



A GUIDE TO

STARTING *A FITNESS REGIMEN* for **LIFE**



Stephanie Gomez, MS, RDN, SUDRC
Registered Dietitian

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- Strength Training
- Flexibility Training



Before starting any new exercise program, please consult your doctor to ensure it is safe and appropriate for your individual health conditions.



It doesn't have to be complicated.

- Nutrition for Training
- Plan in Action
- Training Challenge

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INTRODUCTION

hello!

It's nice to meet you!

I am Stephanie, a Registered Dietitian Nutritionist (RDN), Substance Use Disorder Registered Counselor (SUDRC), and a doctoral student at the University of Kansas.



With a Master's in Dietetics Administration from Utah State University and over 15 years in health and wellness, I have a diverse background in nutrition counseling, fitness instruction, and health education.

I provide instruction on nutrition, physical and mental fitness, mindfulness, and lifestyle habits to support both mind and body wellness.

I hope this e-book finds you at a time when you are ready to build healthy, sustainable habits!

Best regards,

Stephanie Gomez, MS, RDN, SUDRC

MOTIVATORS

that work

TO MODIFY

HUMAN BEHAVIOR



1. PLAN SOMETHING TO LOOK FORWARD TO

New routines become sustainable when we use positive reinforcement- not when we beat ourselves into submission.



Positive expectations (eye on the prize) can help offset the initial discomfort of a new routine.

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MOTIVATORS

that work

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2. CREATE A DAILY AND WEEKLY PLAN

The structure of having a plan in place helps to create consistency.



Knowing ahead of time what you expect to do for the rest of the week allows you to set yourself up for success, and removes the barrier of decision fatigue.

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MOTIVATORS

that work

TO MODIFY
HUMAN BEHAVIOR



3. WRITE IT DOWN AND CHECK IT OFF

*Create a visual representation of
your progress!*

*You create accountability for
yourself and enjoy a motivational
boost through the sense of
accomplishment you get by
checking off a completed
workout.*



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MOTIVATORS

that work

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4.

ACCOUNTABILITY! POST YOUR PLAN IN A SHARED SPACE/TELL PEOPLE ABOUT YOUR DAILY PLAN

Strengthen your commitment and resolve with support, motivation, and accountability you receive from your community.



Working with a wellness professional is a great way to enroll an accountability partner.

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MOTIVATORS

that work

TO MODIFY
HUMAN BEHAVIOR



5.

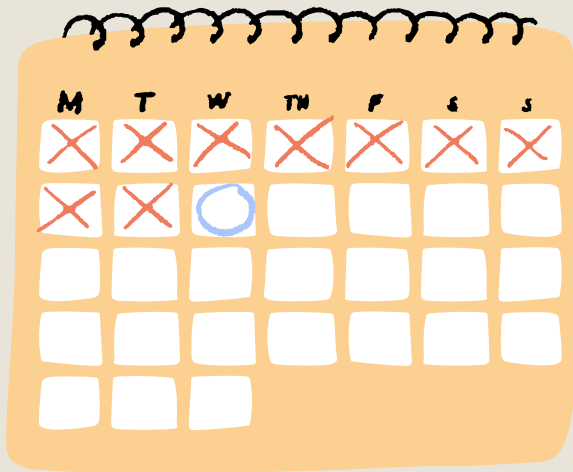
COMMUNITY!
DO SOME ACTIVITIES
WITH OTHERS

*A little bit of social support can
go a long way!*



*Shared activities can make them
more enjoyable and increase
your likelihood of sticking to your
plans.*

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CREATE

YOUR

plan

Choose an event that you are excited by

- Make sure it's far out enough that you have time to create sustainable habits through your training

Train to prepare your body for the event you chose *AND* the body you are in now

- Channel your inner "Goldilocks"- not too difficult to sustain and not too easy to be properly prepared

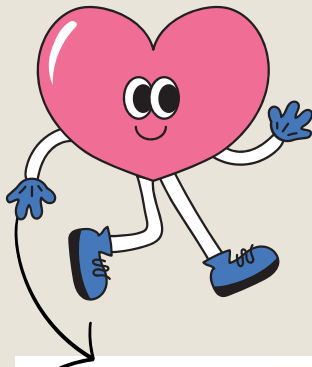
Include some level of cardio, strength, and flexibility training

- Regardless of the event you choose, you will need to have a body that is strong, flexible, and capable to go the distance



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SAMPLE *plan*



Any type of cardiovascular exercise you enjoy & are ready to do!

