

The Vitality Guide vol 1.

By Rosaria Barreto

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Introduction



This guide provides you with the basic and fundamental ways to live healthier. Inside you will find a 12-week work out plan which has video links explaining how to do perform the exercises. I have also provided my own low calorie alcoholic drinks guide and smoothie and milkshake recipes. This e-book provides tips and tricks on how to stay motivated and optimise your wellbeing.

“My name is Rosaria Barreto, I am a personal trainer, sports masseuse and sports coach. I am here to help you to live happier, longer and easier. With over 6 years of experience in the health and fitness industry, I have gained humongous amounts of knowledge which I cant wait to share with you.”

5 Must do Habits for Healthy Living

- 1. Get into a Routine**
- 2. Plenty of water**
- 3. Eat well**
- 4. Avoid addictions**
- 5. Cleanliness**



Get into a Routine

Routine

First of all, let me remind you that this is REAL LIFE, there is no such thing as sticking to a routine for ever and ever. LIFE GETS IN THE WAY, things pop up which means that you have to change your routine. But by creating the foundations of a routine, it becomes a lot easier to fit healthy habits into your busy life, trying to balance; Work, Family, Friends, You time, Hobbies and Everything else!

There are 3 crucial aspect of my daily routine, without them I would be a mess: and I really encourage you to control these aspect of your life!

1. Sleep

My bed time is 10:30pm to wake up at 7am. This means I can fit in enough sleep so that I don't feel groggy and tired all day. Being self-employed does give me the flexibility to start and finish when I like, however It means that I do need to be strict with myself (for example not letting myself stay awake past my bed time to watch Netflix). Find out what your optimum amount of sleep you require and work backwards, what time do you need to get up? Take away hours needed = YOUR BEDTIME.

2. Food

Some people say that you need to eat 4-5 times a day and some say 3 is enough. But nobody really knows, there is lots of conflicting research out there and I believe that this is because we are all different and there is not a BEST number of times to eat for everybody. Personally, I eat 4 times a day because I get hungry and I listen to my body, literally, if its rumbling (and I feel hungry) I eat. From listening to my body (aka my tummy) I have incorporated 4 times to eat throughout my day:

7-8:30—Breakfast

11:30-1:30 Lunch

3:30-4:30 Light snack

6:30-8:30 Dinner

Find out what times of the day you are hungry and dedicate that time to eating, maybe record tummy rumbling or feelings of hunger over 2 weeks? This helps manage your appetite and satiety. When your appetite is out of control you are more likely to eat foods that aren't particular healthy and MORE of it.

3. Fitting in daily exercise

If you don't plan ahead its likely that you will forget, find an excuse not to or won't be able to fit it in to your busy schedule. I have found that the best way to ensure you fit in exercise is by scheduling it in at the beginning of the week. Sit down with a gym buddy (if you are lucky enough to have one) and book in some classes, PHYSICALLY write down/type into your calendar; when, where and what you will be doing. Get the idea that slotting in this exercise bout is now part of your routine and not something you add in if you can. Its as important as feeding yourself!



Drink Plenty of
Water

Plenty of water

Why?

Our Blood is 90% water because:

- Its involved in many bodily functions especially the work done by the kidney's
- Makes minerals and nutrients more accessible as they dissolve in water to be transported to where they are needed
- The cartilage is made up of 80% water which is required to lubricate the joints for efficient movement
- Its needed to deliver oxygen around the body which is necessary for exercise
- Regulates body temperature by cooling the body through sweat

These aren't the only reasons we need water but it's a good start as they are most importantly related to diet and exercise.

Eat well



Eating well

The phrase 70% diet and 30% exercise is more of a guideline to us mere mortals, who are just attempting to live a healthy balanced life. It aims to demonstrate the importance of what types of foods you are putting into your body and how they can impact your health.

Let me start by explaining the word 'DIET'. A diet does not mean that you need to restrict yourself, it does not mean you must eat certain foods and not eat others. A diet is, simply put 'what you eat'. You can have a healthy diet or an unhealthy diet.

So over the course of this programme, think about what you are putting into your body.

- Don't demonise food, food is good
- Don't restrict yourself, instead make healthy choices
- Avoid over eating, we all get carried away from time to time
- Instead of banning yourself from certain things, flip it round and turn it into a positive action i.e. Instead of saying "I am not allowed to drink alcohol regularly", start by saying (and writing this down), "I am allowed to drink in moderation and will limit myself to 3 glasses of wine a week" or "instead of drinking beer I will drink whiskey"

You want a positive relationship with food otherwise you won't be able to live a healthy life style.

