



LIVE WELL EAT HEALTHY BE HAPPY!

YOUR WEIGHT MANAGEMENT PROGRAM
with all the resources you need to succeed.



[.isowhey.com.au](https://www.isowhey.com.au)

ISOWHEY[®]
WEIGHT MANAGEMENT

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*Please seek the approval of your healthcare practitioner before starting the IsoWhey Weight Management Program.
Use IsoWhey in conjunction with a balanced diet and appropriate exercise program.*

WHY ISOWHEY?

Are you looking for a lifestyle shake-up to help you lose weight and feel your best? The IsoWhey Weight Management Program is an easy-to-follow, holistic and supportive approach to reaching your lifestyle goals. With the IsoWhey team of qualified nutritionist, personal trainer and health coach, you'll be on your way to breaking bad habits, embracing an individual plan for your personal health goals and, most importantly, seeing (and feeling!) results.

Use this Guidebook alongside our online resources to follow your program of choice. Inside this Guidebook, we provide a weekly meal plan to use as your guide, as well as a full fitness program to follow. Each exercise is demonstrated in an online instructional video by personal trainer Nardia Norman, while our delicious recipes can be found on our website. Go to www.isowhey.com.au to access our video library and recipes.

Some reasons why people gain weight include:

- Most commonly, overeating and lack of exercise – you gain weight if you take in more food (calories/energy) than you burn up through metabolism and activity.
- A sedentary lifestyle with a desk-based occupation.
- Increasing age – our metabolism slows and energy decreases.
- Menopause.
- Health conditions, such as hypothyroidism.
- Insulin resistance.
- Not eating enough – missing meals and eating too little can cause your metabolism to slow down to conserve energy.

The most effective, and permanent, way to lose weight is slowly and consistently. Diets high in protein and low in carbohydrates are associated with greater satiety and greater weight loss,¹⁻³ especially when combined with physical activity. Exercise has been shown to have beneficial effects on heart health and metabolism, even when not taking weight loss into consideration. And losing just a small amount of weight can have even further benefits for your health.⁴

What makes the IsoWhey Weight Management Program different from other weight loss programs is its holistic approach to health, incorporating nutrition, exercise, recovery and stress management. For total wellbeing, IsoWhey supports every aspect of your lifestyle.

WHY ISOWHEY?

ABOUT NARDIA NORMAN

BPHED DIP MT



Nardia is a multi-passionate freedom entrepreneur with a passion for helping women maximise their physical, mental and emotional potential and amplifying their personal freedom so they may ultimately live healthier, happier, more fulfilling lives.

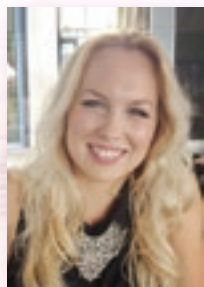
With health and fitness as her professional platform, she uses her expertise to share her message and make her mark on the world. As the award winning Australian Personal Trainer of the year, an author, international speaker and women's health authority she has played an integral role in the development, education and transformation of both fitness professionals and women worldwide.

Nardia is on a mission to bring back common sense to an industry full of hype and aims to show women how to cultivate their own body wisdom, body love and body freedom. She also works with conscious health professionals to expand their body wisdom education so as to facilitate body freedom with their clients.

For more about Nardia and her “body love” philosophy visit www.nardianorman.com

ABOUT BELINDA REYNOLDS

BSCNUT&DIET(HON)



Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003. She has been involved in the healthcare industry for nearly 15 years – 10 of these working for IsoWhey as a practitioner sales consultant, team leader, presenter, educator and writer, with an involvement in marketing and product development. She is currently IsoWhey's education manager, helping to promote a fulfilling approach to healthy eating.

Belinda believes that everything you put in your body will influence your health and, although supplements can be very useful, it is even more essential that you ensure your diet is great, providing lots of unprocessed, nutrient- and fibre-rich plant foods, lean proteins and good fats.

Outside of her work with IsoWhey, Belinda has lectured at the Australasian College of Natural Therapies.

Designing a Diet

THE SAME DIET WILL NOT SUIT EVERYONE. WE ARE ALL UNIQUE AND MULTIPLE FACTORS INCLUDING YOUR CURRENT WEIGHT, GENETICS, PAST DIET, LEVEL OF ACTIVITY, CERTAIN HEALTH CONCERNS AND MEDICATION USE CAN ALL IMPACT YOUR METABOLISM AND HOW EFFICIENT YOUR BODY IS AT BURNING ENERGY. FOR THIS REASON IT IS IMPOSSIBLE TO DESIGN A DIET WHICH PERFECTLY MEETS EVERYONE'S NEEDS, HOWEVER THE ISOWHEY MEAL PLANS ARE A GREAT GUIDE – USE THEM AS INSPIRATION TO REVOLUTIONISE YOUR DAILY DIET.

The best approach is to write an (honest!) food diary and then sit down and identify where you could improve.

Some examples may be:

- Too many simple carbohydrates in your meal (e.g. a lot of white rice, white bread [e.g. garlic bread], pasta).
 - It would be ideal to cut these out completely and replace those simple carbohydrates with vegetables or whole grain options.
 - If you absolutely need to, try and limit these carbohydrates to one small half cup serving per week and leave them out of the evening meal.
- Too much bad fat (e.g. fried foods).
 - Fat in general is not “bad” for you, however when fats have been deep fried or altered in some way, they can become harmful. In addition, they are very high in calories and contribute significantly to your daily calorie intake.
 - Avoid fried foods altogether, plus margarine and meat that is too fatty and charred.
 - Look instead to include avocado, oily fish such as salmon, a little coconut oil, raw almonds, cold pressed virgin olive oil and eggs as some sources of useful fats for your body.
 - Of course, a treat can be good for the soul, and therefore one small serving per week of a food containing bad fats can be ok.
- Too much food, and therefore too many calories (e.g. large portion sizes, too many side dishes, bread as a side, a lot of extra sugar and salt-laden sauces).
 - Depending on your gender and current weight and height, a weight loss plan would contain approximately 1000-1500 calories (possibly a little more for men).
- Are you “drinking” too many calories (e.g. in the form of alcohol, soft drinks, sweetened coffees, juices, iced teas).
 - A can of soft drink has around seven teaspoons of sugar and fruit juices come very close to this.
 - Instead stick only to water or herbal tea as a beverage. If you have coffee and tea, train yourself to have it without sugar or other sweeteners.
 - If you are dining out, sparkling mineral water with fresh lemon can be an enjoyable twist to normal still water.

