

HOW TO GET STARTED



Billy Butler PT

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YOUR OPTIONS



Gym

Whether you have experience of the gym or not, this guide will help with the basics of getting comfortable and confident in the environment & how to progress the training to see life changing results.

At Home

For those of you unable to attend a gym or if you're looking to build a bit of confidence before trying one then this the option for you.



On The Go

If you are always travelling for work or are always staying in different locations then I will show you how you can still incorporate exercise into your daily routine.



STEPS REQUIRED

01

Identify Requirements

Work out exactly what it is you need. Which of the options above suit your circumstances, experience & routine. If you select the wrong one it will feel forced.

02

Clear Goals

Before starting a fitness or weight loss journey you need to have clear goals. This isn't **To lose 2 stone**. You need to have short, medium & long term targets across multiple scales. Weight, fitness level, activities completed.

03

Clear Plan

Now you know what you want & how you're going to get it, you need to identify the stages to achieving this. How many workouts per week, how many steps per day, nutritional targets, water intake & how it all fits in,

04

Identify Barriers

Look at every aspect of your life that may throw hurdles at you to overcome. This could be kids, work, social occasions or even medical conditions. You plan ahead you can easily overcome these. You try to force it & you may feel burnout.

05

Support Structure

Now the last piece of the puzzle is to find the right support structure. This will mean explaining the importance of the journey to your friends and family & joining a group for those days you feel demotivated.

06

GetTo It

Now you've got all the foundations in place & have identified everything that could prevent achievement, you have to now give it a go. It won't all be plain sailing but once you build consistency it becomes easier. Adapt your plan when things come up & your results won't suffer.



SUPPORT AVAILABLE

There are several ways that you can get support in your journey. Below I will list 3 possibilities for you & a little info. You need to do your own research when seeking help, so you can find the person/company that resonates with you the most & specifically helps people in your position.

- 01 Community Group**

This could range from a WhatsApp group with friends or work colleagues, through to a big Facebook group with thousands of people in. Find what works best and search for one. They are motivating & inspiring. I have a small capacity Facebook group so message me and I'll add you into it.
- 02 Personal Trainer**

Now this is the obvious one, but an option you've probably talked yourself out of multiple times. Cost is usually the determining factor but you need to ask yourself what you value more! The investment in yourself to finally get fit & healthy, or pay the price later in life when you're struggling.
- 03 Big Organisations**

Now the one option I will always tell you to avoid....BUT, for some people it does work so it's only right I explain it. You know the big companies that offer you life changing results, only for you to need them again the next year. If they work for you then great, I really am pleased. But for too many people they do more harm than good, so really make sure it's right for you.

**WHAT
NEXT?**

NEXT STEPS



Thank you!

Well now you've got all the info & you know exactly what to do and when to do it, you don't have any more excuses. There is something that every single person can be doing so find what's going to fit into your routine & GET STARTED on it.



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