



strong

nourish

believe

restore

sheree king

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and does not replace medical diagnoses or recommendations

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SPICE HEALTH & FITNESS IS A GLOBAL LEADER IN WOMEN'S FUNCTIONAL STRENGTH TRAINING

We teach your body to work functionally for everyday tasks, goals and challenges. At the core of our wellness philosophy is simplicity and sustainability, to nurture a balanced lifestyle founded on our four key wellness pillars:



Strong—maintain, or regain, no matter where you are in life

Nourish—fuel your body with nutritious foods every day

Believe—if you think you can, you will

Restore—the mind, body and spirit all need time out. Rest

A woman with blonde hair is performing a kettlebell exercise on a wooden deck. She is wearing a black and white patterned tank top and a black and white patterned skirt. She is holding a red kettlebell with her right arm raised high. Her left arm is extended to the ground for support. The background shows a body of water and trees under a blue sky with clouds. The entire image has a pinkish-red tint.

strong

OVERVIEW

While fitness trends come and go, *Use it or lose it*, remains a sound principle

We all move everyday but injury, illness, ageing or mindset can limit mobility, resulting in many people giving up and accepting those limitations. Ordinary movements such as getting up and down off the sofa, picking something up from the floor or stepping off the kerb, all use multiple muscles, require strength and benefit from greater flexibility and stability.

Muscle not used, deteriorates

In the last decade the awareness of the benefits of strength exercise has increased significantly. While the benefits of cardio fitness (such as walking, cycling, swimming, running) has often been advocated, increasing evidence demonstrates cardio fitness alone is insufficient and needs to be complimented with strength training. More and more women are specifically seeking strength exercise, not for vanity or as a weight loss tool, but as a preventative measure against chronic diseases and conditions such as osteoporosis, arthritis and back pain. The latest medical research in cancer now promotes strength training exercises pre-, during and post treatment plans. Having a stronger body also gives confidence and independence in everyday life, and the older we get the more important this becomes.

Maintaining (or developing) your ability to be flexible and move well is critical

As well as staying strong, we also need to stability and mobility in our bodies in order to stay independent, doing all the things we want to do in life. Flexibility is traditionally associated with exercise programs such as yoga and pilates but many everyday ailments can be alleviated through programs that target stretching—not just a single muscle such as a glute, hamstring or calf, but muscle chains that connect calf, hamstring, glute, core, etc. These are key to tackling everyday movements such as bending over then reaching out, reaching up high to collect an item, stepping up on something high or simply getting up from the floor easily.

We usually aren't aware how many normal circumstances require balance and stability - the strength to carry something heavy in one hand while climbing stairs, stepping off a kerb and looking sideways or getting out of a chair. Being prepared for an unexpected fall, push or trip can avoid serious, and potentially life-altering consequences. Many people develop work-around solutions to achieve or avoid these tasks instead of simply improving balance and stability.

Functional strength training replicates the things we do in everyday life

Like chopping wood, putting a baby in a car seat, lifting luggage into an overhead aircraft locker, carrying several shopping bags then lifting them onto the bench, or getting up and down and bending while working in the garden.

Staying functionally strong as we get older is crucial to maintaining independence and is something we all need to be doing. For most people, 2-3 strength training sessions per week is ideal—especially if those sessions are supported by leading a fairly active life, eating a balanced diet, staying well rested and keeping on top of stress.

How will you incorporate strength training into your weekly routine?

FUNCTIONAL MOVEMENTS

There are many everyday moves that involve strength, endurance, flexibility and stability, and many of these movements are performed simultaneously, linking muscle chains for strength, stability and effort.

This is the essence of Functional Strength Training

CARRY



Carrying involves holding a load, such as a child, pot plant, or 10kg bag of mulch to spread around the plants. It may also involve walking a distance with the load, for example taking grocery bags from the store to the car. Loaded carries build strength in the core muscles, abdominals and the upper and lower back, and stabiliser muscles work hard to protect the torso from leaning too much to one side (over-rotation).

CRAWL

The crawl is a cross body exercise, where the opposite hand and leg move simultaneously, and uses every muscle—including shoulders, abdominals, quadriceps, calves and glutes. Kids use a lot of these muscles when they scamper across the floor to retrieve something without even thinking about it. If you missed out on crawling as a baby, you have missed an important milestone and may experience a lack of coordination throughout your life.



GETUP



Getting up from the floor is an essential movement and learning to get up without holding onto furniture can be a case of survival if you're alone, fall over and can't lift yourself back up again. If it's cold and you're unable to get up, you could be in real trouble. A getup strengthens multiple muscle groups, including the arms, shoulders, core and legs.

LIFTING BENDED

This movement pattern is initiated when we bend over to pick something up from the floor, weed the garden, or lift something up from a lower position to high. It's common in everyday life, from picking a baby up from their cot to lifting a heavy package from the boot of the car.



LIFTING OVERHEAD



The deltoids (shoulder muscles), upper back and triceps activate when you lift something overhead. In addition, the core and hips work hard to maintain stability. There are many times when we need to lift overhead, such as putting carry-on bags on a plane into the overhead locker, or when that heavy cooking pot needs to go back onto the high shelf in the kitchen.