WHY ISOWHEY?

Designing a Diet cont...

- Not enough cruciferous vegetables which are high in fibre and nutrients.
 - Aim to consume five servings of vegetables and two servings of fruit daily.
- Too many snacks (e.g. some individuals take the concept of “5 small meals/day” too far and simply end up eating too much).
 - You shouldn't be eating any more regularly than every three hours. When you mindlessly graze on food throughout the entire day, this can add significantly to your calorie intake without being really satisfying.
 - Stick instead to clear meal times that are six hours apart, with a small high protein and fibre snack three hours away from your meal if needed.
 - Keep your last food in the evening a full 12 hours from your breakfast. This is shown to be very beneficial for health, and will help to minimise calorie intake.
 - If you are very hungry in the evening, try some herbal tea to hydrate and relax you.
- Are you mistaking thirst for hunger? Staying hydrated is essential, water helps you to feel satisfied, keeps your bowels moving, and is also great for your skin.
 - If you do genuinely feel hungry, look at what you are eating. Foods such as vegetables can be more filling for you as they have a large volume (due to fibre and water), but less calories per gram. So if you are eating the right foods, you can have more of them without adding to your calorie intake.
 - Adding a little healthy oil and some protein to salads or other meals will help to prolong the feeling of satisfaction from a meal.
- Many individuals are confused by what a portion size is.
 - When having meat, you only need a piece that is approximately the area and width of the palm of your hand, and the same goes for whole grain carbohydrate sources.
 - One serving of vegetables is equivalent to ½ cup of most vegetables, or 1 full cup of raw leafy greens.
 - One serving of fruit can be considered one medium piece of fruit (e.g. baseball sized apple) or ½ cup chopped fruit.

Protein: the essential nutrient

“

Proteins that are more rapidly digested (fast proteins) such as whey, appear to have greater influence on a feeling of fullness.⁵

”

Increase the protein in your diet and aim to include 1g protein per 1kg body weight per day. For example, chicken breast has 33g of protein per 100g of meat, so someone weighing about 60kg would need to eat about 200g of chicken per day as their protein source.

Protein provides amino acids which are the building blocks of muscle, plus are essential for a plethora of reactions in your body. They are also important for liver function, thyroid function, neurotransmitter function (mood health and memory) and to keep metabolism going. For this reason, protein is essential for a healthy weight loss plan.

Protein is good for satiety, as not only is it digested more slowly than simple carbohydrates, but whey protein, for example, has been shown to exert beneficial effects on the release of specific appetite and metabolic hormones and chemical messengers.

Through its benefit for muscle maintenance, recovery and growth, proteins such as whey protein support metabolism. A greater proportion of lean muscle mass on your body means that you burn more energy during day-to-day activities than you would if you had less muscle. It also makes you feel stronger and is better for healthy ageing.

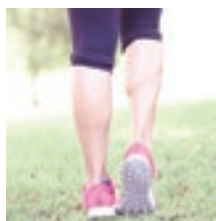
Protein can be introduced into the diet in the form of healthy cuts of meat, poultry, fish, eggs, nuts and seeds, yoghurt, also certain whole grains such as quinoa. Protein supplements can also come in handy when you are at work or on the go.

How much protein is in your meal? Refer to our table below for protein source and content.

SOURCE	PROTEIN CONTENT PER 100g
IsoWhey	47g
Peanuts	28g
Fish	25g
Tofu	48g
Lean beef	32g
Lamb	29g
Chicken breast	31g
Egg	37g



“
*Just start! It sounds basic,
 but the key really is to take
 the first step. Every time
 you complete a workout,
 record & celebrate it!*
 ”
 NARDIA NORMAN



WHY ISOWHEY?

Choose your IsoWhey Program

DEPENDING ON YOUR GOAL OR EXPERIENCE LEVEL THERE ARE THREE ISOWHEY WEIGHT MANAGEMENT PROGRAMS TO CHOOSE FROM. EACH HAS ITS OWN SPECIALLY FORMULATED NUTRITION & TRAINING PLAN THAT IS DESIGNED TO GET YOU RESULTS.

Go to
isowhey.com.au
to access exercise
instruction videos
+
delicious recipes!

THE RAPID KICK START

(7 DAYS)

Regardless of whether you want to shape up in a hurry for that upcoming party or you simply want to jumpstart your weight loss journey, this program is a fantastic way to create momentum.

This intensive program is a starting point which will give you the boost you need to get short-term results and give you the confidence to continue on. Since it is only designed to create short-term momentum, it is advised that you transition into the next program – Transform – after the seven days.

TRANSFORM

(21 OR 28 DAYS)

You may be familiar with the concept of 'breaking bad habits' in order to create new ones, however it isn't always that simple. In fact it is far harder to break an old habit than it is to transform one. The goal of Transform is to help you upgrade your current habits into fresh, improved versions which, with some consistent effort, will help you transform your waistline and wellbeing.

SUSTAIN & MAINTAIN

(28 DAYS OR MORE)

The key to long-term success is sustainability. In order to maintain your ideal weight healthily it is important to follow a plan that you feel confident adhering to for the long term. The Sustain & Maintain program shows you how to integrate realistic nutrition and exercise so that you may keep the weight off and optimise your wellness whilst still enjoying the finer things in life.

