



Changing your lifestyle

Goal setting has to be a fluid process as things in our lives change and as you evolve as a person through the coaching that you receive you may realise that you want to change some things, and that is totally fine!

This is a process that I would love you to adopt and make your own as you move through my coaching and discover what YOU COULD achieve from month to month

Always come to me if you are confused, this might be a new way of approaching fat loss for you, and once you wrap your mind around it you will see how powerful it can be to do it this way, getting those initial results AND learning how to maintain them!

Where do we start?

Our first port of call is deciding where you are going to put your focus so that you can continue learning, growing and developing your confidence in all things health, fitness and well-being.

What do you struggle most with? Is it nutrition, mindset, stress, sleep, health, self-care?

Choose a category from the following pages that you want to spend the next few weeks on, and begin to fill in the relevant information so that you can bring something to me when we next check in about this.

You may then want to move onto another category when you feel that you've got a good understanding of your first steps.

All of the instructions for each category are laid out below so that you can get started, but please drop me an email if you're still unsure about where to begin.

Mindset

1. Visit the [mindfulness unit](#) of the [Facebook group](#) and work through the resources there at your own pace.
2. Visit the Rossell Fitness Website → <https://www.rossellfitness.co.uk/resources/>
3. Then download the mindset starter pack from the GET STARTED section
4. Work through the PDF and start to apply some of the ideas and test them out for your lifestyle
5. Report back to me about what you are doing and how you are getting on!

Nutrition

1. Download an app for your phone called MyFitenssPal
2. Log your food and drink accurately for 7 days
3. Come to me and tell me that your diary is ready for analysis
4. Your diary MUST be 7 days consistently and it must be honest and as accurate as possible. There is no value in getting feedback on a diary that doesn't contain the whole truth.
5. Where possible weigh out foods that you are not sure about (e.g. meat, potatoes, rice – as these are often under-reported)
6. Include sauces, liquids, sugar added to tea/coffee etc – all of your calories do count when it comes to an honest food log.
7. You will not report anything that I've not seen before, I've seen all manner of eating habits so please don't be shy about telling me the truth. There is no judgement here, please feel safe to share these

things with me.

THEN

8. Visit the Rossell Fitness Website →
<https://www.rossellfitness.co.uk/resources/>
9. Download all of the nutrition files from the GET STARTED section and start reading through them at your own pace. Make notes on any sections that inspire questions and email your questions to me (nicola@rossellfitness.co.uk)

THEN

1. Go into the '[guides](#)' section of the members [Facebook group](#)
2. Find the guides called 'Recipes' and 'Meal plans'
3. Download some recipe ideas and a meal plan to get some inspiration to try something new!

Stress

- Download and complete the [stress assessment](#)
- Go into the guides section of the members [Facebook group](#)
- Find the unit 'stress management'
- Watch the video lessons on stress and management and take some notes
- Pick 2 things for each week from your stress test to improve upon over the next

Week 1 changes

- 1.
- 2.

Week 2 changes

- 1.
- 2.

Week 3 changes

- 1.
- 2.

Week 4 changes

- 1.
- 2.

If I complete these 8 changes I will take my stress test score fromdown to.....!

Sleep health

1. Download a sleep app onto your phone (your phone may already have an app installed on it)
2. Track your sleep as per the instructions in the app
3. Make sure that you save the sleep graphs if these are presented to you in the app
4. When you have 7 days of data, send the information to me in an email (nicola@rossellfitness.co.uk) and I'll go through it with you.

THEN

1. Go into the guides section of the [Facebook group](#)
2. Find the unit called 'sleep'

3. Go through the content in this unit and make some notes for yourself
4. Decide upon any changes that you think will make a difference to improve your sleep routine and sleep health
5. Come and talk to me if you feel that you cannot seem to make progress in this area.

Sleep is incredibly important for health, well-being, weight management and for your progress. It's something we want to make a priority.

An active lifestyle

1. You're training with me now, so let's assume that we've got your planned exercise sessions (workouts) covered with the action plan that we created together!
2. We still want to move daily in a variety of ways. Our bodies were built to move, to transport us, to lift, to carry, to assist us in our daily needs and functions, so let's train in a way that gives our bodies the strength to do all of that.
3. Walking, if you are able to, is a fantastic (and free) means of getting some daily movement into your body. Ideally we want to know a ballpark figure of your average daily steps. Use your phone, or smartwatch to track your daily steps for one week, and then add up the 7 days and divide by 7 to give you an average.
4. When you have an average, talk to me about whether increasing, maintaining or decreasing would be right for you.
5. Just because the government says we need to hit 10'000 steps / day, doesn't necessarily mean that this will be your goal. I am more interested in working with you to make an achievable sustainable steps goal, so that we build movement into your lifestyle without it feeling too hard to implement.

6. A daily stretching/mobility routine would also be a great thing to add into your lifestyle. Doing this first thing in the morning, or just before bed could be a really good way of tying this new habit to another habit that happens every day.
7. You can use our partner platform '[session X](#)' to discover short video sessions that will help you to work on your mobility.

Don't get overwhelmed

I know that this seems like a lot of things to think about, but we aren't implementing them all at the same time. These are the pillars of your lifestyle that support your health and well-being, and we can keep working on these section by section and tweaking them day by day until it feels like you've made a bunch of positive changes, without too much resistance or stress.

We have a lot of resources and it truly can feel like getting lost in a sea of new information! This is normal, but we don't want you to feel this way, and you don't have to because **you do have our support whenever you need it!**

If at any time you're feeling overwhelmed with where to start or what to do next, just talk to one of our team by sending an email to >> nicola@rossellfitness.co.uk