LUNGE

If you're out walking and need to take a big step over a log, or step over the dog on the lounge room floor because he just won't budge, you will lunge. The lunge activates all the muscles around your hip joint, so improves strength and stability, as well as being a great way to tone and strengthen the butt and legs. The glutes, hamstrings, quadriceps, calf muscles and abdominals are activated while back muscles act as stabilisers.



PULL



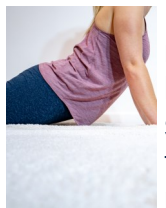
There are a variety of pulling methods, such as a vertical pull you would do on a pullup bar which strengthens muscles in your shoulders, upper back, core and arms. Or a pull where you bring something towards you, such as dragging a kayak to the beach, or a disobedient dog who doesn't want to go home yet. An activation of the core is essential in any movement where you are pulling something towards you.

PUSH

There are a variety of ways we use a pushing movement. You might push a child in a stroller up a steep hill, a wheelbarrow loaded with dirt in the backyard, or simply rearrange your furniture. The pushup develops the upper body strength needed for these functional movements in everyday life. It works on core strength and develops shoulder strength and stability.



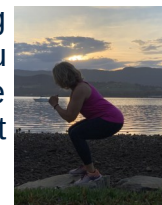
ROLL



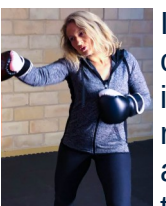
Rolling is a basic move using upper and lower extremities, and the core, to move from one side to the other. It involves coordinated movements of the head, neck and upper body. Although rolling is a normal developmental stage in infancy, it continues to be used into adulthood when you need to turn in bed. It's also fun to get down on the floor with kids or grandkids to play and tumble around.

SQUAT

We all need to squat. The squat is a compound, full body exercise using thighs (quadriceps), hips, buttocks, and hamstrings. If you can't squat you need to learn how, as every time we sit down or get up off the toilet, we squat. When getting into a car, we perform a one-legged squat with a twist to get in.



TWIST



If you work at a checkout, play golf, or move groceries from a trolley into the car, you twist or rotate. We often twist the same way a lot of time so it's important to rotate the other direction to maintain balanced muscles. An anti-rotational move is when you hold your core on to prevent movement, such as standing still if your dog is tugging on the lead. You are trying to resist the twist, so core and stabiliser muscles work to prevent you being pulled over.

BARRIERS TO FITNESS

We all know we need to stay fit and healthy but there are often barriers to fitness that can feel insurmountable - things like time, motivation, money, current fitness level, weight, age, pain, illness, or even just lack of equipment. But if we look at these barriers we'll find there's always a way if you're willing.

Many people who get to the gym but sit at a desk all day, are actually sedentary. Those who have an active job but don't go to the gym or participate in exercise classes are not sedentary and reap the rewards of this.



The World Health Organisation states that 60-85 per cent of the population around the world does not engage in enough activity.

We are designed to move. To lift, push, pull, climb, walk, and multiple other movements. If we lived a nomadic existence there would be work to do everyday - finding food, cooking, cleaning or tending to animals.

With a sedentary lifestyle comes the risk of anxiety, depression, cardiovascular disease, obesity and so much more.

Technology has allowed us to sit in one place and do everything we need. We only need to press a button to turn the washing machine on or take up the roller door so we can park our car. Let's reclaim some activity back into our lives with incidental exercises!

- using a standing desk is equal to a one hour brisk walk
- we can get up and walk around every hour at work
- take the stairs instead of the lift
- try out some stair runs or a brisk walk outside in your lunch break
- or move around and stand up for a while when you're on the phone

What can YOU add into your day to get you more active?

If time is an obstacle...

try taking a short period of time - even if it's only 10-15 minutes - and get the biggest bang for your buck. This might be joining a few strength training moves together without much of a break so it gets the heart rate going.

You may have a skipping rope in your garage so you can do some skips each time you go to your car, or go for a brisk walk in your launch hour. Or take the stairs rather than sitting down.



If motivation is just not there...

try getting together with a friend or join a supportive group where you can motivate one another. Stay accountable to someone.

Age is no barrier!

You start at your own level and you always aim to improve yourself. You are competing against no-one else but you, so be the best you that you've ever been.

Pain, injury and illness...

also shouldn't prevent you from pursuing a strong, fit healthy body. Work around your physical condition, be aware of moves that cause pain and find alternatives. If you have a flare up of an illness or disease rest, be kind to yourself and when you can, recommence your fitness regime. You may need to restart at a lower intensity with lighter weights.

As far as equipment goes...

in our Spice Strong online programme, you don't need any equipment if you don't want it, but if you wanted to then it's just a fit ball (about \$8), a band (around \$10) and a kettlebell (\$10-20). All of which can be purchased from big department stores like K Mart. You can also make your own weight with a container filled with sand or water.