RAPID KICK START PROGRAM

Meal Plan

	Breakfast	Midday meal	Evening meal	Snacks if hungry
MON	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Roast salmon fillet with zucchini ribbons	Choose 1 piece of fruit from the "Foods to enjoy" list
TUE	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Chicken tikka	Small handful of raw almonds (12)
WED	Choose 1 shake from any of our great flavours	White fish parcels with watercress, peppers & green beans	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list
THU	Choose 1 shake from any of our great flavours	Stir-fried beef with shiitake and Asian greens	Choose 1 shake from any of our great flavours	Small handful of raw almonds (12)
FRI	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Spicy tofu & vegetable soup	Choose 1 piece of fruit from the "Foods to enjoy" list
SAT	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Chicken teriyaki patties with steamed Chinese vegetables	100g natural yoghurt with berries
SUN	Choose 1 shake from any of our great flavours	Grilled beef & Mediterranean vegetable skewers	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list



2 shakes a day



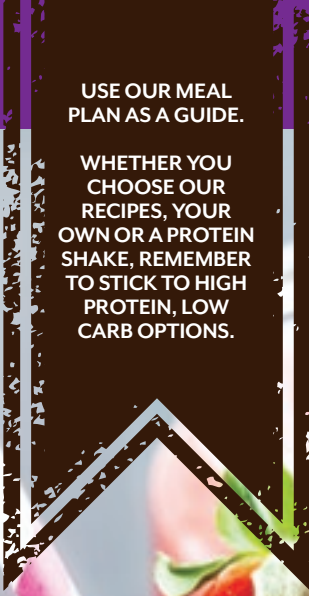
Low calorie eating plan



Fat burning exercise routine

**USE OUR MEAL
PLAN AS A GUIDE.**

**WHETHER YOU
CHOOSE OUR
RECIPES, YOUR
OWN OR A PROTEIN
SHAKE, REMEMBER
TO STICK TO HIGH
PROTEIN, LOW
CARB OPTIONS.**



RAPID KICK START PROGRAM

Fitness

DUE TO THE SHORT-TERM, QUICK-PACE NATURE OF THIS PROGRAM, THE EXERCISE REGIME IS RELATIVELY INTENSE AND REQUIRES YOU TO EXERCISE EVERY DAY OF THE WEEK.

WEEKLY OVERVIEW:

MON	TUE	WED	THU	FRI	SAT	SUN
Metabolic Circuit	HIIT	Metabolic Circuit	HIIT	Metabolic Circuit	HIIT	Extra Long Walk

In addition to this training plan, aim to complete 10,000 steps every day and increase the amount of incidental activity you do.

INSTRUCTIONS:

If you are a beginner and are just starting out then choose Option 1. Body Weight Metabolic Circuit. If you are familiar with resistance training and have been doing some form of regular movement then you may choose to do either circuit.

Always commence the session with the Functional Warm Up, which is demonstrated in our exercise media library on isowhey.com.au along with the exercises that follow your warm up. When you've completed your warm up, move onto your circuit of choice. To perform the circuit you complete the first six exercises consecutively with no rest between exercises. Perform each exercise for 45 seconds. The aim is to execute each movement with control in order for the exercise to be safe and effective.

If you are choosing Option 2. Equipment Based Metabolic Circuit then select weights that are heavy enough to slow you down such that you are only able to 'get out' about 8-12 repetitions per 45 second period (if you are unsure how to select your weight please refer to www.isowhey.com.au for more information.)

BEGINNER:

Repeat your chosen circuit 3-4 times with two minutes rest period between each circuit.













INTERMEDIATE/ ADVANCED:

Repeat your chosen circuit 4-5 times with 60-90 seconds rest period between each circuit.



Online video library: access Nardia Norman's exercise videos at isowhey.com.au

METABOLIC CIRCUIT

FUNCTIONAL WARM UP: 5 – 10 MINS

OPTION 1. BODY WEIGHT METABOLIC CIRCUIT:	OR	OPTION 2. EQUIPMENT BASED METABOLIC CIRCUIT:
 <p>Bodyweight Squat</p>		 <p>Dumbbell Squat Press</p>
 <p>Bodyweight Lunge</p>		 <p>Lunge with Dumbbell Curl</p>
 <p>Kneeling Plank or Full Plank with Arm Row</p>		 <p>Renegade Row</p>
 <p>Sumo Squats</p>		 <p>Sumo Squat with Dumbbell (or Barbell) High Pull</p>
 <p>Incline Push Ups</p>		 <p>Push Ups</p>
 <p>Step Ups</p>		 <p>Dumbbell Step Ups</p>

FOLLOW WITH

CORE CONDITIONING:	
 <p>RKC Plank 3-4 x 30 seconds</p>	 <p>Prone Cobra Holds 3-4 x 30 seconds</p>



RAPID KICK START PROGRAM

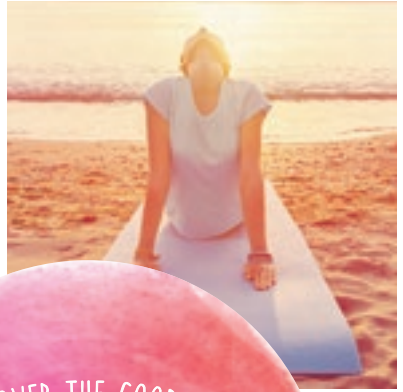
Fitness

HIIT

HIIT stands for High Intensity Interval Training and is a quick and effective way to get fit and accelerate the fat burning process. HIIT can be performed outdoors or indoors using conventional 'cardio' equipment. There are both indoor and outdoor options for you.

As per the Metabolic Circuit, before commencing a HIIT session spend 10-15 minutes doing a Functional Warm Up and then 10 minutes stretching at the end of the session. Go to our video library on www.isowhey.com.au to view the Functional Warm Up instruction video.

