

# human design Health And Fitness Starter Kit

A Simple 12 Step Guide For Getting Back To  
The Fit, Happy, Healthy, Confident Person  
You Want To Be.



## Human Design Health And Fitness Starter Kit

Hello and thank you for reading this fitness starter kit.

I put this basic kit together to help you follow a series of steps to get back to the fit, happy, healthy, confident person you once were.

You know - the one before life happened, work happened or kids happened.

This PDF is short and is only a starting point but it will help you make the right choices in the right order.

This guide is written in a way that assumes you want to get back into fitness, or maybe lose a few kg's or make a major transformation with your body.

It will show you the steps to take from a complete beginner to a fit, strong, happy, confident, healthy woman.

For example, most people start a new fitness regime by taking supplements, counting calories and doing extreme transformations. However, it is unsustainable and potentially damaging to your long term efforts.

I hope this quick fitness starter kit helps you take the right path and please feel free to email [john@humandesign.com.au](mailto:john@humandesign.com.au) if you have any questions.

*Thanks,*



### John Donaghey

Fitness Australia Registered Level III Personal Trainer

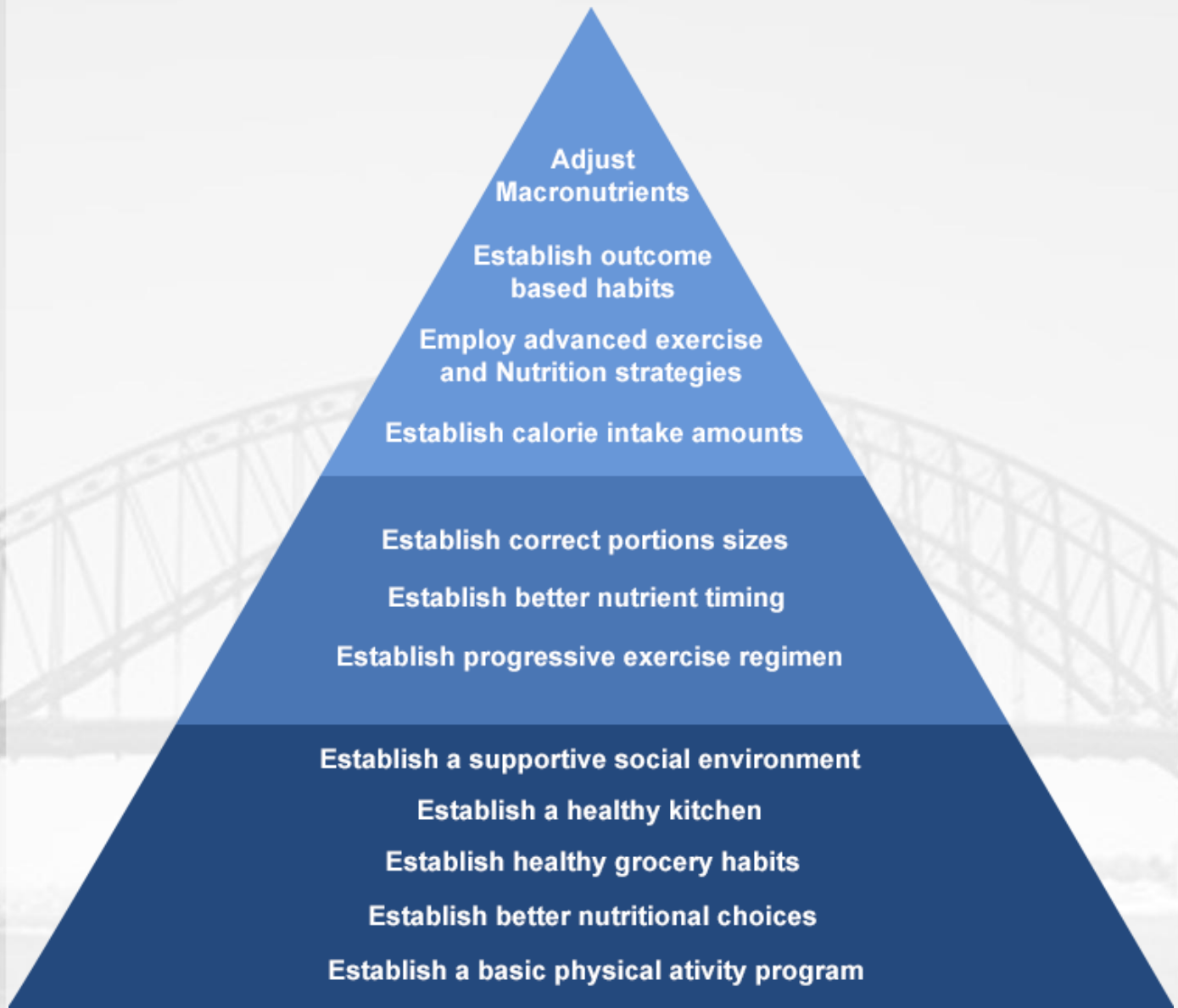
Precision Nutrition Lean Eating Coach

W: [www.humandesign.com.au](http://www.humandesign.com.au)

F: [www.facebook.com/humandesignhealthandfitness](https://www.facebook.com/humandesignhealthandfitness)

T: @humandesign

I: humandesignpt





## STEP 1

### Establish A Basic Physical Activity Program

Start at the base of the pyramid.

There is no perfect type of exercise for losing weight and getting toned. As you get fitter, there are certain training principles that will accelerate your results but for now, we just want to get active again or get more active.

Pick some routines or forms of activity that you really look forward to doing. Everyone is different so here are some easy options:

- Walking / Jogging / Running
- Weight training / Circuits
- Swimming / Boxing / Cycling
- Group Fitness / Personal Training

Schedule it into your calendar just like a meeting and go from there. You can even start with 10-20 mins per day or if you are fitter, add some intensity or extra duration to your training.

***REMEMBER:** if you don't enjoy it you will not stick to it. You will get better results sticking to something you enjoy rather than slogging through something you hate*

## STEP 2

### Establish Better Nutrition Choices

Without getting into the details of healthy eating - simply look at your current choices and figure out how you could make it 5-10% better.

- Could you eat the wholegrain versions of foods?
- Could you add one extra piece of veg to a meal?
- Could you cut back on soft drinks or calorie laden coffees?
- Could you add some more protein to your meals?
