



# *New Year... I'm ready for you*

Welcome to your Knight Vitality New Year, New Health guide – your compass for a revitalised and balanced life in the year ahead. You'll discover practical tips, expert advice, and the encouragement you need to motivate you into setting and reaching your goals. Embark on your journey of health and ultimate wellness.

Let's make 2024 the year of healthy habits, eating well and positive transformation for your mind, body, and soul. The tips and tricks you find in here will work their magic, so that you...



*Stay you, but better!*

# New Year, New Health Guide



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# PORTION SIZE CHEAT SHEET

When you're trying to eat healthily, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes, this can lead to over eating and gaining weight. If you are diabetic or have pre-diabetes, over eating can cause your blood sugar to fluctuate more and be harder to control. This cheat sheet shows you the correct portion sizes for different foods, plus, the equivalent measurements if it's easier for you to use a kitchen scale, and how much of each you should consume each day, Watch your portion size for snacks too...

FOODS	HAND PORTION	EQUIVALENT MEASUREMENTS	HOW MUCH SHOULD I EAT?
Vegetables		1 cup   136g   5oz	Eat at least 2 servings with each meal.
Fruits		1 cup   136g   5oz	Eat 1-2 servings per day.
Meat, Fish and Poultry		½ cup   68g   3oz	Eat 1 serving per meal.
Eggs		2 eggs	Eat 4-5 eggs per week.
Rice, noodles, pasta		½ cup   68g   3oz	Eat 1 serving per day.
Beans, lentils and pulses		½ cup   68g   3oz	Eat 1 serving per day.
Cheese		¼ cup   28g   1oz	Eat 1 serving per day.
Nuts, Seeds and Olives		¼ cup   28g   1oz	Eat 1-2 servings per day.
Oils, Coconut butter, Nut butters, Ghee		¼ cup   28g   1oz or 1-2 Tbsps.	Eat 1 - 2 servings per day.
Spices		¼ cup   28g   1oz or 1-2 Tbsps.	No requirements, season food freely.



# SERVING VS PORTION

WHAT IS THE DIFFERENCE BETWEEN A SERVING AND A PORTION?

## ~SERVING~

Servings are standardised, measured amounts of food and drink. They are usually listed on the front of food packaging along with the other nutritional information about the food.

## ~PORTION~

A portion is the amount of food you to eat for a meal or snack. This may be more, or less, than a recommended serving. You may find your portion size differs a lot from that of a serving!

## PERFECT MEAL PROPORTIONS



MALE PORTION



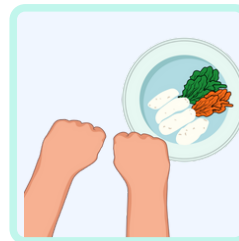
FEMALE PORTION

### PROTEIN

Start with protein! Eat palm sized portions of lean protein (use both width and thickness as a guide) with every meal.

### VEGETABLES

Eat at least closed fists sized portions of raw or cooked vegetables with every meal. Don't forget to EAT THE RAINBOW!



MALE PORTION



FEMALE PORTION



MALE PORTION



FEMALE PORTION

### CARBOHYDRATES (CARBS)

Eat handfuls worth of carbohydrate dense foods like grains and starches at meal time. Be aware of how high the GI\* of the food is.

### HEALTHY FATS

Eat thumb sized portions of healthy fats with every meal.



MALE PORTION



FEMALE PORTION

GI\* Glycaemic Index - we will look at the glycaemic index in a future edition of KV newsletter



# WEEKLY FITNESS PLAN

	FOOD AND DRINK	WORKOUT
SUNDAY	DATE _____ _____ _____	_____ _____ _____ _____
MONDAY	DATE _____ _____ _____	_____ _____ _____ _____
TUESDAY	DATE _____ _____ _____	_____ _____ _____ _____
WEDNESDAY	DATE _____ _____ _____	_____ _____ _____ _____
THURSDAY	DATE _____ _____ _____	_____ _____ _____ _____
FRIDAY	DATE _____ _____ _____	_____ _____ _____ _____
SATURDAY	DATE _____ _____ _____	_____ _____ _____ _____

## HABIT TRACKER

	S	M	T	W	T	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY GOAL: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

START WEIGHT: \_\_\_\_\_

END WEIGHT: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# 4 WEEK WORKOUT PLAN



REPEAT  
THESE  
WORKOUTS  
2-5 TIMES

WEEK 1

WEEK 2

WEEK 3

WEEK 4

DAY 1

20 Jumping jacks  
20 Mountain climbers  
20 Squat jumps  
30 sec Plank  
20 Jumping lunges  
10 Burpees

30 Jumping jacks  
30 Step ups  
15 Burpees  
15 Push ups  
10 min wall sit  
30 Skater jumps  
45 sec Plank

40 Jumping jacks  
1 min High knees  
1 min Butt kicks  
40 Squat jumps  
30 Mountain climbers  
15 Burpees

1 min jog on the spot  
50 Jumping jacks  
30 Skater jumps  
50 Jumping lunges  
1 min jog on the spot  
15 Burpees

DAY 2

20 Jumping jacks  
10 Push ups  
10 Triceps push up  
20 Chest dips  
10 Burpees  
20 Crunches  
20 V ups  
30 secs Plank

30 Frog jumps  
45 sec Mountain climbers  
20 Plank jacks  
30 Jumping lunges  
45 sec Plank

1 min jog on the spot  
1 min Mountain climbers  
20 Burpees  
20 sec Sprint on the spot  
1 min Plank

50 Jumping Jacks  
50 Crunches  
20 V up crunches  
1 min Mountain climbers  
20 Burpees  
50 Walking lunges

DAY 3

20 Jumping jacks  
20 Frog jumps  
20 Walking lunges  
20 Mountain Climbers  
30 sec Wall sit  
10 Burpees  
30 sec Plank