	INDOORS	OUTDOORS
Beginner (30 minutes maximum)	Treadmill or Rower: 5 x 200m as fast as possible. Rest for as long as you need between each set.	Hills: Find a steep hill about 70m long. Walk as fast as possible (or jog) up the hill, then walk down slowly. Repeat this 5-7 times.
Intermediate	Treadmill or Rower: 8 x 200m as fast as possible with a 200m active recovery	Hills/Stairs: Find a steep 70m hill or long set of stairs. Jog or sprint up and slowly walk down. Repeat this 8 times
Advanced	Treadmill or Rower: 10 x 200m sprints with a 200m active recovery. Try and hit the same distance in each sprint for all 10 repetitions.	Hills/Stairs: Find a steep 70m hill or a long set of stairs. sprint up as many times in a 15 minute period (resting when needed).



DISCOVER THE GOODNESS
- of healthy living -
ISOWHEY[®]
WEIGHT MANAGEMENT



TRANSFORM PROGRAM

Meal Plan

	Breakfast	Midday meal	Evening meal	Snacks if hungry
MON	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Prawn and lemongrass stir-fry with spinach	Choose 1 piece of fruit from the "Foods to enjoy" list
TUE	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Poached chicken spring salad with avocado	Small handful of raw almonds (12)
WED	Choose 1 shake from any of our great flavours	Italian-style rolled chicken	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list
THU	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Steamed salmon parcels with fresh asparagus	Small handful of raw almonds (12)
FRI	Choose 1 shake from any of our great flavours	Moroccan lentil salad	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list
SAT	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Grilled beef steaks with roast beetroot and walnuts	Choose 1 piece of fruit from the "Foods to enjoy" list
SUN	Choose 1 shake from any of our great flavours	Chicken and bean salad	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list




1-2 shakes a day



Low calorie eating plan



Cardio and resistance exercise routine

A close-up photograph of a fresh salad on a white plate. The salad consists of large, bright green spinach leaves, several thick slices of ripe strawberries showing their red flesh and white seeds, and small cubes of white feta cheese. The background is a soft-focus green and white. A dark, vertical banner with a decorative border is positioned in the upper center, containing white text.

**IF YOU HAVE
PREVIOUSLY
STRUGGLED TO
STICK TO
A HEALTHY EATING
AND EXERCISE
PROGRAM
THEN NOW IS
YOUR CHANCE
TO TURN THINGS
AROUND!**

TRANSFORM PROGRAM

Fitness

THE KEY TO TRANSFORMING YOUR WAISTLINE AND WELLBEING IS TO CONSISTENTLY EAT WELL AND MOVE AS OFTEN AS POSSIBLE. THE TRANSFORM PROGRAM FOCUSES ON TOTAL BODY WORKOUTS THAT ARE DESIGNED TO PROMOTE HEALTHY MUSCLE AND DECREASE BODY FAT.

WEEKLY OVERVIEW:






MON	TUE	WED	THU	FRI	SAT	SUN
Total Body Resistance	HIIT	Total Body Resistance	Rest or Recovery Class (Optional)	Steady Cardio	Total Body Resistance	Extra Long Walk

In addition to this training plan, aim to complete 10,000 steps every day and increase the amount of incidental activity you do.



TOTAL BODY RESISTANCE

FUNCTIONAL WARM UP: 5- 10 MINUTES

OPTION 1. TOTAL BODY RESISTANCE PROGRAM: BODY WEIGHT	OR	OPTION 2. TOTAL BODY RESISTANCE PROGRAM: EQUIPMENT-BASED
 <p>Bodyweight Lunge 4 x 10 repetitions each leg</p>		 <p>Dumbbell Lunge 4 x 10 repetitions each leg</p>
 <p>Crawl Out 4 x 8 repetitions</p>		 <p>Dumbbell Step Up 4 x 8 each leg</p>
 <p>Squat Jump 3 x 12 repetitions</p>		 <p>Dumbbell Squat Press 3 x 12 repetitions</p>
 <p>Bear Crawl 3 x 20 meters</p>		 <p>Bear Crawl 3 x 20 meters</p>
 <p>Plank With Arm Row 3 x 10 repetitions each arm</p>		 <p>Seated Row 3 x 10 repetitions</p>
 <p>Incline Tricep Push Up 3 x 8-10 repetitions</p>		 <p>Push Ups 3 x 8 repetitions</p>
 <p>RKC Plank 3-4 x 30-45 seconds</p>		 <p>RKC Plank 3-4 x 30-45 seconds</p>
 <p>Prone Cobra Hold 3-4 x 30 – 45 seconds</p>		 <p>Prone Cobra Hold 3-4 x 30 – 45 seconds</p>

TRANSFORM PROGRAM

Fitness

HIIT

Choose a HIIT workout from the below table.

As per the Total Body Resistance, before commencing a HIIT session spend 10-15 minutes doing a Functional Warm Up and then 10 minutes stretching at the end of the session. Go to our video library on www.isowhey.com.au to view the Functional Warm Up instruction video.

	INDOORS	OUTDOORS
Beginner (30 minutes maximum)	Treadmill or Rower: 5 x 200m as fast as possible. Rest for as long as you need between each set.	Hills: Find a steep hill about 70m long. Walk as fast as possible (or jog) up the hill, then walk down slowly. Repeat this 5-7 times.
Intermediate	Treadmill or Rower: 8 x 200m as fast as possible with a 200m active recovery	Hills/Stairs: Find a steep 70m hill or long set of stairs. Jog or sprint up and slowly walk down. Repeat this 8 times
Advanced	Treadmill or Rower: 10 x 200m sprints with a 200m active recovery. Try and hit the same distance in each sprint for all 10 repetitions.	Hills/Stairs: Find a steep 70m hill or a long set of stairs. sprint up as many times in a 15 minute period (resting when needed).

STEADY CARDIO

Choose your favourite cardio machine in the gym or simply get outside in the fresh air where you can walk, run swim or ride.

