



# A Guide To a Healthier You

**Fitness Haven**  
ENABLING YOUR WORLD

# **Table of Contents**

**.Introduction**

**.The Reality of Health**

**.The Keys to Become Healthy**

- .Keys to Lose Weight**
- .Keys to Build Muscle**
- .Keys for Maintenance**

**.Diet**

**.Physical Activity**

**.Consistency**

**.Which is Better?**

**.The Overall Reason**

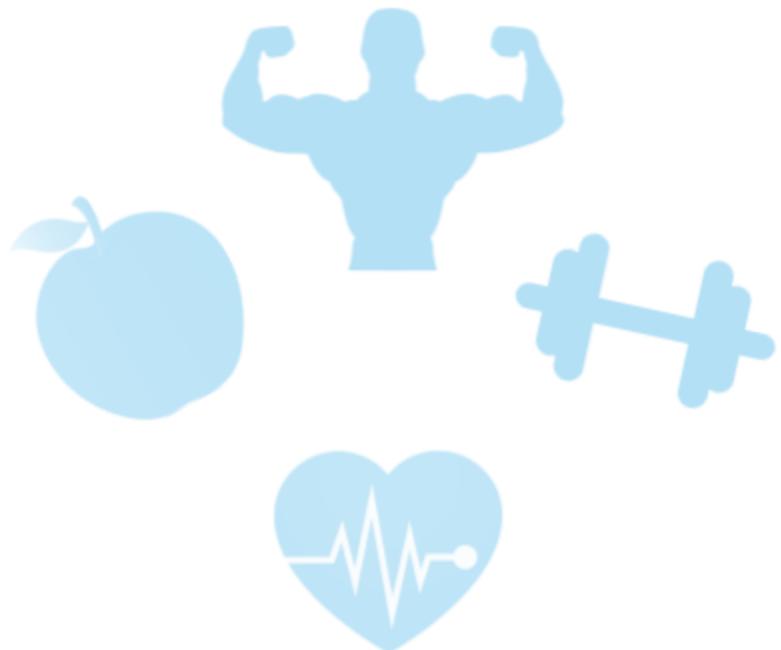
# Introduction

**Remember those days when you were young, spry and full of energy? It feels like that was centuries ago, doesn't it? Now that you are older, you have gained a few pounds due to lack of physical activity. You have lost a lot of energy due to being older, and through it all, you have lost the motivation to try and get back in shape. Even though you have tried multiple fitness trends, from new diets plans to exercise programs that will help you burn the weight you want off and become healthy again.**

**Well, I am here to tell you, that there is no quick fix diet plan or exercise program that will make you a healthy person again. That is what this guide is all about, to provide you with the reality of what you will have to do to become healthy again.**

**This is a guide to a healthier you.**

# The Reality of Health



**The perception of health has changed over the years. These days, people believe that health is a destination. In a sense, for most people this day and age, it is. Only because, most people have moved from a healthy life, to an unhealthy one. The reality of health, is that it is a lifestyle. To become healthy again, people must change and be accustomed to making healthy choices. It's the only way.**

# Keys to Become Healthy

.Diet

.Physical activity

.Consistency



# Keys to Lose Weight

- .Calorie deficit**

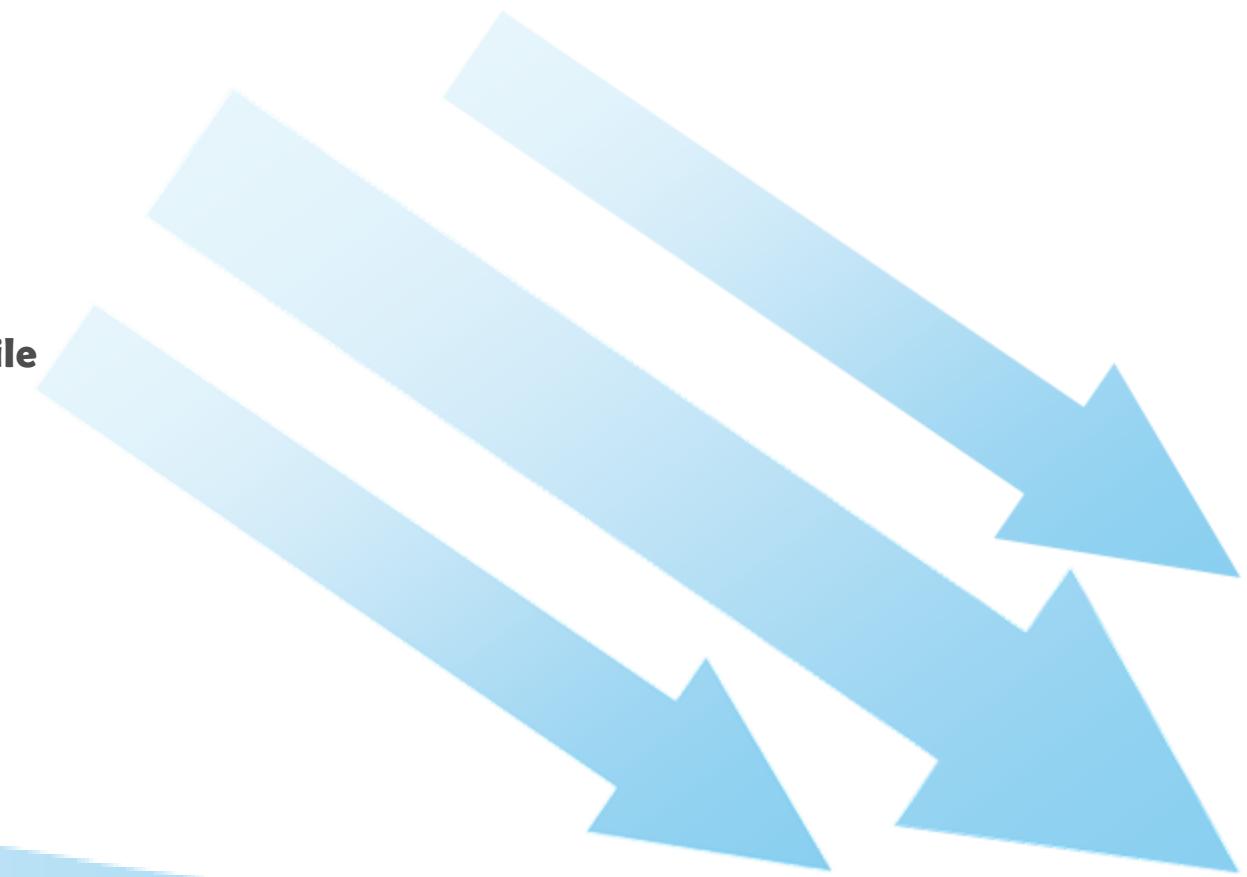
- .Calorie input vs calorie output (Eat less, do more)**