Snacking

Something I come across with a lot of my own clients and even myself is that I snack on unhealthy foods, like a party bag of crisps and mega humous pot, I sometimes find myself hungry mid-morning and instead of picking up something healthy to snack on I starve myself until Lunch and this is where I stuff myself. So I have decided to provide you with some healthy snack ideas and substitutes for those cheeky snacks that we should eat occasionally, rather than daily. I have also given you a calories guide for wine and cider plus some of my favourite cocktails made healthy! I

I am not encouraging calorie counting, but use this guide as a way of managing your intake. Most of us know what's good and what's bad, but its those moments when you tell yourself "its just a couple of crisps or its just a couple of glasses of wine" that we need a bit of a nudge that'll remind us that we don't have to be glutinous.



Avoid Addictions

Avoid addictions

Not all addictions are related to alcohol and illicit or medicated drugs, there are other types of addictions which can hugely affect your health and wellbeing. Its good to know what you can be addicted too so that you can change these behaviours and mindsets.

Get the right balance and you'll be fine, these addictions come under behavioural addictions:

Eating

Being obsessed with food is an addiction, it's a mental illness in which people cannot STOP eating. I am not addicted to eating but I have definitely experienced one of those Bruce Bogtrotter moments. There may also be another reason as to why you can't stop eating so its worth checking that!

Addictions...

Although you can't scientifically be addicted to sugar, I definitely am! Give me a bar of Bourneville dark chocolate any day and it'll be gone in seconds. On the other hand, the most addictive substance found in various studies was CAFFIENE. Lucky for me I can't stand the smell of coffee, so I probably have caffeine 3-4 times a month in my tea. But for those that do love a coffee try to limit yourself.

Exercising

Having a healthy relationship with exercise is vital. Surprisingly, it can be easy to become addicted to exercise. So make sure you implement a 'safe person' into your programme i.e. a sister, friend or partner that can keep you on track! Explain to them that they need to make sure you don't become obsessed with your health journey and what you look like.

More Addictions...

The internet

Now scrolling through social media to research health and fitness or using it as a form of motivation can be so helpful! But becoming reliant, spending hours on end scrolling through can be very damaging to you own mental health . Something that might help avoid this is having a social media curfew and limit yourself to 30 minutes in the morning and 30 minutes in the evening.

Work

One of the biggest excuses for not doing exercise is that you don't have time because you work a lot. I know that I have used that excuse plenty. But what about those who work early mornings until late at night, we all have to make money to survive in this day and age but you also need to make sure you protect your health. Work addiction can result in depression, stress, poor relationships, loneliness and ill-health. Plan your weeks incorporating, exercise time, socialising time and YOU time!

Cleanliness



Cleanliness

An important factor of healthy living that many people forget is that cleanliness. Poor hygiene can lead to ill health, for example spots such as black heads and infections from sweat are common if you don't shower regularly. Not to mention catching germs from equipment!

Ensure you wash regularly, treat yourself to a cleanse every once in a while and make sure your living environment is clean.

12 WEEK HOME WORK OUT



Exercise Guide

(Visit <https://www.vitalityhub.co.uk/gallery> to learn these exercises)

Backwards Plank

Bicep curl into forward punch (using a food can/Water bottle)

Burpees

Calf raises on the step

Chest press

Curtsy Lunges

Dead bugs

Donkey Kicks

Explosive squat jumps

Forearm plank

Frontal Raises (Food can/

Water bottle)

Glute bridge

Hammer curl

High knees

(Some exercise may require weights, don't worry if you don't have any, you can use water bottles or tinned food cans instead)

Inclined press up
Lateral raises (Food can/Water bottle)
Latissimus pull down
Leaning row
Narrow to wide press up
Press up to toe touches
Press-ups
Repeated clenches whilst jabbing
Shoulder press (Food can/Water bottle)
Side plank
Single Leg raises
Ski jumps
Ski sit
Squat Jump into Lunges x2
Squat then pulse 3 times
Squat to tuck jump
Standing hip curls
Standing mountain climbers
Superman
Triceps dips
V-sit

12 week programme checklist:

<i>List</i>	<i>Check</i>
<i>Dedication and Commitment</i>	
<i>Mental Preparation</i>	
<i>Motivation</i>	
<i>Variety of Weights / Cans of soup / Water Bottles</i>	
<i>Had a read of the exercise guide</i>	

Week 1-3

Day 1 Legs and Bum

Day 2 Arms and Chest

Day 3 Back

Day 4 Abs

Day 5 Shoulders

DAY 1

Exercise	Sets	Reps
Squat then pulse 3 times	3	20
Calf raises on the stairs	3	20
Explosive Squat Jumps	3	12
Curtsy Lunges	2 each side	10
Donkey Kicks	2 each side	15

DAY 2

Exercise	Sets	Reps
Press-ups	3	15
Triceps dips	3	15
Repeated clenching whilst jabbing up	3	20
Chest press (using food can/water bottle)	3	10
Bicep curl into forward punch (using a food can/Water bottle)	2 each side	15

