

The Perfect Ten

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ALL YOU NEED TO KNOW TO GET THE RESULTS YOU NEED!

BY CAROLINE RADWAY - PERSONAL TRAINER, YOGA TEACHER AND RETIREMENT COACH...

The Perfect Ten!

My name is Caroline Radway and I'm the South Coast's Leading Premier Master Trainer. I train clients on a one-to-one basis in local parks or in their homes and gardens - we love training people outside as much as possible. The aim is to enjoy the process of getting results whilst creating great habits and becoming truly fit for life!

I have designed this report to share with you some of the secrets and tips I share with my clients on a daily basis, so you can begin to make sense of the crazy world of fitness and fatloss.

If you want more info or just general motivation on a daily basis then check out my blog: <http://findyourperfectfit.blogspot.com>.

Training and nutrition is not just about a quest for the perfect physique. It's about uncovering the fit, motivated, inspired individual within. I can help you gain control of your health and wellbeing. You will feel great from the inside out, resulting in increased energy, confidence and vitality, so you can really live your life to the full. An added bonus, of course, is that you will look great too!

This report is designed help you to shape your lifestyle to your own unique needs and goals, so you can find that inspired, energised, fit and healthy person within.

Long Term, Do-Able Changes...

Fitness and weight-loss are goals we want to achieve as quickly as possible, but for them to be meaningful we need to maintain them once achieved. We do not put on the weight that bothers us overnight and we should not expect it to 'melt' off overnight! Quick fix approaches are doomed from the outset, and the first stepping stone to success is to acknowledge this fact. We really need to find out what works for us, individually, and learn how to apply lifestyle changes to our lives, in a way we actually enjoy and can maintain for life. We also need to take full responsibility for making these changes, and doing all we can to make them work for us.

Incremental changes to our diets and lifestyles mean that our new habits have a chance to become second nature. If you follow the newest 'fad' approach you will have some success while your willpower is involved, but these approaches do not stand the test of time. True success is determined by how we respond to the obstacles and set-backs on our path, and for this you need to have embedded good practices to fall back on. Otherwise, when we face an obstacle that is difficult to overcome, we merely reset the 'default' button and revert back to our old habits.

The 'all-or-nothing' mindset that we all too often suffer with can be associated with short-term success but in the long term can wreak havoc with your waistline and sanity! A minor slip-up can be seen in one of two ways – as a disaster and having 'broken' your diet or as a learning experience, to draw a line under and move on from. The latter is of course far more productive!

A long term approach is vital. You could force foods down you for a short term in order to achieve a short-term goal, but where does this leave you in the long run? Still reaching for the old favourites, that's where. When you try new flavours and foods you will find that over time your tastes change and the foods you used to eat no longer have the same appeal. Once you realise how good you feel when you eat foods with a high nutritional value, there will be far less incentive to toxify yourself with junk.

We need to enjoy the changes we make, although I would also add that change can be hard and uncomfortable. We need to persevere with certain things even if we aren't that excited about them immediately, adapting our approach to find ways to make the changes as enjoyable as possible. For example, we all need to up our vegetable and fruit intake to 5 – 10 portions a day, but for many this is extremely hard. At first you may resist, insisting that this nutritional programme cannot work as you absolutely hate vegetables. But there are universal laws of

good nutrition, of which vegetables are one! The issue is, therefore, how can you achieve this? You may not like boiled broccoli but added to a stir-fry with herbs, spices and garlic it can be transformed. If you struggle with this side of things, you will need to begin experimenting with new foods and methods of preparation: you can try stir-fries, mashes or purees (mashed cauliflower and / or butternut squash is a fab alternative to regular white potato mash for example!), roast veggies (roasting sweet potato or celeriac 'chips' instead of regular chips!), various salads, exotic foods, new combinations, spices and herbs. You can always find healthier alternatives to your favourites and all these small replacements can add up to big improvements to your diet as a whole – which will be evident in both your energy levels and your waistline!

For any plan to succeed for you in the long term, you need to have the freedom to make choices. It is freedom to choose that empowers you, and as you learn which choices are going to support your goals and which are going to take you further away from achieving them you will realise you are no longer reluctant to take the healthy route. Making the wrong choices here and there is also important – so long as you use them as learning experiences! Next time you hit the same situation, you will know from experience how to respond. I usually regret succumbing to temptation, but of course it does happen! I try to remind myself how bad I feel afterwards and use that to strengthen my resolve the next time. Of course there are some 'treats' that you should not feel bad about enjoying – in those cases enjoy the treat, savour it and make it worthwhile. Then look forward to the next time, but ensure that is not too soon...

