessions
4. Complete & submit your **Weekly Habits Checklist** to the team every week. (This will be emailed to you every Saturday and takes 2 minutes to fill out)
5. Keep and drop in/upload your **food diary**. You can submit your food diary online, along with your weekly habits checklist. You'll be prompted to do this on a Saturday. You can simply take a photo of it, and upload it to us
6. Attend my **check-in every 4 weeks** to set goals and track progress
7. Progress through the levels with our **Inspire-Fit Level Up Fitness Testing!**
8. Take part in Inspire Fitness **organised events** (minimum one per quarter) that take me out of my comfort zone
9. **Ask questions** anytime
(FB group/Email trainer@inspirefitnessstraining.ie/call 091768806)
10. Journal for 10 minutes every weekday using our journaling worksheet.
11. Fill out and keep **Affirmation Reminder Card** in my wallet.

Signed: _____ Date: _____

Important extra information:

- Details of all events including dates/times at reception
- Monthly #FEELGOOD Wellbeing Hour
- Monthly Boxing Session
- Facebook Group: Workout videos, recipes, motivation.

Our #FEELGOOD Nutrition Habits

- Drink 2 litres of water every day
- Eat breakfast, lunch and dinner every day, with two snacks.
- Quit mid-week sugar and alcohol, and aim to get at least 5 clean days per week. ('Clean' means no junk food or alcohol)
- If weight loss is your goal, avoid starchy carbs after 5pm, eating lots of non-starchy vegetables with protein for dinner.
- Lunch: Keep it simple and eat carbohydrates at this meal.
- Avoid late night snacking. This only leads to frustration and going around in circles. A hard habit to break, but critical to your success.
- Do your weekly food shop on a Friday, for the week ahead. Aim to only go to the shops once a week. Plan all your meals for the week ahead on this day.
- Take a night or two off at the weekend after 6pm, but keep a healthy routine and structure throughout the day.
- Healthy snacks: keep your mid-morning snack light, (e.g. piece of fruit), and aim to have a more substantial snack of carbohydrates & protein in the afternoon (e.g. hummus with oatcakes). This will help stop you overeating at night, keep your metabolism high, and stop you from arriving at dinner absolutely starving.
- Ideally, get rid of sweeteners and sugar in tea & coffee.
- Complete our Inspire Fitness Simple Nutrition System. You'll receive log in details and a password to this, where you can access all our recipes and meal plans. You can follow our guidelines, or follow our exact food plans.
- Enjoy the process and have fun along the way.

Protein

The GL of protein is extremely low which is why protein makes a great snack as it keeps your blood sugar levels stable. Protein is brilliant as it repairs your muscles from workouts and helps in giving you that sculpted, lean look.

Sirloin	Salmon	Pistachios
Fillet	Whiting	Small peanuts
Roundsteak mince	Cod	Almonds
Turkey breast	Tuna (canned in brine)	Cashews
Chicken Breast	Sardines (canned in brine)	Nut butter
Turkey bacon	Fat-free or skimmed milk	Lentils
Eggs	Plain fat-free or Natural	Kidney beans
Low-fat Mozzarella	yoghurt	Baked beans
	Low-fat plain soya milk	Quinoa
	Cottage cheese	Tofu
	Low fat Cheddar	Soya mince
	Low fat Feta	Hummus

Starchy Carbohydrates

Aim to eat between 2 and 4 portions of carbohydrates each day. Below is a list of carbohydrates that have a low-GL. One portion is one fistful, two slices of bread. My advice to you is to not get too concerned about weighing everything out and go by the guidelines of one fist = one portion. As you are cutting out carbohydrates after 5pm, this won't be an issue for you. Just avoid filling your cereal bowl up completely 😊

Carbohydrates	Boiled potato	Porridge
Pumpkin/Squash	Wholemeal pasta	Muesli
Carrot	Brown basmati rice	Rye bread
Quinoa	Swede	Wholemeal bread
Beetroot	Sweet potato	Wholemeal Pitta
Pearl barley	Baby potatoes	Wholemeal tortilla wrap
Brown rice		
Broad beans		

Non-starchy vegetables

Aim to eat half a dinner plate of non-starchy vegetables each day. The GL of the following is so low they can be eaten in almost unlimited quantities. Enjoy these foods. Eaten with your meals they will help to keep you satisfied while still keeping you on track and helping you towards your weight loss goals.

Broccoli	Courgette	Asparagus
Cauliflower	Cucumber	Garlic
Cabbage	Fennel	Spring onions
Spinach	Celery	Peppers
Mushrooms	Mangetouts	Rocket
Onions	Lettuce	Radish
Peas	Tomatoes	Runner beans

Fruit

Each low-GL fruit is listed below.