Record cardio in miles OR minutes

"EXCITING event!" RUN/WALK/RIDE STRENGTH REST/YOGA/STRETCH/FOAM ROLL

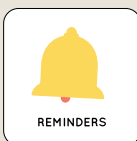
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1 Date M-F <small>i.e. 1/6-1/12</small>	STRENGTH	RUN 3 MI	REST/YOGA	RUN 3 MI	REST/YOGA	STRENGTH	RUN 4 MI
Wk 2 Date M-F	STRENGTH	RUN 3 MI	REST/YOGA	RUN 3 MI	REST/YOGA	STRENGTH	RUN 4 MI
Wk 3 Date M-F	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 5 MI
Wk 4 Date M-F	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 5 MI
Wk 5 Date M-F	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 6 MI
Wk 6 Date M-F	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 3 MI FOR SPEED OR HIKE
Wk 7 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 7 MI
Wk 8 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 8 MI
Wk 9 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 6 MI FOR SPEED OR HIKE
Wk 10 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 9 MI
Wk 11 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 10 MI
Wk 12 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 9 MI
Wk 13 Date M-F	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	YOGA
Wk 14 Date M-F	STRENGTH	RUN 4 MI	REST/YOGA	RUN 2 MI	REST/YOGA	STRENGTH	EXCITING EVENT!

Use this section to give yourself some reminders about the event.

Include details about the terrain or the level of energy/strength/stamina that will be needed.

Be sure to remind yourself about fun details that excite you about the event.

Feel free to add motivational quotes or phrases that resonate with you. You will run to this page daily to check off your accomplishments. Say something nice to yourself!



Don't forget the motivating details!

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CARDIOVASCULAR

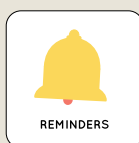
fitness



If you are interested in becoming a runner this is a great resource from Runner's World!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins, Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	5K Race!

RUNNER'S WORLD



Running is NOT the only option for cardio.

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STRENGTH training

Some of the many options for getting your strength training include:

- Hire a personal trainer
- Attend fitness classes in person or online
- Follow along with a fitness video
- Go to the gym
- Do body weight exercises



Body Weight Routine with Resistance Bands/Weights



OPTION 1: Perform 1-3 rounds for a 10-30 minute routine

START with 1 minute of marching or jogging in place

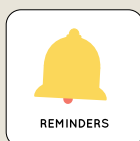
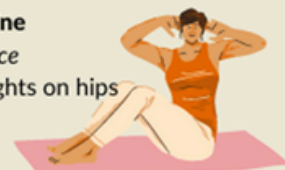
- 20 squats with bands around legs (or hold weights at chest)
- 15 push ups (knees or toes)
- 10 bicep curls with weights or band
- 1 minute wall sit (ok to start high, work toward right angle)
- 30 second plank



OPTION 2: Perform 1-3 rounds for a 10-30 minute routine

START with 1 minute of marching or jogging in place

- 20 bridge thrusts with bands around legs or hold weights on hips
- 15 triceps dips on a chair
- 10 reverse lunges per leg
- 10 per side- plank position knee to opposite elbow thrusts
- 30 crunches



Climbing stairs is another great way to build strength and stamina!

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FLEXIBILITY

training

Some ways to work on your flexibility include:

- Performing stretches
- Taking a yoga class in person or online
- Using a foam roller
- Try the routine below

15-Minute Yoga for Beginners

Yoga can enhance flexibility, reduce stress, and improve mindfulness. Try the routine outlined below. Hold each pose for 1-2 minutes. Focus on your breath during each pose.

