



### Be Bold. Be Fit.

Getting started on your journey to wellness



#### What you'll learn..

**Goals** Learn how to set realistic and achievable goals

**Food** What role nutrition plays in the success of your program and how to switch your thinking toward it

**Pro Tips** Tips on how to recover faster, get better results, fuel your body, and more.

**Program Guide** How to use the app to its full potential so you can reach yours



## Are You Ready?

"Stay focused, go after your dreams and keep moving toward your goals"

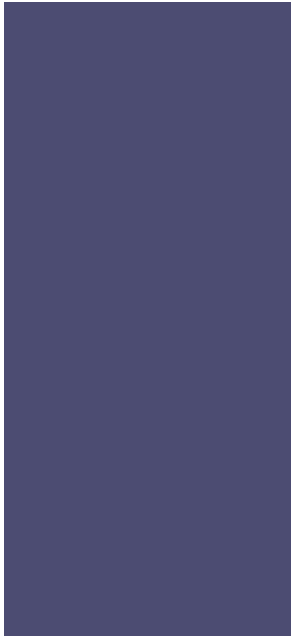
-LL Cool J

If you are reading this, congratulations, you are actively taking steps to a healthier and stronger you! Whatever your reason for starting, I'm glad you're here!

I started Chloe Puff Training for people like me, who are motivated to make fitness a part of their lifestyle, but also lead busy lives. As a mom of two and a business owner, my time is limited, but I've been able to maintain a healthy active lifestyle through it all, and all without a gym membership. I want to

pass along the knowledge I've gained through my own personal and professional experiences.

I am so excited to help you through this part of your journey! Let's get started!



"Goals are dreams  
with work boots on"

-Dave Ramsey

## How to set realistic goals, and CRUSH them!

It is easy to say you want to lose weight, or get stronger, but how do you put it into achievable terms?

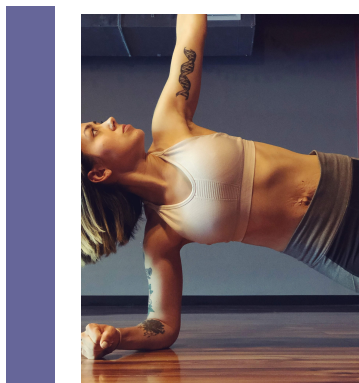
Start by developing a goal. Pick one goal, and focus diligently on accomplishing it! Try using a S.M.A.R.T. goal to help you outline what you wish to accomplish and write it down somewhere to keep yourself accountable.

Once you've made your goal, stick to it! Remind yourself WHY that goal is important. Knowing your motivation behind your goals is a great way to see them through.

Having an accountability partner can also be crucial to your success. Whether that is myself, a family member, a spouse, a friend, a gym buddy, whoever, just make sure it is someone who is ready to support you fully on your journey.

Track your progress and don't forget to celebrate your wins! If you are constantly focused on your progress you are more likely to keep going.

Lastly, try a behavioral contract. Set up a reward system for yourself to help keep you motivated. Pick a reward like a pedicure or a new athletic wear outfit that you will treat yourself to when you've reached a milestone.



### S.M.A.R.T. Goals

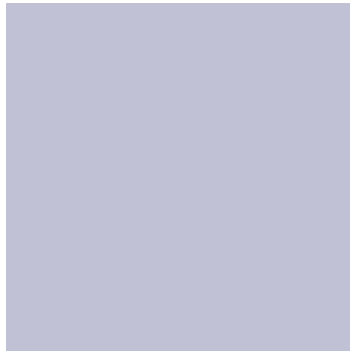
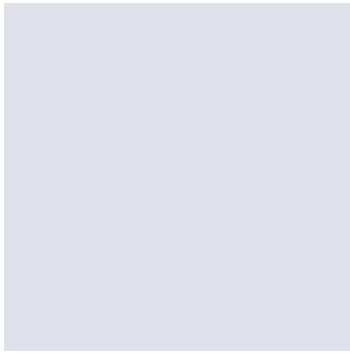
**Specific:** What do you want to achieve? How? Be detailed

**Measureable:** How will you measure your progress?

**Attainable:** Is your goal realistic? If you really buckle down can you achieve it?

**Relevant:** is your goal relevant to you? Does it make sense for your life?

**Time Bound:** When do you want to complete the goal?



# "What Should I Eat?"

## A Basic Guide To Nutrition

It is said that nutrition and healthy eating is 80% of the equation when it comes to seeing results, yet it seems to be the area people struggle with the most. It can be hard to know where to start, so here's a few tips to help you in the right direction.

Keep a food journal for at least 14 days and log *everything* you eat. This can be with an app like myfitnesspal or in a paper journal, or even taking pictures of each meal. Then reflect on your eating habits and ask yourself: "Is this fueling my body? Am I serving my body well?" You don't need to live off of wheatgrass and water but you should be able to tell fairly easily if you are getting a nutritionally dense variety. The benefit

of having me as your coach is that you can send me your pictures or link your myfitnesspal to your account and I can help make healthier suggestions.

Visit [choosemyplate.gov](http://choosemyplate.gov) for a simple overview of nutritional balance and eating well. Eating should be enjoyable, *and* serve your body. Use this resource as a starting point to get some ideas on what sort of balance you should have on your plate.

Eat with longevity in mind, not fast results. "Dieting" can be stressful, difficult, discouraging, and hard on your

**(continued)**

body. By making changes that are maintainable, you are more likely to create healthy habits that will stick with you your whole life.

Don't just jump in and overhaul everything at once. Start small, and work your way up to big changes. Swapping one meal a day for plant-based, or cutting out one trip to McDonalds a week, or switching from a daily latte to a black coffee can be great places to start.