[So, What is The Perfect Ten?](#)

Well, it represents the goal you have in mind for yourself as well as the 10 steps you need to take in order to achieve it. Your 'Perfect Ten' is unique to you – there is no one size fits all for where you should want to be or how you need to approach achieving it. It is up to you to define what exactly it is – what do you want to achieve and why? How hard are you prepared to work for it? What are you prepared to sacrifice? Because it will take work, perseverance and some element of discomfort (you can't sit wrapped up in 'comfort' on the sofa and expect results!) but the rewards will be worth it. When you start getting results, the whole process takes on a life and a momentum of its own, making it easier and easier the further down the line you get.

There are several elements of a healthy lifestyle to consider and work on, such as daily activity, resistance or strength training, cardiovascular training, flexibility and postural correction, nutrition, stress management and rest. However, for you as an individual the priorities are unique. If you are overwhelmed in a stressful job and chronically sleep deprived then finding ways to manage stress and increase sleep are your priority, over even exercise. Exercise may factor into that equation, as it is a key way to reduce stress, but it may be at a lower intensity and you certainly don't want to be losing any more sleep in order to fit it in! Increasing daily activity and looking at improving nutrition would be key first steps here. Once you are recovered, then you can start looking at developing a more structured training programme.

If you are feeling low on energy, you may automatically think you need more rest, but more often than not, increasing activity will increase energy! You need to reduce the energy-zappers and increase the energy-boosters, so improving nutrition and increasing exercise are key!

Honesty is important if you are going to be able to assess which areas are most important for you. There is no area in life where we more consistently delude ourselves than health, nutrition and fitness! If you ask yourself honest questions and give yourself honest answers, you should be able to identify the areas on which you need to focus. If you do this, you will not need to follow the latest fad or craze – if you listen to what your body really needs it will become obvious! If you are honest with yourself, would you truly expect worthwhile results to be easy? And would you want them to be?

[The Perfect Ten...](#)

'**The Perfect Ten**' are a set of guidelines to help you to shape your healthy, fit lifestyle around your own needs and goals, to ensure you succeed and maintain your success for life!

1. **MINDSET.**

A can-do attitude is so important. The foundation of this is a real desire to achieve. Think about what you want and why. Think about how highly you prioritise a healthy lifestyle and what you are prepared to change to achieve this. Think about things you say you are not prepared to change and ask yourself why – we are often overly attached to the elements that we most need to change, subconsciously sabotaging our efforts before we have even begun. Monitor any negative self-talk and see if you can identify your mental motivation saboteurs. Replace with positive self-talk and affirmations: “I am on my way to being the fit, healthy and slim person I want to be!” “I am fitter and stronger than yesterday, and I will be fitter and stronger still in a week as my behaviours, habits and actions are taking me in the right direction.”

2. **GOAL SETTING.**

Be clear about what you want to achieve. Write it down. Write it where you can see it regularly. Be precise and aim high! Then break it down into manageable chunks and work on one piece at a time. Remind yourself of your goals regularly and don't be afraid to update them. Keep an index card in your bag or by your computer (or on the fridge...) so you can keep your mind on the prize!

3. **ACTIVITY.**

Increase general activity any way you can. This is so important and can cover the effects of the odd missed workout! There are people who never ‘work out’ officially but are still fit as they are naturally active in their daily lives – walking or cycling around, using stairs not lifts, performing manual work etc. Look honestly into your life and seek out the pockets of activity you can exploit. Every little bit counts: think of it like a savings account, and over time those small deposits will definitely add up! So long as you don't reward yourself for all these extra bursts of activity with more calories, of course – ultimately you need to eat a little less and exercise more in order to lose fat, so upping your calories while upping your activity will lead to increased fitness, but will not help the whittle the waistline!

4. **PLANNING AND PREPARATION.**

“Prior Planning and Preparation Prevents P*** Poor Performance” – a military phrase that sums it up nicely! Without planning, how can you expect to succeed? We don't leave for a journey with no map, otherwise we would only end up getting lost, or back where we started if we are lucky!

This applies to planning your approach (what am I going to eat, how and when am I going to exercise etc.) as well as planning the details (e.g. menu plans for the week's meals feeding into a shopping list that you stick to). Plan what you are going to choose when you go out, looking online for menus if you can so you can make healthy choices in advance. On the exercise side, you need to decide which activities you want to take part in and schedule them into your diary – if you wait for a free 30 mins you are never going to find it! Schedule it in and commit to your appointment. For some people the single most important reason for having a Trainer is that they have booked and paid for a session so they absolutely have to turn up – the cost becomes the benefit!

Preparation means ensuring you have the tools you need – such as equipment or clothing for exercise. Nutritionally it means preparing foods to take to work or on the road so you always have healthy options to hand.