1. Child's Pose: Kneel on the mat, sit back on your heels, fold forward with your forehead to the ground. Then stretch your arms out in front or alongside your body to relax and gently stretch the back, hips, and thighs.
2. Cat-Cow: Alternate between arching your back and lifting your head and tailbone (Cow Pose) and rounding your spine while tucking your chin and tailbone (Cat Pose) to promote flexibility and mobility in the spine.
3. Hip Circles: Stand or sit with your feet hip-width apart, gently rotate your hips in wide, circular motions, first in one direction and then the other, engaging your core and maintaining a smooth, controlled movement to release tension and improve hip mobility.
4. Downward-Facing Dog: Create an inverted V by folding forward and placing your hands on the ground in front of you, then lift your hips high, straighten your legs, and press your hands and feet into the mat.
5. Bridge Pose: Lie on your back with your knees bent and feet flat on the mat, then lift your hips toward the ceiling while pressing through your feet and arms, engaging your glutes and thighs to open the chest and stretch the front of the body.
6. Savasana: Lie flat on your back with your legs extended and arms relaxed at your sides, palms facing up, and focus on breathing and relaxation to integrate the benefits of the practice and achieve a state of mental and physical calm.

Yoga is a wonderful way to start or end your day to help you align with your sleep-wake cycle.

Support your recovery with 7-9 hours of sleep each night.

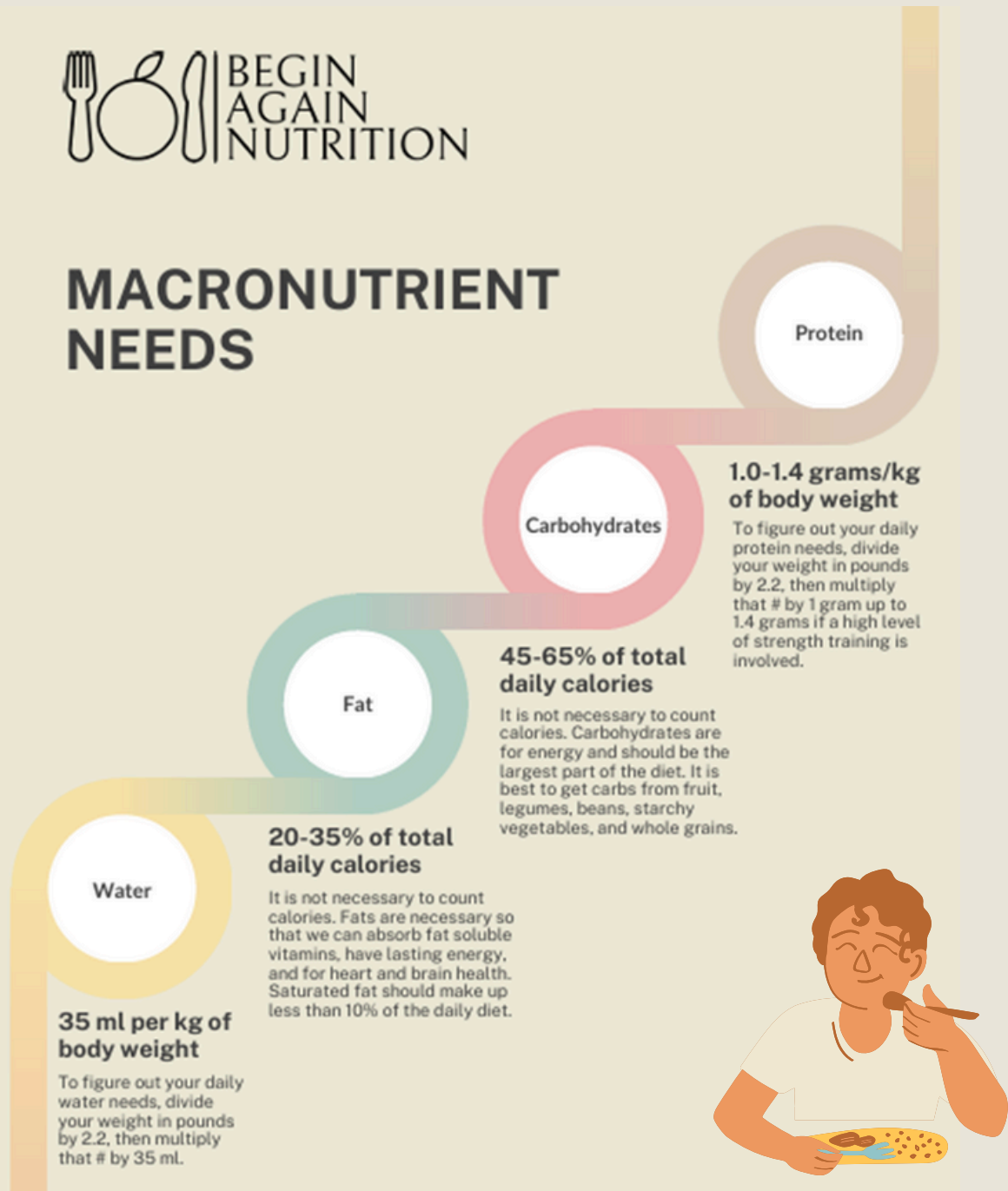
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NUTRITION FOR *training*

