EXERCISE

To begin with, do 15 minutes on each cardio workout at a level that raises your heart rate. Once your cardiorespiratory system develops, you can begin to jog/run as well as change the incline.

For strength, beginners should perform one set of eight to 12 reps of each exercise. Take your time and use a light weight until you're comfortable with the technique of each exercise. Once you've mastered the techniques, use a weight that will make completing eight to 12 reps challenging. Also, look into alternating workouts once you feel you've graduated from Beginner to avoid the dreaded plateau.

FOOD

Don't make mealtimes something you don't enjoy. Just try to increase your fruit and veg to ensure you have some with every *meal (preferably about a 1/3 of each meal should be fruit or veg)*. Try to cut down on fast food, ready meals and sugar. Make meals from scratch when you can and try to avoid too much salt. Other than that, enjoy your food. You can make amazing fakeaways and also, enjoy the odd takeaway when you want to *(within reason)* because you know you've got this!

WORKOUT LOG (PRINTABLE)

Keeping a record of your workouts can help you to keep track of your achievements as well as increase speed/weights and see if you're ready or not. See my examples of how to use the log in the first two rows.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio: *Stretch* Treadmill Elliptical Stairs *Stretch*	**Strength:** *Stretch* Chest Press Shoulder Press Back Rows Leg Press Leg Curls Crunches *Stretch*	**Cardio:** *Stretch* Elliptical Treadmill Stationary Bike *Stretch*	**Strength:** *Stretch* Chest Press Shoulder Press Back Rows Leg Press Leg Curls Crunches *Stretch*	**Cardio:** *Stretch* Stationary Bike Stair Climber Elliptical *Stretch*	**REST**	**REST**

WORKOUT LOG

Date	Exercise Type	Time Spent	Sets	Reps	Weight	Max Speed	Max Incline/Resistance
01/01/2017	*Treadmill*	*30 minutes*				*8.0*	*3.0*
01/01/2017	*Leg Press*		*1*	*10*	*15lb/7kg*		

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