Aim to do 30-45 minutes of continuous movement. If you're in the gym, you can use more than one piece of equipment.



“

*For lifelong wellness,
become the expert in yourself.
Take the time to learn what
works for you.*

”

NARDIA NORMAN

SUSTAIN & MAINTAIN PROGRAM

Meal Plan

	Breakfast	Midday meal	Evening meal	Snacks if hungry
MON	Choose 1 shake from any of our great flavours	Zucchini frittata	Soba noodles with shredded chicken, ginger and lime	Herbed cottage cheese on buckwheat crispbread
TUE	Choose 1 shake from any of our great flavours	Stuffed eggplant with spinach ricotta	Pan-fried white fish fillets with salsa verde	Choose 1 piece of fruit from the "Foods to enjoy" list
WED	Summer fruit salad with IsoWhey added to yoghurt	Choose 1 shake from any of our great flavours	One-pot Moroccan lamb tagine	Small handful of raw almonds (12)
THU	Choose 1 shake from any of our great flavours	Roasted pumpkin, fennel, quinoa and pine nuts	Warm chicken vermicelli salad with Asian greens	Rice cakes with avocado
FRI	Oat porridge with apples, almonds and scoop of IsoWhey	Mexican-style chicken wrap	Sauté pork with red cabbage, pear & pine nuts	100g natural yoghurt with berries
SAT	Choose 1 shake from any of our great flavours	Baked mixed mushrooms & wholemeal pasta	Minestrone soup	Carrot sticks with hummus
SUN	Poached eggs & smoked salmon	Tuna and brown rice salad	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list




1 shake a day



Calorie-controlled eating plan introducing whole grains



Cardio and resistance exercise with focus on variety and individual lifestyle



NOW IS THE
TIME TO CEMENT
THOSE HABITS
AND MAINTAIN
YOUR HEALTHY
LIFESTYLE FOR
GOOD. WHAT
BETTER WAY TO
DO IT THAN WITH
OUR SUSTAIN
& MAINTAIN
PROGRAM?

SUSTAIN & MAINTAIN PROGRAM

Fitness

DESPITE WHAT MANY SAY, THERE IS NO ONE 'BEST' EXERCISE PROGRAM. THE 'BEST' EXERCISE PROGRAM IS ONE THAT YOU CAN STICK TO, SUITS YOUR SCHEDULE AND LIFESTYLE AND, OF COURSE, IS SOMETHING THAT YOU ENJOY.

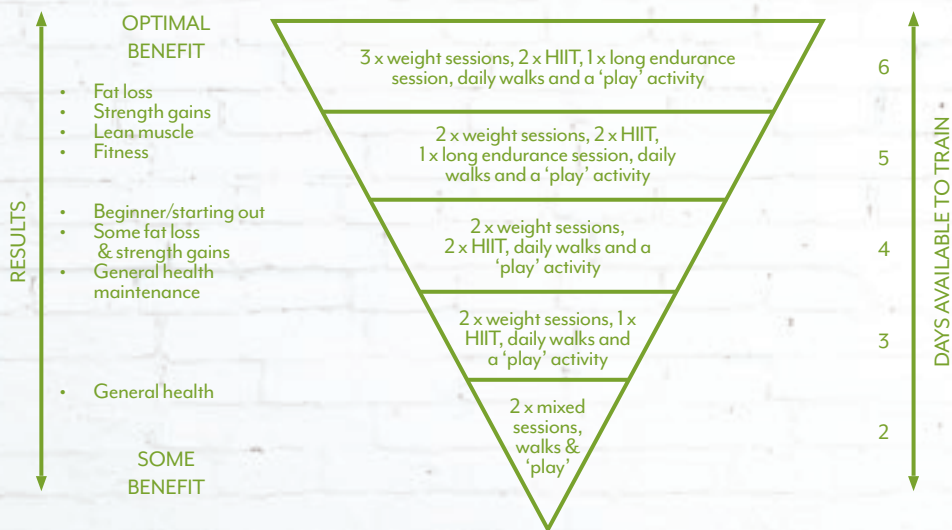
Once you've achieved your goals, the Sustain & Maintain Program will help give structure to your new lifestyle. The first step in ascertaining the right type of exercise plan for you is to be realistic with your schedule. How much time per week, or how many days, do you have available to commit to your exercise?

Once you know the answer, use the exercise pyramid below to work out the frequency and type of exercise to include weekly.

WEEKLY OVERVIEW:

This is determined by how many days you have committed to exercise.

HOW TO ORGANISE YOUR TRAINING WEEK



WEEKLY STRUCTURE

TOTAL BODY RESISTANCE SESSION

FUNCTIONAL WARM UP: 5-10 MINS

KEEP IT SIMPLE BY FOLLOWING A TOTAL BODY WORKOUT. THIS CAN BE DONE WITH OR WITHOUT WEIGHTS, HOWEVER STICK TO THE FOLLOWING TEMPLATE.

Refer to the exercise matrix on page 28 to pick your next exercises. Choose 1 or 2 exercises from each of the following movement categories:

- Lower Body
- Horizontal Push
- Horizontal Pull
- Supplementary Movement
- Core

Complete 3 sets of 8-15 repetitions for each exercise.

HIIT

Choose a HIIT workout from the below table.

Before commencing a HIIT session spend 10-15 minutes doing a Functional Warm Up and then 10 minutes stretching at the end of the session. Go to our video library on www.isowhey.com.au to view the Functional Warm Up instruction video.

	INDOORS	OUTDOORS
Beginner (30 minutes maximum)	Treadmill or Rower: 5 x 200m as fast as possible. Rest for as long as you need between each set.	Hills: Find a steep hill about 70m long. Walk as fast as possible (or jog) up the hill, then walk down slowly. Repeat this 5-7 times.
Intermediate	Treadmill or Rower: 8 x 200m as fast as possible with a 200m active recovery	Hills/Stairs: Find a steep 70m hill or long set of stairs. Jog or Sprint up and slowly walk down. Repeat this 8 times
Advanced	Treadmill or Rower: 10 x 200m sprints with a 200m active recovery. Try and hit the same distance in each sprint for all 10 repetitions.	Hills/Stairs: Find a steep 70m hill or a long set of stairs. sprint up as many times in a 15 minute period (resting when needed).