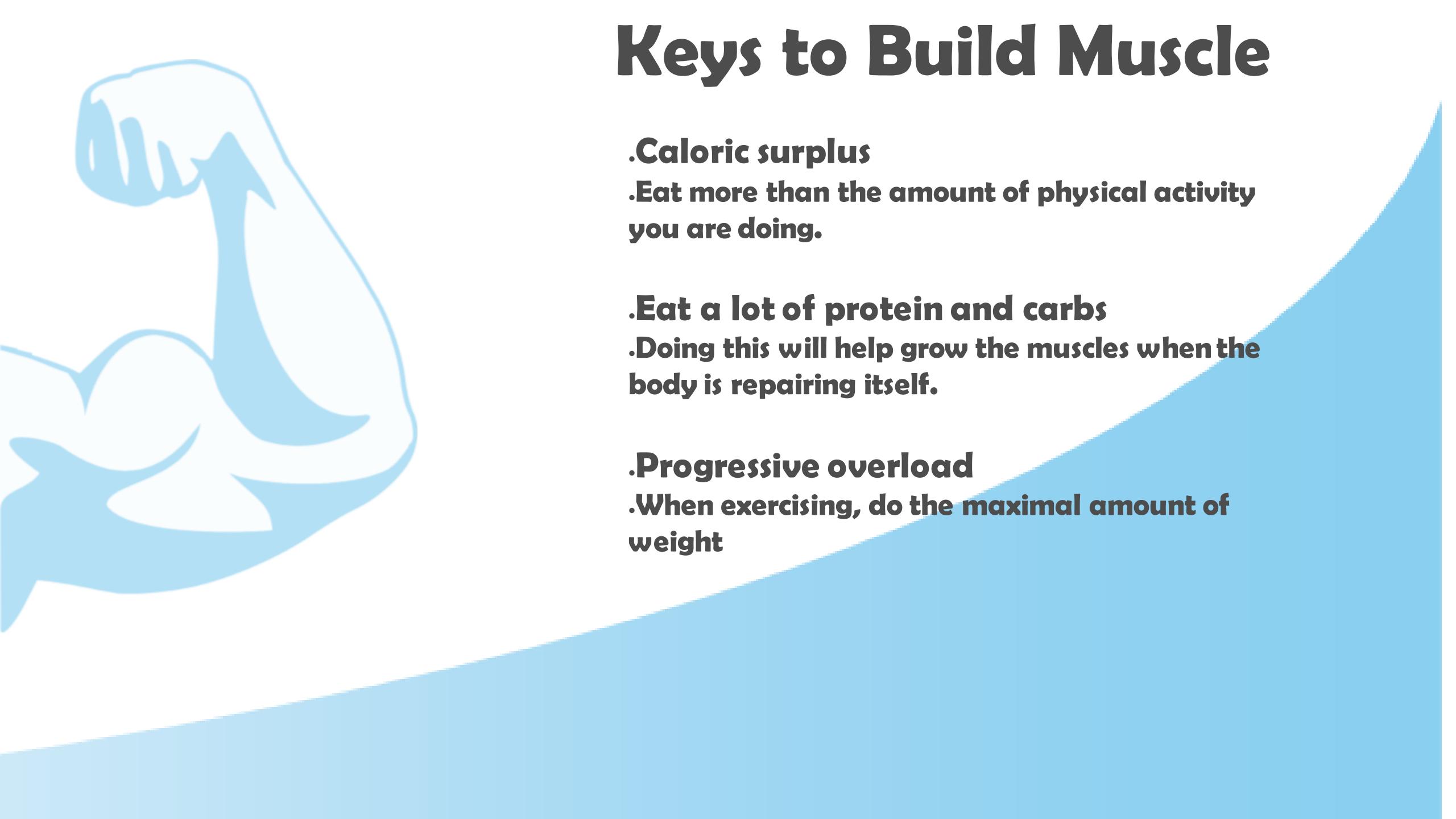
- .Eat 0.8g of protein per kilogram**

- .This will help maintain current muscle mass on your body**

- .Do both weight training and cardio**

- .This will also help maintain your current muscle mass, while burning the necessary fat to lean out and look good**