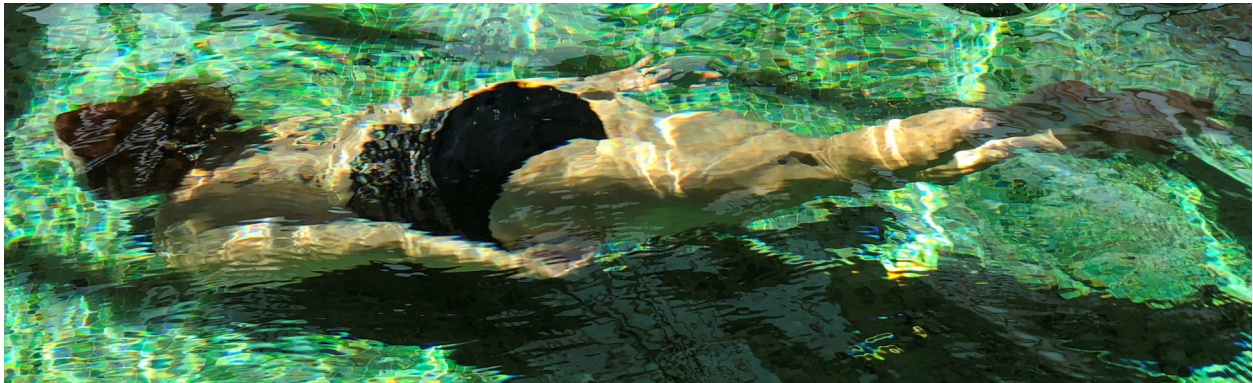
We've also made our programme very affordable at under \$5 per week and we'd love to see you in there!

INCIDENTAL EXERCISE

Incidental exercise is any activity performed throughout the day, with an accumulating effect that results in an increased level of daily activity.

There are many types of incidental activity you can start to include in daily life

- Take the stairs
- Walk or cycle instead of driving
- Walk to the television to change channels
- Move, stretch or foam roll while watching television
- Park further away from your destination



- Play with your children or grandchildren
- Stand up and move every 30 minutes
- Walk up and down every aisle in the supermarket
- Gardening
- Housework
- Leave the washing basket further away from the washing line
- Do an extra lap around the lounge room when you need something
- Meet a friend for a walk rather than coffee
- Stand up on public transport
- Leave your phone in another room
- Take your dog - or a friend's dog - for a walk
- Get off public transport two stops early
- Go for a walk in your lunch break
- Walk to your colleagues rather than email or phone
- Wear a fitness tracker or utilise a mobile phone app
- Do pelvic floor exercises or squeeze your glutes while driving

STRENGTH TRAINING WORKOUTS

Warm up

Warmups are designed to gently raise your heartrate and get the blood flowing through the body more efficiently before engaging in the more intense part of your workout. This helps to loosen joints and increases blood flow to muscles which aids in injury prevention.

If you've been quite active and feel warm already, doing a dedicated warm up is not usually necessary.

If you're feeling cold and stiff, then try to spend 5-10 minutes doing any kind of activity that will start to raise your heart rate—such as a brisk walk, gardening, housework, dancing, or even gentle strength exercises such as a few slow squats, lunges or calf raises.

Workout

On the Spice Health & Fitness social media channels you can find a variety of video workouts. Many are bodyweight, but some may also use a weight—which can either be purchased or made yourself by filling a container with sand or water.

Try doing one of the following workouts several times this week—by repeating a workout you will become more adept at doing the exercises.

[Standing Bodyweight Workout for Beginners](#)

[Floor Bodyweight Workout for Beginners](#)

[Kettlebell \(weighted\) Workout](#)

[Bodyweight Workout done with a Broken Leg](#)

If you want a longer workout, you can either repeat one of these, or string a couple together. When paired with a 5-10minute warmup and a 5-10 minute cool down, you will have a good solid 30 minute workout altogether.



Cool down

Walk around gently until your heart rate starts to settle, then ensure you do some stretching. It's particularly important to stretch any areas that are tight. Please refer to the stretching information on pages 30 and 31 for more details.

The background of the image is a close-up, slightly blurred view of several wooden punnets filled with ripe, red strawberries. The strawberries are bright red with visible green leaves and small white seeds. The lighting is soft, creating a warm, inviting atmosphere. A dark blue rectangular box is superimposed over the center of the image, containing the word "nourish" in white lowercase letters.

nourish

OVERVIEW

Have you been on the yo-yo diet merry-go-round?

Jumping from one fad to the next because your neighbour or some celebrity had success? Many of us have and many of us still are.

Health and wellness means nourishing your body, moving it regularly and caring for your mind. In an era of fast fad diets we believe in a holistic approach, supporting you to make small lasting changes that become achievable and set you on the path to success.

There are so many voices vying for your attention on the latest, greatest or newest coolest exercise or weight loss plan. Yes, you'll get some success, who wouldn't if all you had were shakes or cut your intake?

The problem though is that most aren't sustainable and have you yo-yoing back and forth.



At Spice we follow and educate our clients on simple and sustainable key nutritional lifestyle principles:

UNPROCESSED

MODERATION

BALANCED

ENJOYMENT

We've seen so much success, not only with weight loss but general well-being. While cold turkey changes might work for some, we've found for most people creating a one-habit-change pathway is the key to success. We teach you to apply these habits and lifestyle change support across our four key areas.

NUTRITIONAL PRINCIPLES

Unprocessed

It's well established now that eating real, unprocessed food is ideal. However, many of us can stumble at implementing an unprocessed diet as a lifestyle. The goal is to work towards implementing a diet that is primarily unprocessed while accepting there are many associated family and lifestyle challenges to contend with.