Plan out your meals ahead of time. Knowing what you're going to cook and making sure you have the ingredients for it can make a big difference on what meal choices you make. Whether you enjoy prepping meals ahead of time, or cooking as you go, it is always good to make sure you have a variety of healthy staples available at all times.

Prep your snacks and watch your serving sizes. Snacks are important because they will keep you fueled through the day and will help you stay satiated between meals. Make sure your snacks are ready to go ahead of time, and are nutritionally dense (healthy balance of protein, carbs, and fats). Some good examples would be a rice cake with some nut butter and banana slices, or carrot sticks and hummus, or some crunchy roasted chickpeas.

There's no such thing as "cheat day." This verbiage is very common, but tends to promote a binge eating lifestyle. Instead of limiting yourself all the time and then going crazy one day, allow yourself to have some tasty treats throughout the week in moderation. I have a small piece of dark chocolate EVERY SINGLE DAY! By allowing myself to

enjoy what I'm eating, and not overdoing it, I am able to stay within my goals without feeling deprived.

When eliminating foods from your diet that you know you're consuming in excess, try using the phrase "I don't eat that" instead of "I can't." When you say don't, you are *choosing* to eliminate that food, rather than making yourself feel deprived. This language can help to guide you to better eating habits.

What works for one person may not work for another. Don't jump into a diet or meal plan just because you saw it worked for Suzy on instagram. Our bodies are all vastly different and have different macronutrient needs. If you are truly interested in a diet (such as paleo, keto, vegan, etc.) You should always talk to a nutritionist or another certified professional.

Unless you are at an athletic level of trying to hit body composition goals (like a specific body fat percentage) there is generally no need, unless specified by a doctor or nutritionist, to count calories. It is good to be *aware* of the calories you're consuming, but if you are just trying to get a handle on eating healthier, look at the nutritional density of your food rather than the calories. Here are the basics: you need calories to burn calories. If you eat an excess of calories and do not burn them off, generally speaking you may gain weight. If you burn more calories than you consume, aka a caloric deficit, you will generally lose weight.

If you focus on eating a balanced diet that is colorful, and is a good

ratio of fats to carbs to protein you're headed in the right direction. Your daily intake should be 45%-65% from carbohydrate (unrefined such as rice or potatoes or veggies), 10%-35% from protein (lean meats, legumes, soy, etc.), and 20-35%



"A healthy outside starts from the inside."

-Robert Urich

from healthy fats (nuts, avocado, coconut & olive oil, etc). These macros depend on your level of activity, age, health, and other factors.

## Pro Tips

Tips & tricks to keep you feeling great

So, you finally get started, you start making healthy choices, you're working out, but what about the rest? What about when you lose motivation? What about rest and recovery? Here are the answers to the most frequently asked questions I hear as a personal trainer.

**"How do I stay motivated?"** Motivation will come and go. Remembering why you started may help with your motivation but what do you do when you *aren't* motivated? You put plans in place so you can stay committed and disciplined and do it anyway. If your excuse is "I forgot my workout clothes" then make sure you have an emergency gym bag packed and waiting in your car, or keep your gym clothes folded by the door to take with you when you leave, or put them on first thing in the morning and get it done before you start your day.

**"I am so sore, what can I do?"** Soreness can be no fun, especially when you're just getting started in a fitness program. To prevent soreness, make sure you are drinking plenty of water, getting a good warm up *and* cool down before and after your workout, and add light stretching to your routine when your muscles are warm. Eating a healthy pre and/or post workout snack that has plenty of healthy protein can help with muscle repair. To help reduce existing soreness, you can stretch, use a foam roller or tennis balls, take a warm shower or use a heating pad, or if necessary you can take an anti-inflammatory such as ibuprofen (as approved by a healthcare professional). Once your body starts adapting to the neuromuscular changes you will notice your soreness should lessen over time.

**"Should I be taking supplements?"** Short answer: No. As appealing as the ads for the newest and best pre-workout, or

"fat burner", or miracle powder may seem, you ALWAYS want to ask your doctor before taking supplements or vitamins of any kind. Many supplements are not regulated by the FDA and therefore could be potentially dangerous if you do not have doctor supervision. Remember, it may work for a short while, but you will find long-lasting results by depending on healthy habits and lifestyle changes over a "magic cure" in pill form.

### **"How do I find the time to work out?"**

Time is like money, you have to budget and spend it wisely. You have to figure out ways to create more space in your day by making small adjustments, such as waking up 15 min earlier, and spending 20 min less browsing your favorite website, or exercising on your lunch break. If you decide something is a priority, you make time for it. Choose to make fitness an important non-negotiable thing and start setting aside time specifically for it each day.

### **"I'm frustrated that I'm not seeing results. Why am I not seeing changes?"**

If you feel like you have hit a plateau or you're not seeing results, there are a number of factors that may play into it. Have you been consistent with your workouts? Have you been focused on your nutrition? Are you following the plan to a T? Do you have genetic factors affecting your body composition? Make sure you come to me with your concerns so we can make any necessary changes to your plan. There are lots of solutions, let me help you before you give up hope.



## Using The App And Tracking Progress

The app allows me to keep you accountable, see your progress, stay in contact, send you tips, and make changes to your program, and it can all be done when *you* have time for it! The app allows me to connect with clients without needing to carve out a huge portion of your day to meet with me in person. I recommend taking progress pictures and measurements before you start your program. Each workout has video attached so you can see the movement and learn the proper form. Make sure you check in and track your workouts! You can leave notes in your workouts on any moves you have questions about. Programs and workouts can be changed at any time if necessary, and you can even move the days around once they're in the calendar. Be sure to watch the getting started video when you sign up, or message me with questions!

**Be Bold. Be Fit.**

Accountability at the palm of your hand!



**Be Bold. Be Fit.**

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