# Keys to Build Muscle

- .Caloric surplus**

- .Eat more than the amount of physical activity you are doing.**

- .Eat a lot of protein and carbs**

- .Doing this will help grow the muscles when the body is repairing itself.**

- .Progressive overload**

- .When exercising, do the maximal amount of weight**

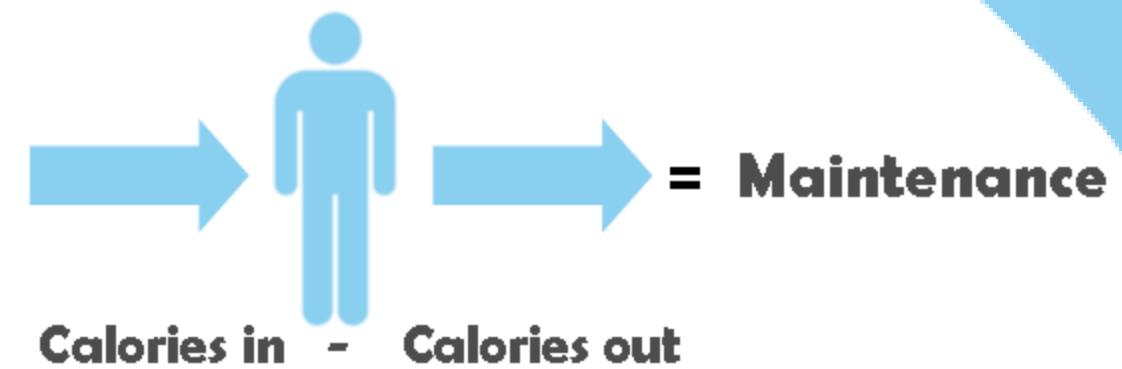
# Keys for Maintenance

.Caloric balance

.Stay active

**The only two things that you will have to do once you've lost the weight you want to lose or built the muscle you wanted to build, is to keep the amount of calories you eat, the same as the amount of calories you burn (Caloric balance). You do this by staying active, and by keeping the junk food consumption to a minimum.**

**If you don't do these two things, over time you will gain back all the weight you lost and lose all the gains you made.**



# Diet



**Diet is everything when it comes to being healthy. If you provide your body with the proper amount of nutrients, you will start to feel better and look better. The best way to create an ideal diet plan is based on your goals.**

## Things to avoid:

- \*Don't stop a diet then start again
- \*Don't starve yourself

# Physical Activity

**Physical activity is just as important as diet and can be divided into 4 categories.**

- .Weight training**
- .Cardio (Long-distance, interval, circuit)**
- .Sports**
- .General activity (Walking, working or just moving around)**

**All 4 categories are essential to physical activity. Although, depending on your current fitness level, certain types of physical activities should be done before doing the other. For example, if your fitness level is poor, you might want to start off by doing weight training and cardio exercises. By doing this, will ensure you condition your body to handle the physical stress that sports and general activity can put on your body. It all depends on your fitness level.**



# Consistency

**Consistency is very important in becoming healthy. Without being consistent with your diet and the amount of physical activity, you will NEVER truly be healthy. As said before, don't stop and start a diet. The same goes for physical activity. You will just gain more and more unwanted weight. The whole point of consistency is to turn your diet and physical activity into a lifestyle. Where you don't have to think about what you eat or how much physical activity you must do, you just do it.**

# Which is Better?

**Diet**



**Physical Activity**

**Consistency**

All these aspects to become healthy, are just as important as the other. The truth is you won't become healthy if you just do 1 of the 3 or 2 of the 3 aspects. You won't be healthy if you don't improve your diet. You won't be healthy if you don't increase your physical activity and you won't become healthy if you are not consistent. They all correlate with the other.

# The Overall Reason



**The real reason why you should start your fitness journey is not just to be the fittest you can be. Yes, it's about becoming a healthier you, but it is also about getting you to the point where you can feel happy about yourself again. To create a positive self-image of yourself, for yourself.**

**“Honestly, for the first time in my life, I can stand here, and say that I actually really love myself... and I am actually really happy with myself.” (Lori, Fit to Fat to Fit)**

**Thank you for taking the time to read  
this eBook, hope you enjoyed it.  
If you are interested in more  
information about Fitness Haven, our  
latest blogs and additional content,  
checkout [www.fitnesshaven.ca](http://www.fitnesshaven.ca)**