SUSTAIN & MAINTAIN PROGRAM

Fitness

STEADY CARDIO

Choose your favourite cardio machine in the gym or simply get outside in the fresh air where you can walk, run swim or ride. Aim to do 30-45 minutes of continuous movement. You can use more than one piece of equipment in the gym as long as you are continuously moving.

'PLAY' SESSION

A play session is an activity that you do purely for the fun of it. It is less about exercise and more about moving in a different and enjoyable way. As adults we very rarely take the time to laugh and have fun, yet laughing and having fun are important for the soul (and is great for stress relief). Examples of these play sessions include dance classes, running around with the kids, social sport, hiking, paddle boarding, sailing – whatever gets you moving!





“

*It's important to select
the best program and form of
support for you.*

*Your practitioner, trainer
or IsoWhey team may provide just
the motivation you need!*

”

BELINDA REYNOLDS

SUSTAIN & MAINTAIN PROGRAM

Exercise matrix

FOR INSTRUCTIONS ON HOW TO COMPLETE THESE EXERCISES, GO TO OUR VIDEO LIBRARY ON ISOWHEY.COM.AU

Use the below exercise matrix to choose 1-2 exercises from different movement categories. Try to mix up your exercise choices every time, because each exercise and each part of your body uses a different set of muscles.

MOVEMENT	EASIER OPTIONS	OR	HARDER OPTIONS
Lower Body: Squat	 Sitting on a Seat Body Weight Squat Sumo Squat		 Dumbbell/barbell Squat Dumbbell Squat Press Sumo High Pull Front Squat
Lower Body: Lunge	 Bodyweight Lunge Alternating Lunge		 Dumbbell Lunge Lunge with Bicep Curl Walking Lunges
Lower Body: Step Ups and Bend	 Low box step up Modified Deadlift		 Low-High Box Step Ups Deadlift Dumbbell Step Ups Kettlebell Swings
Horizontal Push	 Wall Push Ups Incline Push Ups Kneeling Incline Push Up		 Tricep Pushups Push Ups Dumbbell/barbell Bench Press
Horizontal Pull	 Machine Seated Row Band Row Single Arm Row		 Barbell Bent Over Row Alternating Dumbbell Row Renegade Row Plank with Arm Row
Supplementary	 Dumbbell Shoulder Press Bicep Curls Tricep Pushdowns Hamstring Curls		 Barbell Shoulder Press Lat Pulldown Face Pulls
Core	 RKC Plank Cobra Holds Static Bridges Side Planks Kneeling		 Bear Crawls Bridges Horsestance Side Planks Side Planks with Twist



***Total
wellbeing***

Sleep, stress & rejuvenation

DID YOU KNOW THAT WHEN IT COMES TO LOSING WEIGHT OR IMPROVING YOUR OVERALL HEALTH, DIET AND EXERCISE ARE JUST TWO PIECES OF A MUCH LARGER PUZZLE?

DID YOU ALSO KNOW THAT THE AMOUNT OF SLEEP YOU GET EACH NIGHT, THE AMOUNT OF STRESS YOU EXPERIENCE ON A DAILY BASIS AND THE AMOUNT OF DISTRACTION YOU FACE ALL INFLUENCE YOUR BODY'S ABILITY TO LOSE WEIGHT AND BE HEALTHY?

The human body is a complex organism which is composed of many different systems that connect and interact with one another.

Our thoughts drive our behaviours and actions, and our actions can drive our thoughts. When it comes to weight loss our biology and our psychology are inextricably linked.

You may have experienced this in your own life. For example, you wake up tired and cranky after a terrible night's sleep and before you know it you are craving for, and searching out sugary, fatty (and caffeinated!) high-energy foods including chips, chocolate, confectionary and cakes. Been there? This is a normal response and is a clear example of how your biology can cause you to crave particular foods.

Alternatively, have you ever been sad, angry, happy, frustrated or lonely and have reached out for some food to comfort you? This would be a clear case of emotional eating whereby your thoughts are this time driving your actions. By taking a holistic approach to your weight loss and wellbeing you will be better able to foster long-term success.

There are a number of approaches that can be considered to improve your ability to cope with stress. From a nutritional stand point, it is important to ensure you are not deficient in nutrients such as **zinc**, **magnesium**, **B vitamins**, **vitamin C**, **vitamin D3**, **amino acids** and **essential fatty acids** (e.g. omega-3 oils from fish). Each of these play a fundamental role in forming the chemicals in our brain and body that help to switch off the stress response, maintain a healthy mood and manage stressful situations.



If you don't have enough of the essential nutrients, your body and brain will have a diminished ability to cope in stressful events, and you may find that your threshold for dealing with stress is significantly lowered.

It is also important to incorporate other practises into your life including mindfulness, meditation, deep breathing, yoga and gratitude. Each of these can help to switch your body out of a "stressed" mode and into a relaxation state. This is incredibly beneficial in the long term, as chronic, unresolved stress leads to fatigue (reducing your motivation for exercise), hormonal imbalances (which can lead to difficulty managing weight, particularly around the abdomen), blood sugar imbalances (leading to cravings and stress-related eating), depression and even difficulties with memory, learning and focus. (Yes... stress actually damages your brain, not just the rest of your body!)

Outside of nutrients, there are specific herbs which can assist in the management of stress. A combination of the herbs **magnolia** and **phellodendron** have been shown to assist in regulating stress in the body. Via the combined actions of the herbs, this blend may help to balance stress hormones, resulting in improved sleep, improved feelings of wellbeing, reduced stress-related eating, and potentially even reduced fat accumulation around your mid-section (in conjunction with healthy eating and exercise of course!).