Moderation

One of the easiest strategies to implement for healthy nutrition lifestyle is moderation—and understanding satiation. Essentially it's eating until you are satisfied, not full. The experts explain we should be eating until 80 per cent full, then stopping. There are also complimentary techniques like chewing and slower eating that support this principle. Together, changing habits and having accountability will help you implement and maintain success.

Balanced

Government food agencies have been spruiking the need for a balanced diet across the main food groups. The health and fitness industry advocates the need to eat six or more smaller daily meals for metabolic burn, what to eat pre and post workout to maximise weight loss or muscle gain, plus the countless supplements needed to trigger various outcomes. There are many options and levels of success but if it's not simple, it's not sustainable. A basic rule of thumb can work well—look at the five food groups in the Australian Dietary Guidelines and ensure each meal has foods from at least three groups.

Enjoyment

Food should be enjoyed and celebrated. Much pleasure and emotional satisfaction can happen when sharing a meal with family and friends. It's okay to eat those high-calorie, preservative-rich processed meals occasionally—nobody wants to be the party pooper when invited out for a meal. Those foods or restaurants that don't quite fit your new nutrition strategy, can become an occasional treat rather than a daily habit. Simplicity is the key to sustainability. Temper it with *substitutivity* and you'll find *success-ability*.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Vegetables and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



HEALTHY HABITS

For anyone who feels their dietary intake, needs some tweaking the following habits can assist.

Eat slowly and stop when you're 80 per cent full

When we eat too quickly we don't give our bodies a chance to feel the sensation of fullness. It takes about 20 minutes for our brains to register the feeling of satiety, so if we wolf down food we often end up eating way more than we need to.

Our goal when first starting this is to take a seat, take away distractions such as the television, take smaller bites, chew the food completely, and taste your food. Take your time and be mindful of what's in your mouth. You may even choose to have a mouthful of water in between each bite. Even if you only slow down a little and take time eating this can change the total amount of calories you take in before the brain registers *full*. From here the aim is to eat only until you're no longer, hungry instead of eating until you're full.

Eat nutrient and protein dense food with every meal

There are so many vitamins and minerals in vegetables and fruits and they also add an alkaline load to the blood which counteracts the acidity of proteins and grains and balances things out well, and also helps to preserve bone mass and muscle mass. Having vegetables at each meal can be beneficial in so many ways: they help to fight cancer, fight free radicals, are acid neutralising and give loads of micronutrients, so they certainly need to be included in the diet.

Have at least two servings of fruits and/or vegetables per meal

Half a cup of raw chopped fruit or veggies, or one cup of raw, leafy vegetables each equal one serving. Ten servings of fruit and veggies per day is ideal but this can be slowly increased if that has not been done before.

A protein serving for women is the size of your palm. Protein should be included in most meals and can be found in: lean meats and fish such as ground beef, chicken, turkey, venison, salmon or tuna. In eggs and dairy such as cottage cheese, Greek yoghurt and cheese; beans, peas, legumes, tofu, tempeh; protein supplements such as whey, milk protein blends or plant based protein supplements such as pea, hemp, rice or soy.

Eat healthy carbs and fats

You can eat these foods fairly often: vegetables such as broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, zucchini, beets, bok choy, lettuce, radish etc.

But cut down on refined carbs such as desserts, fruit juice, processed foods, soda or sports drinks.

About 30 per cent of your diet should come from fats

These should comprise mostly monounsaturated fats such as macadamias, pecans, almonds, cashews or pumpkin seeds. And polyunsaturated fats such as fish oil, hemp seeds, walnuts or chia seeds. Some fats can also be taken from the saturated fats found in eggs, butter, cheeses, coconut oil.

COCONUT, LEMON & CHICKEN SOUP



Ingredients

5cm fresh ginger	400 g coconut milk
2-3 cloves garlic	30g lemon juice
5 sprigs coriander	2tspn coconut sugar
2 spring onions	2 tbsp fish sauce
1 red chilli (optional)	sea salt, to taste
1 tspn turmeric	300g diced chicken
1 litre chicken stock	

Method

1. Place ginger, garlic, coriander, spring onions and chilli into a food processor and chop finely.
2. Place chopped herbs etc into a large saucepan, add turmeric and chicken stock.
3. Bring to the boil, then reduce to a simmer for ten minutes.
4. Add coconut milk, lemon juice, coconut sugar, fish sauce and sea salt, simmer for a further ten minutes.
5. Add chicken, simmer a further ten minutes.
6. Serve with fresh coriander.

CAULIFLOWER SOUP

Ingredients

whole cauliflower, roughly chopped
2 leeks, roughly chopped
3 cloves garlic, crushed
1.5 litre vegetable stock
1 tbsp soy sauce
½-1 tspn ground black pepper
Milk (as required)



Method

1. Place all ingredients, except milk, into a large saucepan. Ensure vegetable stock just covers vegetables.
2. Bring to the boil with lid on, then reduce to simmer without lid for approx 30 minutes, or until vegetables are soft.
3. Process soup with a stick mixer or blender for 1-2 minutes.
4. Add milk until desired consistency is reached.