- Could you snack less and have more focused eating times?
- Could you replace sugary drinks with fruit?

### STEP 3

#### Establish Healthy Grocery habits

We all know the classic supermarket shopping tips by now. Stay away from the middle, shop the perimeter, bring a list etc. That is all good but how many people actually do it.

If you are stuck for time like we all are (and this is a very legitimate excuse these days), why not do one big shop and then do a second smaller shop online to top up. This will ensure you are not stuck without healthy food options and as a result you make poor choices when hungry.

### STEP 4

#### Establish A Healthy Kitchen

This can range from doing a kitchen makeover, removing tempting foods and replacing with visible healthy foods, to purchasing new kitchen utensils like the following:

- Roasting pans
- Graters
- Knives for dicing, slicing and chopping
- Pots and pans
- Can openers
- Hand Juicers
- Potato Mashers etc

Learning how to prepare and cook basic healthy meals at home is a key skill. I personally do not have a lot of time for cooking so I prepare simple meals and try to be a Jamie Oliver when I have time (not too successfully I may add).

### STEP 5

#### Establish A Supportive Social Environment

One of the questions I ask potential Personal Training clients is whether they have a spouse or partner who supports their efforts.

This is key - you need all the help you can get, especially if you are a busy, time poor person or you have kids.

In fact, I created a private Facebook group for Human Design clients to help with this. We can share recipes, ask questions, get tips from others who have the same challenges and need answers.

Who is your social support?

Who is the person who can assist you or help you out when times get tough which they will?

We all relapse and fall into bad eating and exercise habits. It is normal - but we want to be around people who support us and do not encourage us to keep up the bad habits.

*That was the base of the health and fitness starter kit. Now we move up a level after we have formed a good base of fitness and sound food choices.*

### STEP 6

#### Establish A Progressive Exercise Regimen

Once you have established a regular exercise routine and are working up a sweat a few times per week, it is not time to improve your performance and maximise the results from your training to really accelerate your results.

**Progression is key here.**

Progressive based exercise simply means challenging yourself outside your comfort zone and pushing the boundaries a few times per week.

That “way” is called progressive overload. “Progressive overload equals ‘doing more of something over a period of time’ and it is the most important law in training.

Here’s how it works: You stress your body with a new, challenging workout, and your body responds by adapting just slightly. That’s your go-ahead to dial that workout up a bit more because, hey, your body can now totally breeze through it.