DAY 3

Exercise	Sets	Reps
Backwards Plank	3	20 seconds
Superman	3	10
Glute bridge	3	12
Donkey Kicks	2 each side	15
Choose your own exercise	3	10

DAY 4

Exercise	Sets	Reps
Dead bugs	3	20
Forearm plank	3	20
V-sit	3	15 seconds
Side plank	2 each side	10 seconds
Single Leg raises	2 each side	15

DAY 5

Exercise	Sets	Reps
Inclined press up	3	8
Shoulder press (Food can/Water bottle)	3	10
Lateral raises (Food can/Water bottle)	3	10
Frontal Raises (Food can/Water bottle)	2 each side	10
Donkey Kicks (Food can/Water bottle)	2 each side	15

Week 4-6

Day 1 Circuit

Day 2 Cardio

Day 3 Tabata

Day 4 Cardio

Day 5 Resistance

Day 1

Circuit Training

3 times round

Each station last 30
seconds

Burpees

Lunges

Plank superman's

Incline press ups

Mountain climbers

DAY 2

Exercise	Sets	Reps
High knees	2	1 minute
Squat jumps	2	1 minute
Standing mountain climbers	3	40 seconds
Squats	2	1 minute
Ski jumps	2	30 seconds

Day 3

Tabata training means 20 seconds on at 100% effort and 10 seconds off.

Complete each exercise once followed by 10 seconds of rest followed by the next exercise.

Once all exercises have been completed repeat it 3 more times

Day 4

15 minute run followed by fast paced walk back

Squat pulses

Forward punches

High knees

Press ups

Mountain climbers

Day 5

These exercises will require a medium to high resistance band/Weight

Exercise	Repetitions/ Time	Sets	Rest
Leaning Row	6	4	30 seconds
Shoulder press	10	3	30 seconds
Bench Press	10	3	30 seconds
Lateral raises	10	2	30 seconds
Bicep curl	8	3	30 seconds

Week 7– 9

Day 1 Strength

Day 2 HIT

Day 3 Tabata

Day 4 Strength

Day 5 Cardio

Day 1

Exercise	Repetitions	Sets	Rest
Curtsy Lunges	20	4	30 seconds
Squat Pulses	20 seconds	3	30 seconds
Squat Jump into Lunges x2	10 sets	3	30 seconds
Donkey Kicks	15	2	30 seconds
Standing hip Curls	20	3	30 seconds

Day 2

Circuit:

40 seconds each x 3

0 Rest in between stations

Rest for 3 minutes in between circuit

Press ups

Tricep Dips

Shoulder press

Narrow to wide press up

Bicep curls

Day 3

Full Body circuit x3
15 each exercise
0 rest in between stations
5 minute rest in between circuits

- Burpees
- Press up into toe touches
- Mountain Climbers
- Narrow to wide press up
- Squat to tuck jump

Day 4

Exercise	Repetitions	Sets	Rest
Superset Bicep Curl to hammer curl	10	3	30 seconds
Superset Shoulder press into lat pull down	20	3	30 seconds
Triceps Dips	15	3	30 seconds
Side plank	20 seconds	2	30 seconds
Superset Lateral raises to Frontal raises	12	3	30 seconds

Day 5

Isometric exercise
circuit

Isometric means that the muscles don't get longer or shorter. Isometric tension is created without movement

Plank

V-Sit

Ski Sit

Lunge Hold x2

Squat Hold

Week 10–12

Day 1 Tabata

Day 2 Cardio

Day 3 Resistance

Day 4 Strength

Day 5 Tabata

Day 1

Circuit on
for 20 off
for 10

Squat Jumps

Jump Lunges

Spiderman's

Narrow to wide press up

Sump squat pulses

Day 2

45 Minute/2 Mile Brisk Walk—3.0 miles
per hour or about 20 minutes per mile

Or

4 km Run

Day 3 Resistance

Exercise	Repetitions	Sets	Rest
Lunge pulses	20	3	30 seconds
Squat Pulses	20	3	30 seconds
Standing chest press	15	3	30 seconds
Shoulder press	20	2	30 seconds
Superset Lateral raises to Frontal raises	12	3	30 seconds

Day 4 Strength

Exercise	Repetitions	Sets	Rest
Curtsy Lunges	8	3	30 seconds
Squat Pulses	6	3	30 seconds
Standing chest press	6	3	30 seconds
Shoulder press	8	2	30 seconds
Superset Lateral raises to	8	3	30 seconds

Day 5 Tabata

**Circuit: On for
20 off for 10**

100% Effort!

Donkey kicks

Crunches

Standing mountain climbers

Ski Jumps

Burpee

Congratulations!

You have completed the beginners
12 week body transformation!