30 Crunches  
30 Reverse crunch  
30 Bicycle crunches  
20 Push ups  
20 Triceps push ups  
30 Frog jumps

40 Crunches  
25 V ups  
40 Standing side crunches  
20 Push ups  
20 Triceps push up  
20 Burpees

50 Jumping jacks  
1 min Wall sit  
50 Squat jumps  
1 min Mountain climbers  
50 Jumping lunges  
20 Burpees

DAY 4

45 sec jog on the spot  
20 Squat jumps  
20 Triceps dips  
15 Shoulder taps  
15 Knee to elbow plank (each side)  
10 Burpees

30 Jumping Jacks  
30 Squat jumps  
15 Shoulder taps  
30 secs air boxing  
1 min High knees  
30 Walking lunges

40 Jumping jacks  
40 Squat jumps  
20 Shoulder taps  
45 secs air boxing  
1 min Mountain climbers  
1 min Plank

1 min jog on the spot  
30 secs sprint on the spot  
50 Frog jumps  
1 min air boxing  
1 min Plank



# MY HABITS TRACKER



	S	M	T	W	T	F	S
MOVEMENT							
WALK							
STRETCH							
FOOD							
+ 5 FRUIT/VEG							
NO ADDED SUGAR							
RELAX							
MEDITATION							
READ							
WATER							
+ 1 LITRE							





## A Healthy Relationship

# MINDFUL EATING PRACTICES

In today's fast paced world, practicing mindful eating can transform your approach to food and foster a healthier, more balanced relationship with eating. By tuning into your body's cues, really savouring each bite, and being present during meals, you can cultivate mindful eating habits that support your overall wellbeing and satisfaction. Slowing down during meals can help you eat less too, slowing down allows your brain more time to catch up with your stomach - it can take about 20 minutes for those "full" feelings to reach your brain.

### SAVOUR THE EATING EXPERIENCE:

#### ★ ENGAGE YOUR SENSES

Take time to appreciate the colours, textures, and aromas of your food. Engaging your senses enhances the eating experience too.

#### ★ CHEW SLOWLY

Chew each bite thoroughly. This allows you to begin the digestive process and to fully taste, really enjoying the flavours of your meal.

#### ★ PUT DOWN DEVICES

Avoid distractions like phones, computers, or television during meals. Being really present in the moment allows you to focus solely on your food.

### RECOGNISING HUNGER AND FULLNESS:



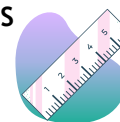
#### LISTEN TO YOUR BODY

Pay attention to physical hunger cues. Eat when you're hungry and stop when you're comfortably full. Eating slowly gives your brain time to recognise that feeling.



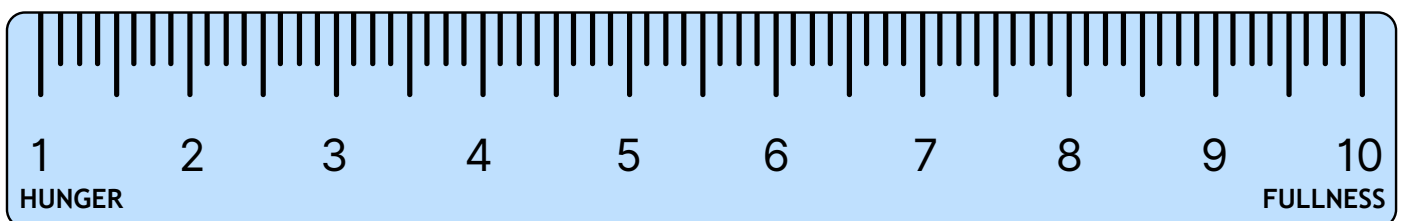
#### PAUSE BEFORE SECONDS

Give yourself a few moments before having more. It takes time for your body to signal fullness and waiting allows time for your body to catch up.



#### USE THE HUNGER SCALE

Rate your hunger and fullness on a scale from 1 to 10. This can be a useful habit - aim to eat when you're at a moderate level (around 3-4) and stop at around 7-8.



### AVOID EMOTIONAL EATING:

- 1. Check In with Emotions:** Before eating, take a moment to reflect on your emotional state. Are you eating out of hunger or as a response to stress, boredom, or other emotions?
- 2. Find Alternatives:** When emotions trigger the urge to eat, find non-food activities that also provide comfort, such as taking a walk, practicing deep breathing, or journaling.
- 3. Practice Self-Compassion:** Be kind to yourself. If you find yourself emotionally eating, acknowledge it without judgment and explore healthier coping mechanisms. This is something you can work on over the longer term and has bigger impacts than just your weight, your confidence can improve too.



# January Planner

S	M	T	W	T	F	S

## TO DO

## TOP PRIORITIES




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## MONTHLY GOAL



# *Nutrition and Health Coaching from Knight Vitality*

Your health and wellbeing starts here!

Embark on the path to health and vitality with Olivia, your certified Nutritionist and Health Coach. Whether you want to lose weight or improve your health in the New Year, we will enable you in building a healthier and happier you. No matter what your weight loss and health needs are, having support will keep you on the path to meeting the challenges you set. Olivia will work with you to help you reach your peak vitality, so you have all the support, experience and knowledge you need. Thank you for taking the time to read your New Year health guide, I hope it is helpful to you. Lastly, I wish you a very healthy and happy New Year!

**SO WHAT ARE YOU WAITING FOR?  
HOP ON LINE NOW AND START  
YOUR HEALTH JOURNEY...**

**STAY YOU, BUT BETTER!**

**CALL 07541 222177 OR  
EMAIL  
INFO@KNIGHTVITALITY**