PUMPKIN & FETA SALAD

Ingredients

whole pumpkin, diced into 2cm squares
1/4 tspn Cajun spice
2 tbspn olive oil
150g feta cheese, crumbled
100g roasted pine nuts
3 spring onions, finely diced
100g baby spinach leaves



Method

1. Preheat oven to 200c
2. Coat diced pumpkin with olive oil and spread in a single layer onto oven trays lined with baking paper
3. Bake for 30-40 minutes, or until pumpkin is browned
4. Mix Cajun spice through baked pumpkin and refrigerate until cold
5. Combine pumpkin with all ingredients and mix thoroughly

ASIAN STIRFRY

Ingredients

5cm piece ginger, finely diced
1 garlic clove, diced
olive oil
3 spring onions, finely diced
1 carrot, julienned
300g chicken, cut into strips
1 lime, freshly squeezed
1-2 tbspn fish sauce



1/4 red capsicum, finely sliced
1/4 green capsicum, finely sliced
1/4 Chinese cabbage, finely sliced
100g snow peas, finely sliced
200g roasted peanuts
Fresh coriander leaves
1 red chilli, finely diced
200g rice noodles

Method

1. Prepare rice noodles as per packet instructions
2. Heat oil in wok, add cook garlic, ginger and chicken. Stir-fry until chicken is browned.
3. Add lime juice and fish sauce. Fry 1 minute
4. Add capsicums, cabbage and snow peas. Stir fry until vegetables are heated through but still crisp. Add peanuts.
5. Serve with rice noodles and garnish with coriander and chili as required

BREAKFAST SMOOTHIE

Ingredients

- 1 ripe banana
- 30g rolled oats
- 2 tbspn Greek yoghurt
- 150g milk (vary to taste)
- 8 ice cubes
- Pinch ground cinnamon



Method

1. Place all ingredients into blender and process for one minute

SALTED CARAMEL SMOOTHIE

Ingredients

- 1 ripe banana
- 50g peanuts (or peanut butter)
- 2 pitted dates
- 150g milk (vary to taste)
- 8 ice cubes
- Pinch ground cinnamon



Method

1. Place all ingredients into blender and process for one minute

RAW CACAO SLICE

Ingredients

- 1.5 cups almonds
- 1.5 cups dates
- 1/4 cup pepitas (pumpkin seeds)
- 1/4 cup sunflower kernels
- 1.5 tablespoons coconut oil
- 1.5 tablespoons cacao powder



Method

1. Blend in high-speed processor until finely ground.
2. Place in a slice tin in the fridge, or roll into balls then coat with desiccated coconut.
3. Keep in the fridge until eaten

believe



OVERVIEW

The biggest saboteur and most unsupported aspect of any health and wellness program is our mindset. Developing new health and wellness habits is both physical and psychological. We believe that with the right encouragement, support and belief, you will not only achieve your goals, but exceed them.



At Spice we create an environment of encouragement and support, and share important mindset strategies to help you achieve success, now and into the future. We believe in lasting change for mind and body and we support you through all the ups and downs of your wellness journey.

Additionally, we look at identifying and overcoming negative mindset triggers, along with other areas of wellness behavioural lifestyle change. Everyone has moments of relapse with old habits—we encourage you to stay positive, then help pick you up and continue moving forward.

Sustained success hinges on learning positive behavioural habits and pathways

We want you to look at your current habits—good and bad—and start to make one change that will take you towards a healthier you. Focus on that change for a whole week, then look at making another change. Week by week, you'll change into the person you want to be! Some changes may take more than a week to feel comfortable—that's fine. Just stick with the one change until you feel comfortable.

We have a goal setting worksheet to help you with changes and then we want you to look at your mindset. Try adopting an *Attitude of Gratitude*. Sure—it sounds cliché, but science shows it actually works. And finally, look at your stress levels and actively work to reduce stressful times and situations.

At Spice we believe you deserve to Live Your Best Life

CHANGE ONE HABIT THIS WEEK

Habits are small daily changes we make to get to the place we want to be. The more we practise them the more they become part of our lifestyle.

Do you ever feel overwhelmed by trying to make too many changes all at once?

It becomes much easier when you focus on making just one change at a time so this week I want you to pick one thing you feel you would like to change and make this your habit for the week. It may be that you're not consistent at moving your body so this week may be that you participate in each workout for at least 10 minutes so you can start to form this habit of moving. Another example may be that you are going to add dark greens to every meal this week. We won't tell you what to eat or how long you need to workout - it's your choice.

Choose something that will really have a great impact on your life.

Write it down: whatever it is, when you'll do it, who will be your accountability buddy, and add in if you feel there's something that could stop you from achieving it. Look at the downloadable document for common habits that other people work on and you may find that you can relate to one or some of these. We want to know what your "new" habit is because by declaring it publicly you are making a firm commitment to do it. If you don't feel comfortable within this group tell some family or friends who you know will be supportive.

Some guidelines for changing habits

Make only one change at a time. Because we are only together for a week see if you can make at least one change this week and then another change each week after that. If that feels overwhelming then one change each month. Before you know it you will be on your way to be the person you want to be.

Make the change so it is easily manageable and that you can easily achieve it most days of the week.

As with any changes we consciously make in life, have it **Specific** (nail it down), **Measurable** (how will you know you're achieving it), **Achievable** (it's not out of reach and fits easily enough into your everyday life), do it **Regularly** (try to be consistent with the time and place), and then check in with yourself (or a friend) daily so you have some accountability.

You have read this book for any number of reasons. It may be to get yourself up off the chair and start moving. Or because you're already in pain and want to help this by getting muscles stronger. Or it may simply be that you're already doing well but want to get fitter and stronger.