Don't forget to share your before
and after photos by sending them
to info@vitalityhub.co.uk

Have you signed up to my blog?

Log on to www.vitalityhub.co.uk

Follow for motivation, tips and
tricks

Snacks & Substitutes





Making Fruit Fun
On the go fun fruit recipes
Nutritional Benefits

Fruity Ice lolly

Ingredients:

Handful Fresh Fruits:

Mango (beta-carotene, immunity boosting properties), Watermelon, , Kiwi, strawberries, blueberries (Antioxidant, warding of degenerative diseases and heart disease), Banana (potassium for healthy heart and control blood pressure), Peach and more

1 tea bag Sweetened ice green tea

2 tbsp Honey (Natural antiseptic has antibacterial properties)

1. Brew tea, add the honey and leave to cool (add ice to speed up the process)
2. Meanwhile, slice the fruits and place chunks in a ice lolly mould
3. Followed by pouring tea and honey
4. Cover with sticks and let freeze for 4 to 6 hours
5. Remove from the freezer and enjoy!

Smoothies & Milkshakes



Strawberry and Banana Blast Smoothie

Serves 1

Ingredients:

- 1 medium banana
- Handful of frozen/fresh strawberries
- 1/4 cup Almond milk (rich in monounsaturated fats, lowering blood cholesterol)
- Tsp Vanilla extract

1. Chop banana into 10
2. 2. halve strawberries
3. Mix together and add into blender
4. Blend for 5 seconds on medium
5. Add milk and vanilla extract
6. Blend for 30 seconds
7. Pour into a glass and enjoy!

Chocolate and vanilla milkshake

Ingredients (Serves 2)

- 2 frozen ripe bananas (chopped prior to freezing)
- 1/3 cup frozen blueberries
- 2-3 heaping Tbsp cocoa powder
- 2 Tbsp salted almond butter
- 1.5-2 cups unsweetened vanilla almond milk
- 1/3 cup ice
- Table spoon of halo ice cream

Optional:

- 1 big handful big handful of spinach
- 1 Tbsp flaxseed meal

1. Finely chop a ripe banana, place in a container, each piece must be separated from other pieces (avoid overlap)
2. Place into a freezer
3. Once the banana is frozen, add into blender with blueberries and ice
4. Blend for 30 seconds
5. Add the milk, cocoa powder, butter and ice cream
6. Blend for 45-60 seconds
7. Pour into a large glass and enjoy!

For thinner milkshakes use less ice and for a stronger chocolate flavour add more cocoa.



Low calorie alcoholic drinks

My top 5 alcoholic drinks

Pina colada— one of the worst cocktails in terms of calories ever, the average Pina colada contains 400 calories. So here is my home made version on page 49.

Another cocktail that I would say is much less filling is a Vodka elderflower tonic, much lighter and one of the lowest calorie-wise cocktails.

Wine and Cider, now its too time consuming make these from scratch so I have provided a little guide on low calorie wines and ciders that you can get from the super market.

Pina 'low cal' colada

Ingredients:

- Coconut milk
- 1/2 cup of Pineapple juice
- White rum
- Banana

Optional:

- Cherries (antioxidant repair damage done by free radicals)

1. Pour the coconut milk into an ice cube tray (6 blocks) and freeze until solid, about four hours.

2. Chop the banana into 5 pieces

3. In a blender, combine the coconut milk cubes, pineapple juice, white rum (as desired), and banana,

4. Blend on high until very smooth.

Pour into cocktail glasses, garnish with pineapple and cherries and enjoy

Elderflower cocktail

Ingredients:

- 1 or 2 shots of Vodka/gin (97 calories per shot)
- 250ml Indian tonic with Elderflower
- 1 Tbsp elderflower sparkling Presse
- 1/4 Lemon (high in vitamin C to help fight infection)

1. finely slice lemon
2. Mix vodka and mix thoroughly in a measuring jug
3. Add Presse and mix
4. Place slices lemon in to a gin glass and add the contents of the jug into the glass

Wine and Cider guide

Wines calories per
5 ounce glass

Red

Chardonnay	123
Cabernet Sauvignon	122
Merlot	122

White

Savinion blanc	122
pinot noir	122

Rose

Mondelli pinot grigio blush	107
Lidl's Cimarosa Californian Zinfandel	111

Cider: per bottle

Skinny Cider	176
Cranes original cranberry	99

What's next?



So now that you have finished the 12 week programme, tried all the snacks and substitutes and changed your lifestyle habits, I want you to carry on with living happy and healthy!

To stay motivated feel free to follow my social media platforms

@the_vitalitycoach

You can carry on using the 12 week programme and to make it more challenging by increase timings, weights and sets.

I HOPE THAT I HAVE INSPIRED YOU TO CHALLENGE YOUR-SELF TRY NEW THINGS, Why not experiment?