5. **NUTRITION.**

Clean it up! Eat lots of veggies, plenty of fruit, lean proteins, good fats and plenty of water. Minimise anything packaged or that does not fall into the above categories.

Experiment, play with your food! Focus on enjoying the good stuff rather than the foods you are minimising or avoiding. Improving the quality of the diet should automatically result in the weight dropping off, but you also need to pay attention to eating moderate portions and ensuring you don't over-do the more calorie-dense foods, as ultimately calories do count.

I mentioned some planning strategies above – plan your week's meals and shop accordingly. Plan your food for the next day, and prepare it in advance – you can make double at dinner time and save the rest for lunch the next day, for example. Leaving it to chance means that when you are least likely to make a good choice (tired, hungry, in a rush, tempted by various treats) is the time you have to make that choice. Make it easy on yourself and make a plan!

If you don't know where to start on the menu planning side of things, then the following online resources are available to help guide you through it, with plenty of ideas, strategies and recipes available. It's always worth checking out a few options to see what you like the look of most – it's consistency that counts when it comes to getting results, the programme you actually choose to follow is crazily not as important as just making sure you stick to whatever you do choose!

www.lunchboxdiet.co.uk
www.mealplans101.com
www.precisionnutrition.com
www.carbrotationdiet.com

6. EXERCISE.

Daily activity is one part of the equation, and the other is including periods of more structured intense activity. This should cover both resistance and cardio training and ideally you should aim to spend around 45 - 60 mins, 3 - 5 times a week on this element.

You may want to enlist the support of a professional at this stage - see the National Register of Personal Trainers (www.nrpt.co.uk) to find a trainer in your area if you are UK based (and www.perfectfitforlife.com if you are lucky enough to live near me, in Southampton!).

If you want to go it alone there are loads of online resources at your fingertips. The ones I personally recommend are listed (most also provide nutritional planning support and information). I review all these sites and more through my blog: <http://findyourperfectfit.blogspot.com>, so you can more easily decide which programme may suit you best – some of the clues are in the titles though, if you want big muscles you'll go for Vince Del Monte's No Nonsense Muscle Building, not Holly Rigsby's Fit Yummy Mummy!

www.turbulencetraining.com
www.bestfitnessadvice.com
www.fityummymummy.com
www.precisionnutrition.com
www.bodybot.com
www.lifthatdplayhard.com
www.nononsensemusclebuilding.com

Once you have a programme up and running, you may need some equipment if you want to train at home. You can get pretty much everything you need from Fitness Mad and Yoga Mad through my site: <http://www.perfectfitforlife.com/page14.htm>

I've also recommended Yoga DVDs through Amazon on the 'Online Shop' page of my site: <http://www.perfectfitforlife.com/page13.htm> or via my blog: <http://findyourperfectfit.blogspot.com>

7. RECOVERY.

Ensure you have adequate rest between intense training sessions. A common error is going too hard at the outset and putting yourself off or causing injury. Plan your workout days in advance and stick to it, letting yourself recover but staying active. Active recovery is great and can include walking, cycling, swimming etc. to help keep the blood flowing through the muscles and actually ease out any soreness from a previous session.

Getting enough sleep is also crucial: 7-9 hours a night is optimal and both more and less have been linked to various health problems. Your training will suffer if you are not getting enough sleep, as will your mood and energy levels, so do all you can to prioritise your 7-9 a day! This may be the hardest thing of all to achieve, as we have so many things to do, but you will find that the results mean your waking hours are all the more efficient.

8. STRESS AND TIME MANAGEMENT.

By adopting the steps outlined in the Perfect Ten you will find your stress levels reducing as you become healthier, fitter and more energised. However, at the beginning, when you most need to reduce stress levels, the idea of taking on more tasks can seem daunting and likely only to increase stress levels further - it can become a catch 22, as you feel too stressed to fit everything in.

This does link back to the first step, dealing with your mindset. You need to make the commitment to becoming healthier and remind yourself what the results will be – it's not purely about aesthetics and looking good, but it really is about being healthier and more energised. You need to prioritise your health in order to effectively deal with all that life throws at you. Once you have acknowledged that you are going to make this a priority it is then time to look into how you can achieve this. Are there things cluttering up your life? Are they all really that important? Could you spend 30 mins less time on the internet or watching TV in the evenings and use that time to squeeze in a training session? Can you delegate certain tasks? We often feel that 'to get a job done properly I might as well do it myself' but sometimes we need to let it go, allow someone else to 'learn' to do it for us! It may not be perfect, but it will free you up some time!

Consciously looking at the way we respond to stressful situations can make a huge difference, too. Are you stressed because you are in a rush, or rushed because you are stressing? I practice a lot of yoga, and often have to remind myself when in traffic between clients that while a few good deep breaths won't make the traffic move any faster, or get me there any quicker, it certainly will make me calmer and the journey more enjoyable – I can't change the time I arrive by being stressed, but I can change the way I feel when I arrive!