Whatever it is, we are here to help.

COMMON PROBLEMATIC HABITS

We all have habits. Some are good (brushing your teeth regularly, going to bed at a sensible time) and some are not so good (big list below!)

A habit is a problem when it has a negative impact on your life or the lives of those around you.



Choose ONE habit you would like to work on changing.

This is a list of common habits people find problematic - maybe you relate to one of these or maybe you already know what you need to change.

- Spending too much time sitting
- Overexercising
- Not exercising at all
- Not stretching after exercise
- Rewarding exercise with junk food
- Regularly eating out or getting takeaways
- Mindless eating
- Emotional eating
- Under- or overeating
- Eating too quickly
- Insufficient fruit and/or vegetable intake
- Unbalanced dietary intake
- Portion sizes - too big or too small
- Excessive salt and/or sugar intake
- Nibbling while cooking
- Not drinking enough water
- Consuming sweetened drinks regularly
- Excessive or uncontrolled alcohol use
- Inappropriate drug usage
- Smoking
- Overspending
- Emotional shopping
- Spending too much time on your phone
- Wasting time on social media or the internet
- Watching too much television
- Using devices late at night
- Poor sleep hygiene
- Poor posture
- Biting fingernails
- Working too much - unbalanced lifestyle
- Lack of routine
- Worrying all the time
- Not dealing with stress
- Procrastination
- Being indecisive with simple decisions
- Saying "yes" too often
- Giving up too easily
- Perfectionistic thinking
- Distracted driving
- Being pessimistic about everything
- Saying "yes" to everything
- Negative self-talk
- Social withdrawal
- Gossiping
- Monopolising conversations
- Being overly critical
- Being argumentative
- Being a know-it-all
- Hoarding
- Running late all the time

GOAL SETTING

It's important to identify why your goal is important to you, in order to gather the motivation to follow through with your commitments. So many people will start a new fitness regime only to quit soon after because it's all too hard or just not as important as the other things in life. To create lasting change, make a plan.

Do you want more strength to push a wheelbarrow around? Increased fitness to keep up with children or grandchildren? A slimmer or firmer waistline for that favourite pair of jeans? Greater mobility and stability to maintain independence? Whatever it is, you have a goal.

Write it down, tell someone, and remember why you started

We often aim for the really big goals – run a marathon, lose a lot of weight, improve health outcomes – but big goals aren't met in a day. To stay motivated, we need to witness change and feel successful.

Use the goal setting worksheet to ensure your goal is **SMART** – **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imebound – and to think about the **TIME** acronym. Tasks you'll do **T**oday, in the **I**ntermediate term, **M**onthly, and your **E**ventual goal. Breaking that big goal into smaller, achievable milestones helps keep you on track.

What has motivated you in the past? When you've achieved a goal or made a lasting change, what strategies helped you along? Try to utilise the strengths and motivators you already know work for you.

The final thing we all need to stay motivated, is accountability. Who's going to support and encourage you when you're not in the mood? Where will you turn if you don't understand?

Find yourself a community of like-minded people – either in person or online. Connecting with other people who support and understand your goals will make a world of difference – to you and to them.

Do you have people in your life that will support you in your journey?

Have you told them about your goals and how you'll achieve them? Make sure you do! Because there's nothing better to keep you on track than having an accountability buddy.



S.M.A.R.T

Motivation ebbs and flows in life. That first flush of excitement fades over time so we need to create accountability for ourselves. Take a moment to write down a goal and see how you can set yourself up for success over the next twelve months.

- Specific: What is your goal? _____
- Measurable: How will you define success? _____
- Achievable: Is it practical? _____
- Relevant: Why are you doing it? _____
- Time-bound: When will it be achieved? _____



T.I.M.E

It's easy to aim for big time goals, new years' resolutions, or "end results", but in the meantime, we live day-by-day. Break your goal into smaller, achievable milestones so you can witness your progress and success along the way, helping to maintain your motivation.

- Today: What will you do in the next 24 hours? _____
- Intermediate: How can you plan this week? _____
- Monthly: Where will you be in a month? _____
- Eventual: What results can you expect in a year? _____

AN ATTITUDE OF GRATITUDE

Today I am grateful for these three things

These three things make me smile

I appreciate the sound of...

A challenge I can overcome today is...

MIND YOUR STRESS

In a perfect world, we'd all live by our core values and beliefs and be achieving our goals. We don't live in a perfect world. Instead we're riding the rollercoaster of reality, and sometimes that means facing unwanted, undeserved, or unpleasant stressors. How are you facing these challenges? Where do your priorities lie? Is there anything you need to change?

Stress

Stress is psychological pressure that triggers a primal response called the fight, flight or freeze reaction. Prolonged or repeated exposure to stress can lead to detrimental physical and psychological consequences. Learning to manage stress before it spirals out of control is a valuable addition to a modern lifestyle toolkit. Unmanaged stress can lead to:

- insomnia & fatigue
- headaches
- reduced productivity
- reduced immunity
- anxiety & depression
- heart disease



Relaxation

Relaxation can be conscious or unconscious. If you're holidaying in the Mediterranean you probably don't need to think about relaxing – it's bought and paid for. But if a trip to Ibiza is not on the cards next time you're stressed, here's a few more immediate ideas to focus on good mental health & well-being.