Apple	Mango	Strawberries
Blueberries	Dried apricots	Canned fruit cocktail
Blackberries	Dried figs	Watermelon
Plum	Grapes	Canned apricots
Pear	Cherries	Peach
Orange	Banana	Kiwi

Snacks

Aim to eat 2 snacks per day. Below is a list of low-GL snacks. Snacking between breakfast and lunch and lunch and dinner will do a number of things:

1. Keep your blood sugar levels balanced
2. Stop your body from going into starvation mode and clinging onto fat
3. Prevent you from overeating at meal times
4. Keep hunger at bay which will stop you from craving sugar
5. Gives your body an extra boost to help fuel your body between meals

Celery crudités with hummus Carrot crudités with hummus 1 Piece of fruit 2 Oatcakes with spread of hummus	2 oatcakes with low fat cheese 15 Small peanuts 10 Cashew nuts 10 Almonds 1 small tub Natural yoghurt 2 Ryvita with spread of hummus Boiled egg	Handful of olives 2 oatcakes with nut butter 2 ryvita with nut butter 2 oatcakes spread with tuna 2 ryvita spread with tuna 1 small tin of tuna
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Sample food Plan

	Breakfast	Snack	Lunch	Snack	Dinner
MON DAY	Porridge with handful berries and chia seeds	Piece of fruit with handful of nuts	Tuna and avocado wrap	2 oatcakes and nut butter	2 pieces of fish with vegetables
TUES DAY	Omelette - 2 eggs, handful of spinach, 1/2 onion, 1/2 pepper, 1 tomato;	Yoghurt with handful of seeds and nuts	Soup and brown bread sandwich	2 ryvita and hummus	Chicken stir fry with lots of vegetables
WED NES DAY	2 boiled/poached eggs on brown bread	Piece of fruit with handful of nuts	Quinoa and meat salad	Roasted Chickpeas	Grilled salmon and veg
THU RSD AY	Fruit salad and yoghurt	2 oatcakes and nut butter	Salmon salad and rye bread	1 piece of fruit handful of nuts	Spinach and mushroom omelette
FRID AY	Sugar free muesli	1 boiled egg	Tuna chickpea wrap with soup	Yoghurt with handful of seeds and nuts	Chicken/ beef stir-fry

SAT URD AY	Breakfast	Snack	Lunch	Snack	Dinner
	Porridge	Piece of fruit with handful of nuts	Bean salad	1 boiled egg	Night off
SUN DAY	Breakfast	Snack	Lunch	Snack	Dinner
	Omelette	2 oatcakes and nut butter	Soup and wholegrain bread wrap	Carrot crudités with hummus	Chickpea, spinach and tomato curry

Our #FEELGOOD exercise habits:

- 100% attendance to session
- 10,000 steps every day
- 10 minutes of fresh air every day

Our #FEELGOOD Mindset habits:

● #FEELGOOD Journaling Worksheet

Part of our #FEELGOOD program, is working on building your confidence, reducing stress, and getting you to a place that you feel really good, permanently.

Please take 10 minutes out of your day, every weekday, to fill out this Journaling worksheet below in a journal. It will give you time to pause reflect, review and plan your day, your week, and the months ahead. A very powerful exercise.

● Affirmation reminder card

Affirmations have been scientifically proven to silence your inner critic that's holding you back, and enforce new belief systems. With new empowering belief systems, over time you'll develop a strong unshakeable self-confidence and have a strong belief in yourself.

Please take this affirmation card, fill it out and keep in your purse. Read it every day. Take a new one, and change the affirmations every 30 days.

Daily Journaling Worksheet

Keep a copy of this sheet (take photo and keep on your phone), and your blue notebook in your handbag. When you find yourself with 10 minutes to spare, answer these questions, and make journaling a part of your week.

The guaranteed benefits? Journaling helps keep you focused on the bigger picture, it keeps you focused on your goals and how you're feeling. If you commit to doing this 5 days a week, you'll feel more in control, more organised and it'll help keep you focused and on track.

1. Three Things I'm Grateful for: (go into detail)

1. _____
2. _____
3. _____

2. Three Outcomes I'm Focused on: (go into detail)

This week, this month, or this year.

1. _____
2. _____
3. _____

3. What are 3 small action steps, that if I make them a part of my daily routine, will make a big difference:

4. Today's Mental Focus:

5. Today I was outstanding at:

6. Tomorrow I'll improve at:

7. What's the most important thing to get done today:

8. What are my top 3 things I need to prioritise tomorrow:

Big Out-of-comfort-zone Events coming up on Inspire Fitness Calendar 2020. Step up & sign up!

'You only fail when you quit'

Glendalough Quest Challenge
Saturday 4th April
Glendalough Co Wicklow

'Each day we must strive for constant and never ending improvement'

Gaelforce Connemara Challenge
Saturday 2nd May
Leenane, Co.Galway

'The only way to grow, is to raise your standards'

Lough Cutra Super Sprint Triathlon
Saturday 23rd May
Gort, Co.Galway

'If you talk about it, it's a dream, if you envision it, it's possible, but if you schedule it, it's real'

Tough Mudder
Sat 25th July
Loughcrew, Co.Meath

The most exciting stuff happens when you step outside your comfort zone.

Streets of Galway 8km
Saturday 8th August
Galway City

'A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.'

Sligo Quest Challenge
Saturday 22nd August

'Setting goals is the first step in turning the invisible into the visible.'

Run Galway Bay 10km
Saturday 3rd October
Salhill, Co.Galway

"It is in your moments of decision that your destiny is shaped."

Sea to Summit
Saturday 7th November
Westport, Co.Mayo