

Kickstart Guide

There are 3 main steps to reaching your goals.

Workouts, nutrition, and consistency.

This guide will break down each of these with tips, strategies, and the information that you need to be successful with your goals.

Workouts

Your goals should dictate what you do for workouts.

If you want to lose weight, then you need to be doing strength AND conditioning. A combination of both will get the best results.

If you want to build muscle (and not lose weight), then you need to make sure that you're getting enough strength work in.

If you just want to overall feel great with no specific goal, then a combination of strength and conditioning is best.

Overall, finding workouts that match your goals are important.

Finding a program that's setup to help you progress is even better! Random workouts get random results.

You should have received a few of our workout videos to try. If you didn't email jeff@northbaysc.com

If you need help staying consistent, check out the tips at the end of this guide.

Nutrition

Good nutrition is just as important as your workouts.

The number one thing that we teach our clients is quantity.

Figuring out how many calories you're burning and eating on a daily basis, and what that actually looks like. Without doing this it's all just a guessing game.

If you want to lose weight, you need to be in a caloric deficit.

If you want to build muscle, you can't be in a big deficit. Ideally you're in a surplus.

How to figure out how many calories you're burning

You can use a fitness tracker if it tracks daily calorie burn, or you can use the many calculators online.

Just google search TDEE (total daily energy expenditure) Calculator and use one of the many options. This will give you your estimated maintenance calories.

Just know, once you have your maintenance calories, you'll need to adjust if you want to lose weight.

Being in a deficit of about 300-500 calories will help you lose weight sustainably. So subtract those calories from your maintenance calories.

How to figure out how many calories you're eating

For this, you'll need to track using MyFitnessPal or any other app.

To be more accurate, you can invest in a food scale for about \$15 on Amazon.

Track for at least a week. All 7 days. Weekends too. See where you're at! See where you need to make adjustments.

From there, fill your calorie goal with the best possible foods. Keep it simple! You don't need to have some fancy meal every night that takes 30 minutes to prep and an hour to cook.

Pick a protein, pick a veggie or two, and pick a carb.

Measure it out based on your needs.

Add various spices or sauces for different flavors. A little hot sauce goes a long way!

Simple. Delicious. Gets results.

If you need help with this, it's something that I work on with each of my clients. Check out our latest programs at www.northbaysc.com OR email me at jeff@northbaysc.com and ask!

From here, it's all about consistency.

Consistency

The key to ACTUALLY getting results.

You can have the best workouts and the perfect diet planned out. But if you don't do it, then you won't get results.

Here are some tips to help you get started and stay consistent.

1. Set clear goals.

What goals do you want to reach? (lose 20 lbs, be stronger, see more definition, etc.)

Now let's dig deep. Be honest with yourself.

Why do you want to lose the weight? How will it make you feel?

The deeper you can dig the more likely you are to stick to your program!

2. Set a realistic goal for the week.

How many days can you actually workout with your schedule?

Sample schedule:

2 Days: Monday & Thursday

3 Days: Monday, Wednesday, Friday

4 Days: Monday, Tuesday, Thursday, Friday

5 Days: Monday, Tuesday, Wednesday, Friday, Saturday

3. Schedule out your workout time.

Make it non-negotiable. You've spent too much time pushing away your health and fitness.

Now it's time to make it a priority for yourself.

Tips to workout first thing in the morning:

Have a busy schedule? Maybe working out first thing in the morning is best. Even if it's 5:30am or 6am!

Not used to working out early but need/want to?

-Have your workout clothes laid out ahead of time for the morning.

-Make sure to get to bed early. 7-8 hours of sleep!

-Pick an alarm that's actually going to get you out of bed. Put your phone across the room so it forces you to get out of bed to turn it off.

-Once you're up, you're up! Start walking around. Splash some cold water on your face, drink a glass of water, change, and start stretching/warming up.

Tips to workout after work:

Need to workout after work but struggle with energy?

- Get to it right away. No sitting down when you get home! Change and get started.
- If you're commuting home, drink some water and even have a small snack on your drive. Give yourself the hydration and fuel you need to workout.
- Set an alarm on your phone for your workout time. When it goes off, it's time to get to work.
- Remember how much better you'll feel once you finish the workout.

4. Track your progress

-Check in with yourself every Sunday or Monday and set weekly goals that have nothing to do with bodyweight/aesthetics. Focus on setting weekly workout & nutrition goals. Like "I'm going to get my 3 workouts in this week" or "I'm only going to eat out once this week and it's going to be on Saturday".

-Track your progress:

-Take a progress photo of yourself once per month. Sometimes the scale won't show your progress!

-Weigh yourself as you feel comfortable. Daily, weekly, or bi-weekly. Use the scale as a tool and not something you dread. Remember, sometimes the scale won't move as fast as we want (or if at all sometimes).

-Take notes on your workouts. How you feel, the weights you're using, how tough they are, etc. Then you'll be able to tell if you're getting faster or stronger.

-Be confident that you're becoming the person that you want to be.

Know that you're putting in the work to lose weight, get stronger, or accomplish whatever goal that you have. It takes a mindset shift to start new habits. Believe in yourself and believe that you are going to reach your goals!

5. Get a coach

If you're struggling to do it alone, get someone who will check in with you and keep you motivated, create a plan that's specific to you, and make adjustments.

If you're interested in working with me, check out our latest programs at www.northbaysc.com or email Jeff at jeff@northbaysc.com