- exercise, tai chi, or yoga
- progressive muscle relaxation
- self-soothing techniques
- art, music, aroma, hydro or massage therapies
- visualisation or writing

Meditation

Meditation is relaxation brought together with heightened awareness. Meditation and mindfulness have become popular buzzwords in recent years - and with good reason. They work. Setting aside time each day for a meditative practice is a good way to keep yourself on track with your core values and life goals. There are myriad ways of meditating - and an app to suit everyone. Here's a simple breath meditation:

- sit or lie comfortably, relaxing anywhere that feels tense
- gently close your eyes
- breathe naturally
- focus on each inhalation & exhalation
- notice the rise & fall of your belly
- if your mind wanders come back to the breath

Mindfulness

Mindfulness is the art of paying attention. It requires no extra time in the day, but rather being in the here and now - not living in a past which can't be changed, or projecting into a future which can't be predicted. Grounding is a technique for extreme stress - hone in on your surroundings with your five senses. For daily mindfulness practice you can try:

- focused listening to conversation or music
- taste, texture, scent & sight of food
- sights, sounds & scents when walking
- do a body scan, noticing all the sensations
- apply single minded attention to tasks
- when resting focus only on here & now



restore

OVERVIEW

In a fast-paced world we all need to learn how to take time out and gain perspective on the events of our lives. We need habit-changing pathways to improve sleep and reduce stress, and adopt healthy changes to nutrition and exercise habits. Rest and recovery is crucial at any age, but particularly important as you get older and when engaging in an exercise program.



Arguably the most important, but most sacrificed area of health and wellness, is allowing time to rest, recover and restore our body, mind and soul.

We all know we need to, but busy lifestyles, time constraints and conflicting demands can cause us to cut corners that impact us in a negative way. Many people will keep pushing through when rest and recovery is needed, or void relaxation only to increase stress levels that have a significant impact on our physiology.

There's no magic bullet or pill—only acknowledgement and implementing a strategy of being kind to ourselves and becoming aware of what our body is saying and needing.

The reality is, the older we get the more important rest and recovery becomes, particularly when you engage in an exercise program.

Nobody can find those extra hours for you, but you do need to find habit changing pathways to improve sleep, reduce stress and ensure that your lifestyle becomes a balanced, healthy way of living—so you can enjoy this one life you have.

STRETCHING



Stretching is a great tool to use in conjunction with strengthening as it helps to lengthen out muscles that are short and tight. This gives flexibility to allow a good range of motion in the joints. Tight muscles are at risk of being torn or pulled if you need to use them suddenly, such as doing a sudden sprint to the car when it rains.

There are many important benefits to regular stretching

- reduced pain and stiffness
- greater range of motion
- improved muscle function
- reduced risk of injury

and a couple of important rules

- don't stretch when cold as insufficient blood flow can lead to damage
- hold stretches for at least 30 seconds if possible
- you may feel tension, but shouldn't feel pain during a stretch

There are many different ways to stretch

Static stretches are held in a challenging but comfortable position for 10 to 30 seconds - or longer. Static stretching is generally done after activity. It is the most common form of stretching found in general fitness and is usually considered safe and effective for improving overall flexibility.

Dynamic stretches involve gentle movement as the joints and muscles go through a full range of motion and is most often used as a warmup exercise. Typically the stretch is held for a few seconds, sometimes incorporating movement in other parts of your body before releasing in a slow-motion back to the starting position. Each movement is repeated 10-12 times.

Passive stretching uses external assistance such as body weight, a strap, leverage, gravity, another person, or a stretching device. The muscle is kept relaxed while the external force applies gentle pressure then holds the stretch in place. Passive

stretching doesn't require a lot of work, but it's important the external force is careful, as applying too much pressure can cause injury.

Active stretching involves contracting a muscle in opposition to the one being stretched, without any external assistance. The stretched muscle remains relaxed, while the opposing muscle initiates the stretch. This type of stretching can be difficult due to the required muscular force, but as the stretch is controlled by your own strength, there is a much lower risk of injury.

Equipment such as a foam roller, fitball or tennis ball are effective at relieving tight spots. Foam rollers are great for myofascial release and are used by rolling the affected area over the roller or holding in position over a tight spot until the tightness recedes. Tennis balls can be pressed firmly into tight areas and held until the muscle releases. Fitballs are fantastic for stretching and working on balance simultaneously.

The most commonly stretched muscle groups

Quadriceps are found at the front of the thigh and are comprised of four muscles - vastus lateralis, vastus medialis, vastus intermedius, rectus femoris. They are the strongest and leanest muscles in the body and the major force behind straightening and extending the knee. Tight quadriceps can impact the hamstrings and gluteal muscles.

Hamstrings are found at the back of the thigh and are comprised of three muscles: biceps femoris, semimembranosus and semitendinosus. The hamstrings start just under the gluteus maximus then attach to the tibia at the knee. They are critical in hip and knee movements.

Calf muscles are comprised of several muscles, including the gastrocnemius (upper calf), soleus (lower calf) and plantaris. They are central to movement in the ankle, foot, and toes. The Achilles tendon connects the plantaris, gastrocnemius and soleus to the heel bone. It stores the elastic energy required for high impact activities such as running and skipping.

