

Step Up Your Workouts: An Easy-to-Follow Guide

In this guide, we will explain the science behind exercising and provide an easy-to-follow step-by-step health tracker to help you get the most out of your gym time.

5 Common problems faced at the gym -

1. No noticeable changes in your body in spite of regularly working out
2. Low energy levels during your workouts
3. Feeling exhausted after any physical activity
4. Constant muscle and body pain
5. Feeling dehydrated

Sound familiar? Worry not - we have the solution!

Sometimes your actions in the gym do not yield the results you want because of your diet, protein intake, sleep, and stress levels.

Let's make it right together!

First step: Mental strength!

"Strength does not come from physical capacity. It comes from an indomitable will."

Visualize your goal and always keep it in your mind.

E.g.: I want to include some form of physical activity every day for 20 minutes.

Create your own clever workout schedule!

It should fit your daily routine and support your health journey!

Aerobic activity (endurance):

150 minutes of moderate aerobic activity

Strength training:

For all major muscle groups at least two times a week

Which sport or physical activity would I like to include in my workout schedule?

E.g.: I will start cycling for 20 minutes twice a week.

Focus on yourself and get inspired!

Imagine yourself and think about three positive adjectives to support a good spirit.

E.g.: I am calm, strong, and patient.

Tempting foods— out of sight, out of your mind!

Are there certain foods that you love very much, but they may not be good for you?

E.g. I love choco lava cake, but from now on, I will eat some fruits instead.

Adjust your diet!

A healthy diet includes a variety of vegetables, fruits, whole grains, fat-free or low-fat (1%) milk, yogurt, cheese, or fortified soy products, proteins, and oils.

Not seeing the results you want even after spending a lot of time exercising?

Don't worry, building muscles takes time - 0.25-0.9 kg per month to be specific. So be patient and keep hitting the gym! "Rome wasn't built in a day, but they worked on it every single day."

E.g.: By focusing more on my exercise schedule, I will make sure to see results.

Track your Progress

Sometimes it helps to have a time frame to keep yourself motivated during your health journey. Motivate yourself during tough days by reminding yourself about your goals.

I started my health journey on _____

because _____

Important tips

- Find a partner in crime- it will be easier if you have a training buddy
- Replace unhealthy snacks/drinks with whole, nutritious foods.
- Choose low-fat cooking methods: baking, broiling, steaming, grilling, and boiling
- Remember it takes 20 minutes for your brain to realize that you are full.
- Do not shop when hungry!
- Be realistic: A healthier you is the best goal!

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For week 1, this is my goal

E.g. I want to add 30 minutes of physical activity to my daily routine.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or X

For week 2, this is my goal

E.g. I want to take my workout supplements every day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or X

For week 3, this is my goal

E.g. I want to incorporate 20 minutes of strength training in my daily workouts.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or X

For week 4, this is my goal

E.g. I want to snack on fruits and nuts instead of chips, cookies and cakes.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or X

What can I do to improve?

E.g. I can also add daily activities to my workout schedule, like taking the stairs instead of the lift or walking to work instead of taking the car.

What do I want to change?

E.g. I want to switch to a healthier diet and cut out fast foods.

What did I like most about my routine?

E.g. I cut out processed foods and I feel like I have more energy throughout the day.