9. CONSISTENCY.

No matter what nutrition or training plan you choose to follow, you will get success if you stick with it, so long as it is a quality approach and not some quick-fix fad. Any 'magic bullet' promise means you start out with the view that you will deprive yourself for a short period of time and then go back to 'normal'. You will find that certain approaches work better for you than others, but you need to focus less on the detail and more on ensuring the changes are being implemented consistently and ongoing on a regular basis.

Underlying all nutrition plans for weight loss is the simple fact that you need to expend more energy than you take on board in order to lose weight, and the training is designed to ensure that you lose fat over precious muscle tissue. But what most people fail to realise or acknowledge is that the calorie deficit needs to be maintained over time

– if you eat less than you need all week, only to go way over at the weekends you can easily end up in calorie surplus for the week as a whole, and weight loss will invariably slow or halt. You may blame the approach and look to take a miracle ‘fat loss supplement’ or change the programme drastically, but the reality is that the implementation is going a bit awry. The sooner you can acknowledge that, the sooner you can look at making the smaller, daily adjustments that really will make the difference.

The key is to take on board changes and stick with them over a period of time, making them part of the fabric of your life – your new healthy habits. If you follow my advice and make the new habits as enjoyable as possible you will find that your tastes for your old favourites change. You will be choosing the healthier over the less healthy without having to really think about it.

Of course, the ‘less healthy options’ can also become tempting and there are many situations where you will want to indulge a little - any long term approach has to let you do that. The secret is to be able to have a small indulgence, savouring and enjoying it, then getting straight back on track. You may like to treat yourself each day, with a couple of squares of dark chocolate after dinner, a reward that can make the good work of the day seem easier. So long as this is factored in to the plan it is not a problem. You may prefer to have a ‘cheat’ meal once a week, where you can choose something that you would otherwise consider ‘off-limits’. You just need to make sure its factored in calorie-wise – if you need to stick to 1500 cals a day for 7 days in order to lose fat, but then eat (and drink) an entire days allowance in one meal out you can see how that single ‘treat’ can offset the whole week’s hard work. It’s scarily easy to do that, too! A 3 course restaurant meal with wine can easily top a usual day’s calorie limit, so if you are eating out on a regular basis you need some strategies up your sleeve! I log my food intake on www.fitday.com and it is very easy to see how all those extra calories add up without you even realising at the time, once it’s all written down!

Planning the deviations in advance means you can tweak other meals or days to prevent them from affecting your results – this will mean you can enjoy the ‘treats’ all the more without guilt. You should be enjoying the healthy foods now anyway, so not be feeling too deprived, and once you start experiencing the results of your new healthier lifestyle, many of the things that used to call to you take on a different light and become far less appealing. If your results do stall it is an indication that you may need to adjust your ratios slightly and tighten up a little.

10. LOG AND REVIEW.

In order to assess if things are working, you need to take measurements at the start and then re-measure on a regular basis. This enables you to re-assess and alter the plan if required. It is likely it is not the plan that is at fault to start with, but perhaps your interpretation of the plan, so check you aren’t exploiting loopholes – you may be having salad every day in place of your previous sandwiches, but loading them up with fatty dressings, for example. You may be serving yourself larger portions than you need to or over-estimating the amount of exercise you are doing.

Logging what you are doing is also very important here. As mentioned, I log my food intake on www.fitday.com and the little things really do add up. Logging food intake is one of the most important things you can do to ensure success as it provides you with some accountability, as well as an historical record so you can look back on things that worked well and things that didn’t.

Some things work well at some periods of time, but you may ‘outgrow’ them. So keep involved with the process and allow it to evolve as you do. Enlist support here if you didn’t at the beginning if you feel you need help to find your way.

To Sum Up...

So, to conclude, you are in the driving seat and it is up to you to take control! No plan or advice is worth anything if the plan or advice is not implemented, and only you can do that. So you need to decide to make changes and to visualise success, acknowledging the fact that there will be obstacles to overcome. It won't go perfectly all the time, but you need to be going in the right direction. Dealing with setbacks positively is one of the keys to success – it's not about never falling, but getting right up again every time you do and learning from the experience.

You have the power to achieve anything you set your mind to, these Perfect Ten are designed to help steer you in the right direction, now it's up to you to take those steps on the journey!

If you would like to find out more about [Perfect Fit for Life](#) you can check out my website, www.perfectfitforlife.com or my blog: <http://findyourperfectfit.blogspot.com>. Here you can sign up to my mailing list, if you received this report from someone else, and also find out how to contact me directly if you have any questions or would like any further advice.