Gluteus Maximus (Butt) muscle is the largest gluteal muscle located in the buttocks. It helps move the thigh and gives shape to the buttocks. The gluteus medius (underneath the gluteus maximus) and the gluteus minimus (underneath the gluteus medius) comprise the rest of the glute muscles. Together, the glutes help support your hips.

Hips are considered *ball and socket* joints because the round head of the thigh bone fits into the cup of the pelvis bone. The hip is held in place by strong ligaments and muscles, like the gluteus medius.

SLEEP HYGIENE

Sleep hygiene refers to healthy practices and habits that prepare you for a better night's sleep. While occasionally we stumble upon people who never have problems sleeping, unfortunately most of will go through periods of time where we feel unrested.

Sleep is a crucial part of our health and wellbeing and scientific studies over many decades support this.

Have a look at these healthy bedtime habits and see if there's something you can do to improve the quality of your sleep.

- Spend an appropriate amount of time in bed—6-10 hours is about the norm
- If still awake after 45 minutes, get up, read for a short while, then try again
- Napping during the day can negatively impact sleep so limit to 30 minutes
- Caffeine, alcohol and nicotine are stimulants, so avoid them for at least four hours before bed time
- Exercising is well known to improve sleep quality, however most people should avoid exercise in the hour before bed
- Don't eat too close to bed time—allow the body at least 1-2 hours to digest your meal before going to bed
- The body's natural circadian rhythms are attuned to natural light, so try to maximise exposure to daytime lighting, and minimise lights during the night. This can be difficult with today's technology, but most computers and smart phones should have an option to set the screen to dim.
- Create a bedtime routine that becomes a habit—putting nightwear on, relaxing, having a hot bath, brushing teeth—anything that becomes a regular occurrence and your body associates with bed time
- Create a comfortable sleep environment and have room temperature 15-20c.
- If noise is an issue, some people benefit from *white noise* machines, or try a humidifier or fan to create a soft background noise to mask louder sounds.

A lack of sleep can have an enormous impact on the quality of our lives

If consistently good sleep hygiene for a number of weeks does not work, we recommend seeking professional support. You can visit your doctor or a naturopath for more information and support, but we encourage you to consider the importance of sleep and work towards getting a better night's rest.

Conversely—too much time sitting and sleeping can also have a negative impact on our lives.

What happens when we're too sedentary?

Approximately two million deaths per year are attributed to physical inactivity



Inactivity may be among the top ten causes of death and disability globally

Inactivity increases all causes of mortality & doubles the risk of heart disease, diabetes and obesity



Increased risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression & anxiety.

Nearly two-thirds of children are insufficiently active, with serious implications for their future health.



Globally, 60 to 85 per cent of people lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time

CARING FOR YOUR MENTAL HEALTH

Research consistently shows a strong correlation between physical and mental health. Exercise is known to have an enormous impact on mood, due to its effect on serotonin levels in the brain.

Many people struggling with mental health issues are prone to isolation and not looking after their bodies. Some of the known benefits of regular exercise for mental health are:

- Elevates mood
- Boosts concentration
- Boosts alertness
- Improves cardiovascular health
- Improves sleep
- Improves self esteem
- Increased energy
- Increases endorphins
- Increases confidence
- Increases sense of control
- Healthy outlet for frustrations
- Decreases isolation
- Distracts from negative thoughts
- Reduces skeletal muscle tension
- Reduces symptoms of depression & anxiety
- Reduces immune system chemicals
- Replaces ineffective coping mechanisms such as alcohol, drugs, or overeating

Try to sit less and move more.

Exercise doesn't need to be complex—try brisk walking, gardening, housework or any physical activity to raise heart rate and improve muscle strength. Aim for 30 minutes, five days a week, although research shows even five minutes a day can lift mood. Walking outside increases vitality, enthusiasm, pleasure and self-esteem, and also increases Vitamin D and gives access to natural light—which improves sleep, and lifts mood. Exercising in nature has been shown to have added benefits, including increased mood, higher vitamin D levels, more energy, and boosted immune system

Becoming educated about physical and mental health is important for all of us

If you, or someone you know, is struggling with mental health issues, have a look at some of these resources.

- [The Mighty](#): We face disability, disease and mental illness together
- [Beyond Blue](#): Information and support for mental health
- [InsideOut](#): Rethinking eating disorders from the InsideOut

MENTAL HEALTH AND STRENGTH TRAINING



MENTAL HEALTH

approximately 15% of adults aged over 60 suffer from a mental disorder

over 300 million people suffer from depression

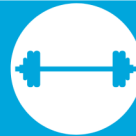
depression is the leading global cause of disability

depression is associated with increased risk of heart disease, Alzheimers disease and type 2 diabetes

cardiovascular disease is the leading cause of death in major depression

mental health becomes mental illness when signs and symptoms cause stress and affect your ability to function

20% of the population are experiencing a mental illness at any given time



STRENGTH TRAINING

exercise programmes for the elderly are effective in depression prevention

improves sleep and can reduce insomnia

can reduce or prevent cognitive decline

increased strength improves the ability to perform day-to-day physical activities with fewer aches and pains

weight training improves mood immediately after completing a workout

resistance training two or more days a week significantly reduces mild to moderate depression

maintains flexibility and balance assisting independence as we age



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