The result: Your body adapts again, and this cycle keeps repeating itself until you’re fit and toned and able to crush fitness feats you never thought possible.

*For example:*

If you can do 10 push ups after 6 weeks, now it is time to either increase the numbers, increase the number of sets, decrease the rest between sets or add weight to your body.

If you can run 5km at a certain time, why not throw in some intervals and set a date and beat your 5km time.

Progression allows you to increase your intensity over time without getting injured (the person who can train injury free all year round is the person who succeeds with their fitness) and allows you to get quicker results.

With my Personal Training clients I keep a record of every session so that they can beat their previous efforts and get stronger, fitter and more toned as they keep training.

This ensures they do not hit a plateau and stay motivated.

### STEP 7

#### Establish Better Nutrient Timing

You've learned about what to eat to meet your health and body composition goals. But what about when you eat it?

Nutrient timing simply means eating specific nutrients (such as protein or carbs)... in specific amounts... at specific times (such as before, during, or after exercise).

If you're a bodybuilder or endurance athlete, the meaning of nutrient timing is much different than if you're an overweight office worker just getting into exercise and trying to improve your nutrition.

This is a more advanced eating strategy which you will be ready for when you make the baseline changes outlined previously.

### STEP 8

#### Establish Correct Portion Sizes:

We all have different body sizes and shapes. Some people are large framed and some are petite.

My wife used to eat the same portions as me and she was wondering why she had gained a few kilograms. You must learn to eat for your body size and energy needs and a good basic guide is the following:

- Open Palm = Serving of lean protein
- 1 Cupped Hand = Serving of starchy carbs
- 2 Cupped Hands = Serving of vegetables or fruit
- 1 Thumb = Serving of fat

Keep it simple.



*Phase 2 is now complete so now it is time to move to the last stage and some more complicated strategies to help you hit your peak.*

### STEP 9

#### **Establish Calorie Intake Amounts:**

If you are someone who now moves on to play a sport or maybe get really serious about your training, you can start to track this .

Establishing calorie intakes can help if you have lost weight and have hit a plateau or you want to gain lean muscle and need to eat extra.

### STEP 10

#### **Employ Advanced Nutrition And Exercise Strategies:**

Let's say you are feeling amazing, you look great, your clothes feel fantastic on you and you have hit an all time high in your confidence.

What happens then? What do you want to achieve?

Maybe you want to run a marathon or lift a personal best dead-lift or maybe enter a fitness competition. You never know - peoples goals always change and I encourage that.

#### **Advanced strategies include:**

- Periodised and planned training blocks
- Carb Cycling
- Re-feeds
- Fasting etc

Again, I do not recommend these for you if you are just starting out but everyone is individual and sometimes more advanced strategies are needed to suit the level of fitness required.



## STEP 11

### Establish Outcome Based Habits

When you start getting fit and healthy it is important to establish process goals such as:

- I will exercise 3 times per week for 30 mins
- I will eat 2 pieces of fruit per day
- I will get to bed by 9:30pm every night.

These are things you can ultimately control. They are processes.

**Outcome based goals are things like:**

- I will lose 5 kg's in 5 weeks
- I will lift 25% more in bench press by the end of the month
- I will lose 3 dress sizes in 12 weeks

While these are worthy goals and powerful motivators, when you first start out they are hard to control as you have not established good habits yet.

However, when you get more fit, you may want to establish outcome based fitness goals as you are now more motivated and need the challenges to push ahead.

You are a long way from the unfit, out of shape, low confidence person from 6-12 months ago.

## STEP 12

### Adjust Macronutrients

Again, this is a more advanced strategy when you have reached certain goals.

It simply means adjusting the levels of fat, protein and carbs to match your daily training, your goals and what you want to achieve.

Again, this is a level of eating that should probably be attempted when you are well educated about your food choices and you want to go to the next level.

So, there you have it.

The hierarchy of looking and feeling fitter than ever.

I hope these steps help to ease the mental clutter so you can start making sensible decisions and actually take the correct action to getting back in shape and feeling happy, healthy and confident again.

### John Donaghey

Fitness Australia Registered Level III Personal Trainer

Precision Nutrition Lean Eating Coach

W: [www.humandesign.com.au](http://www.humandesign.com.au)

F: [www.facebook.com/humandesignhealthandfitness](https://www.facebook.com/humandesignhealthandfitness)

T: @humandesign

I: humandesignpt