This is NOT the time to try
a low-carb diet!



MACRONUTRIENT NEEDS



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PLAN IN *action*



Machu Picchu READY! RUN STRENGTH REST/YOGA (STRETCH/FOAM ROLLER)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1 1/8-1/12	STRENGTH	RUN 3 MI	REST/YOGA	RUN 3 MI	REST/YOGA	STRENGTH	RUN 4 MI
Wk 2 1/13-1/19	STRENGTH	RUN 3 MI	REST/YOGA	RUN 3 MI	REST/YOGA	STRENGTH	RUN 4 MI
Wk 3 1/20-1/26	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 5 MI
Wk 4 1/27-2/2	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 5 MI
Wk 5 2/3-2/9	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 6 MI
Wk 6 2/10-2/16	STRENGTH	RUN 4 MI	REST/YOGA	RUN 4 MI	REST/YOGA	STRENGTH	RUN 3 MI FOR SPEED OR HIKE
Wk 7 2/17-2/23	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 7 MI
Wk 8 2/24-3/2	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 8 MI
Wk 9 3/3-3/9	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 6 MI FOR SPEED OR HIKE
Wk 10 3/10-3/16	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 9 MI
Wk 11 3/17-3/23	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 10 MI
Wk 12 3/24-3/30	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	RUN 9 MI
Wk 13 3/31-4/6	STRENGTH	RUN 5 MI	REST/YOGA	RUN 5 MI	REST/YOGA	STRENGTH	YOGA
Wk 14 4/7-4/13	STRENGTH	RUN 4 MI	REST/YOGA	RUN 2 MI	REST/YOGA	STRENGTH	MACHU PICCHU!

Strength is full-body, but to climb for extended periods, focus on power and endurance in the legs.

The classic trail is four days and over 26miles (42km) long. You can expect to be walking around 7-10miles (11-16km) each day. Not on flat terrain- uneven ground, narrow pathways, and slopes.

More importantly, there are stairs. Lots of stairs. Improving your stamina is the most important aspect of training for the Inca Trail.

With all of the running and stairs, stretching/yoga will be an important part of the weekly training.

my time

IMPORTANT!

Training plan tailored for the event
 Schedule builds gradually
 Taper off to rest for the event

You'll notice:

- It is posted on the refrigerator (shared space)
- I have (eagerly) checked off every finished workout
- Details about the hike and necessary training will keep me motivated to do the work!

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TRAINING *Challenge*

What would living in a body that feels energized and free mean to you?

Would you feel proud to see yourself building healthy habits? Would you feel more confident? Would it improve your self-esteem? Yes, and you are ready!

Pick your event, create your plan, track your progress, and enroll accountability partners! Sign Up for help with building a plan, fueling your body, accountability & more!

SIGN UP NOW