Holy basil can also assist in supporting relaxation. Consider using these herbs if you've experienced either long-term stress or are currently battling a stressful situation.

Sleep & our bodies

SLEEP, STRESS LEVELS AND REJUVENATION ARE OFTEN OVERLOOKED, YET WHEN IT COMES TO YOUR ABILITY TO GET RESULTS, LOSE FAT, PERFORM AND BE IN OPTIMAL HEALTH THEY ARE ABSOLUTELY CRITICAL.

Sleeping habits help to keep body composition in check, help mental performance and acuity, and help to reduce the chances of mental disorders such as depression and anxiety.

When we go to sleep at night, it is like shutting down a computer. We physically rest our bodies, and it is the body's chance to re-cooperate, repair and rejuvenate. Whilst we are sleeping, our bodies are undergoing remarkable change – cells are being repaired, the musculoskeletal system gets to relax, and our brains slow down. Of particular importance to fat loss, is the release and control of certain hormones that regulate appetite and fat storage.

The average adult needs roughly eight hours of optimal sleep per night; the type of sleep that is deep and uninterrupted where you wake up feeling refreshed and super charged for the day. For most however, poor sleep is a reality, and with it comes a host of problems.

If you are experiencing difficulty with sleep, consider the following:

- Ensure that you are not consuming too much caffeine close to bed time, and remove any refined carbohydrates and sugar from the four hours before you're due to retire for the evening.
- Caffeine and sugar each play havoc with your body's normal hormonal rhythms that control the sleep/wake cycle.
- Try dimming the lights for the hour before you head to bed and try to avoid the temptation to stare at your phone, iPad, laptop or other electronic device.
- The light emitted from electronic devices are very stimulating for the brain and will impact your sleep.
- You can also try a quick meditation or a few calming yoga poses before bed.

If you still struggle with sleep, it is important that you are working to manage stress in your life, as the chemical changes in the body caused by stress can lead to difficulties falling asleep, and can also contribute to waking in the middle of the night.

Consider the above recommendations for stress, but also consider some **magnesium** before bed, plus **tart/sour cherry** is naturally rich in melatonin, which can assist sleep and relaxation. **Chamomile tea**, and other calming teas may be useful as well.

Relaxation & recovery

CREATING TIME IN YOUR SCHEDULE TO RELAX, SIT OR DO NOTHING IS ALSO AN IMPORTANT PART OF THE PROCESS.

HIGH LEVELS OF STRESS PARTICULARLY CHRONIC STRESS IMPAIRS THE REJUVENATION PROCESS AND CAN LEAD TO SYSTEMIC INFLAMMATION, MALNOURISHMENT, WEIGHT GAIN, THYROID DYSFUNCTION, FORMS OF DEPRESSION AND ANXIETY.

In order to experience total body wellness it is important to include mindfulness techniques such as breathing exercises, meditation, and yoga into your daily routine.

If your intestinal lining is inflamed, the rest of your body will be at risk of the same problems. When this inflammatory stress spreads throughout your system and into the brain, it can lead to your nervous system responding as though you are stressed, and your body's natural recovery processes can start to fall down.

The wrong type of diet, such as one devoid of fruits and vegetables and high in over-processed, sugary and toxic foods, will also contribute to this wide-spread inflammation and systemic stress.

Increase your plant food intake to ensure you are consuming lots of anti-inflammatory and antioxidant nutrients which mop up the damage from past habits. Certain “superfoods” can also be added to the diet, and some great, antioxidant-rich options include **turmeric**, **pomegranate**, **acai**, **cacao**, **broccoli** and **matcha green tea**.

Furthermore, it is important to support the health of the friendly bacterial communities in your gut as they help to regulate your immune system, calm inflammation and support digestion. Help these little guys out by eating lots of fibre and avoiding artificial sweeteners, excessive alcohol and sugar. You can also look for products which contain **probiotics** and **prebiotics**. Probiotics are the healthful bacteria themselves, whilst a prebiotic is a special type of fibre which feeds and supports the good bacteria.

Protein is also well-known for muscle recovery as it provides the amino acid building blocks your body needs to repair the small amounts of damage done through exercise, ultimately improving muscle strength. **Why protein** is one of the best muscle-recovery proteins you can get. If you are unable to have dairy, choose organic sprouted brown rice protein and sprouted golden pea protein; they're easily digested and nutrient-rich options.

Boosting your nutrition profile

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If you regularly have cravings for sweet foods, or find you have an energy slump after meals, you may need to balance your blood sugar levels. A low GI diet with protein is essential, while nutrients and herbs such as chromium and cinnamon may also assist.

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BELINDA REYNOLDS

In a perfect world, all of us would achieve sufficient levels of nutrients through our diet alone. Unfortunately for most people, this isn't the case. More than 90% of the population have been found to consume insufficient amounts of vegetables in their diet, plus too many people live on over-processed foods which have been stripped of their nutrition during manufacturing processes. Add to that concentrated farming practises which leave plant foods depleted of the nutrients we expect them to provide, and the greater stress on our bodies from the crazy lifestyles we lead and exposure to environmental toxins.

Many may question the need for supplementation, but the need for supplementing your diet is hard to refute when you consider the above, and the fact that around one third of Australians are vitamin D deficient, iodine deficiency is re-emerging and rampant, processed foods are fortified with folate as folate deficiency is common, many women require iron supplements due to deficiency and calcium is a common nutrient required in supplement form.

Therefore, if you recognise that you aren't eating the right amount of vegetables or fruit, if you often feel lethargic, or are commonly susceptible to illness, if you find that you don't cope well with stress, experience inflammatory concerns or intestinal issues, you may benefit from a supplement.

A great way to supplement your diet can be in the form of **superfoods** such as blended nutrient powders or whole foods. These are concentrated sources of natural foods rich in nutrients and a balance of beneficial phytochemicals that nature intended. These can attempt to make up for the lack of whole foods in your regular diet. Choose ingredients that are also rich in fibre and trace minerals, as these are also commonly lacking from the diet of many. Check out the full IsoWhey range of antioxidant-rich wholefoods and superfoods at www.isowhey.com.au



*Support +
success*

SUPPORT + SUCCESS

Hot tips for achieving your goals

1. SCHEDULE IN YOUR EXERCISE SESSIONS:

In order to transform 'bad' habits into new ones you need to commit to your success. The best way to do this is to schedule in all of your exercise sessions into your diary and make it a priority (make sure the family know your schedule – make it 'your' time!)

2. SET YOUR KITCHEN UP FOR SUCCESS:

Planning your weekly meals in advance means you will always be prepared. Make sure that your kitchen is clean and de-cluttered, and that it is well stocked with spare storage containers and grocery basics. Each week draw up a shopping list and create a menu plan for the week.

3. SOCIAL ACCOUNTABILITY:

Tell people what your health and fitness goals are. We are more likely to stick to something when we are accountable to others.

4. FOCUS ON YOUR 'WHY?':

Always keep the number one reason why you are exercising and eating well at the front of your mind. Staying focused on the goal and how you will feel as a result of achieving that goal keeps your motivation up and on the right track.

5. MAKE TIME FOR SLEEP, REPAIR AND RECOVERY:

Are you sleeping enough and leaving enough time between dinner and breakfast? You should aim to leave at least 12 hours between your last meal at night and breakfast (including snacks). If you are an evening snacker, try to look at changing that habit.

Scientific evidence supports the fact that those individuals who do not achieve sufficient sleep are more likely to be overweight. Not only are you more likely to consume more calories, but it can impact your metabolism and desire for unhealthy foods.

6. CHOOSE HEALTHY SNACK OPTIONS:

Keep quick options on hand that you can easily grab if you're really hungry and tempted to eat the wrong thing (e.g. IsoWhey shakes or Protein Pops).

7. DISCOVER CAFFEINE ALTERNATIVES:

Embrace herbal teas (e.g. green tea). Herbal teas can be sipped slowly, acting to both hydrate you and help you to feel more satisfied. There are many delicious options available now, so you don't need to suffer through one that you don't enjoy.

8. ENJOY YOUR MEALS:

Eat foods YOU like. Don't think that you have to adhere to someone else's diet. Do try new things, but make sure that you are enjoying what you eat, as you are much more likely to stick to it.

9. STAY POSITIVE!:

Remember, any change is a positive one. Even though you may not be "perfect", you are still improving your health and lifestyle.

10. BE MINDFUL:

Remove distractions such as TV, phone and social media when eating. Use this time to tune into your body; really listen into your body's internal cues. Pay attention to how different foods make you feel, understand your body's natural rhythm and be completely present.

11. ADD INCIDENTAL ACTIVITY:

Walk whenever you can and get up and move around as much as possible. These incremental blocks of activity add up over a day and contribute to an increased energy usage. It also helps to prevent illness that are related to sitting.

SUPPORT + SUCCESS

Healthy replacements for improving your meals

EATING OUT AND SOCIALISING WITH FRIENDS OR FAMILY CAN BE A MAJOR CHALLENGE FOR ANYONE WHO IS LOOKING TO IMPROVE THEIR DIET AND LIFESTYLE. BUT YOU DON'T HAVE TO GIVE UP YOUR SOCIAL LIFE TO BE HEALTHY! HERE ARE OUR DIETITIAN'S BEST TIPS TO HELP YOU MAKE WISER MEAL CHOICES.

- MASHED POTATOES > cauliflower mash
- RICE > cauliflower rice or quinoa
- PASTA SIDE DISHES > roasted vegetables
- NOODLES AND/OR RICE WITH STIR FRIES > use a spiraliser (or similar) to make noodles out of vegetables like carrot and zucchini, or consider slender noodles, bean sprouts or lots of chopped cabbage
- TACOS/BURRITOS > lettuce leaves
- QUICHES > leave out the pastry and add extra vegetables
- CHICKEN SCHNITZELS > chicken breast and/or thigh
- MEAT PORTIONS TOO LARGE > ensure the meat portion is the size of your hand, and fill up on vegetables (e.g. top with mushrooms cooked with some garlic and add a large side of broccoli and cauliflower)
- PRE-MADE SAUCES BEING USED > pre-made sauces are high in sugar and salt, try using mixes of herbs, or even simply squirt in honey and soy sauce for your own home made honey soy flavour
- YOGHURTS AS SNACK > be careful of hidden sugars and eat plain, full-fat, non-flavoured Greek yoghurt (you can add a little IsoWhey Wholefoods Organic Cacao Powder for a chocolate flavour or vanilla extract for vanilla flavour), plus sprinkle in some seeds or similar to add additional nutrients and crunch (try the IsoWhey Wholefoods Organic Superfood Sprinkle).

Foods to enjoy

Fruits	Vegetables	
Apple	Alfalfa/other sprouts	Herbs (fresh)
Apricot	Artichoke	Leek
Blackberry	Asparagus	Lettuce
Blueberry	Beans (green)	Mushroom
Cherry	Beetroot	Onion
Grapefruit	Broccoli	Parsnip
Grape	Brussels sprouts	Radish
Honeydew melon	Carrot	Red cabbage
Lemon	Cabbage	Sauerkraut
Lime	Capsicum	Seaweed
Nectarine	Cauliflower	Spinach
Orange	Celery	Sweet potato
Papaya	Celeriac	Tomato
Peach	Chilli	Turnip
Pear	Chinese greens	Watercress
Pineapple	Corn	Witlof
Plum	Cucumber	Zucchini
Raspberry	Dill pickle	
Rhubarb	Eggplant	
Rockmelon	Endive	
Strawberry	Fennel	
Tangerine	Garlic	

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WEIGHT MANAGEMENT

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