



# PHASE 1

- BALANCE

PLATE METHOD

-UNDERSTANDING MACROS

-INTRO TO TRAINING

# PHASE 1

## BALANCE PLATE METHOD

### EMPOWERMENT OF EDUCATION:

Nutrition explanation for phase 1

Phase one of your 16 week transformation is about setting a solid foundation. This foundation will be built on knowledge, enjoyment of food and ensuring that losing bodyfat does not compromise your relationship with food.

The main focus of this phase is following the Balanced Plate Method guidelines with the intention of making you aware of portions, increasing your vegetable intake and eating for health. Losing body fat is not to be taken for granted, and it is not a given – but a body that is looked after, is a body that will look after you. It would be doing you a disservice to throw out macronutrient and calorie targets to you so early on when we haven't worked closely with you and your body yet.

Phase one gives YOU the power to decide what is on your plate. By following the Balanced Plate Method guideline you will still be consuming foods that suit you, your lifestyle, your family and your tastebuds. You will see that you CAN and WILL see results with small sacrifices, and without making drastically uncomfortable changes that you can't and won't continue long term.

So, what is the Balanced Plate Method? It is a simple and effective way to ensure your body is getting the nutrients it needs! Yes, plates come in different sizes, of course, so it's up to you here to be responsible and make educated choices here! Now the fun part, filling it!

- Half of your plate should be made up of non-starchy vegetables. Eat a variety of colours, "eat the rainbow"! You can sautee them, steam them, roast them or have them raw like a salad! Just eat them!
- ¼ of your plate should be a lean protein source! With plates all being different sizes, think of your protein serving to be about the size of a deck of cards to give you some form of reference as to 1 x serve! (Refer to our Macro Vann Diagram for some ideas!)
- ¼ of your plate should be nutrient rich carbohydrates! Think wholemeal and wholegrain! (Refer to our Macro Vann Diagram for some ideas like potato, rice and bread!)
- Now, time for healthy fats! A bit of avo, extra virgin olive oil, nuts and seeds are our favourite!

### DON'T FORGET FLAVOUR!

Somewhere along the way, everybody started to believe the lie that eating healthy and eating for fat loss had to be restrictive and bland. That is not the case!!! Herbs, chilli, balsamic vinegar, mustard, spices – use them and enjoy the food you eat!



# PHASE 1

## BALANCE PLATE METHOD

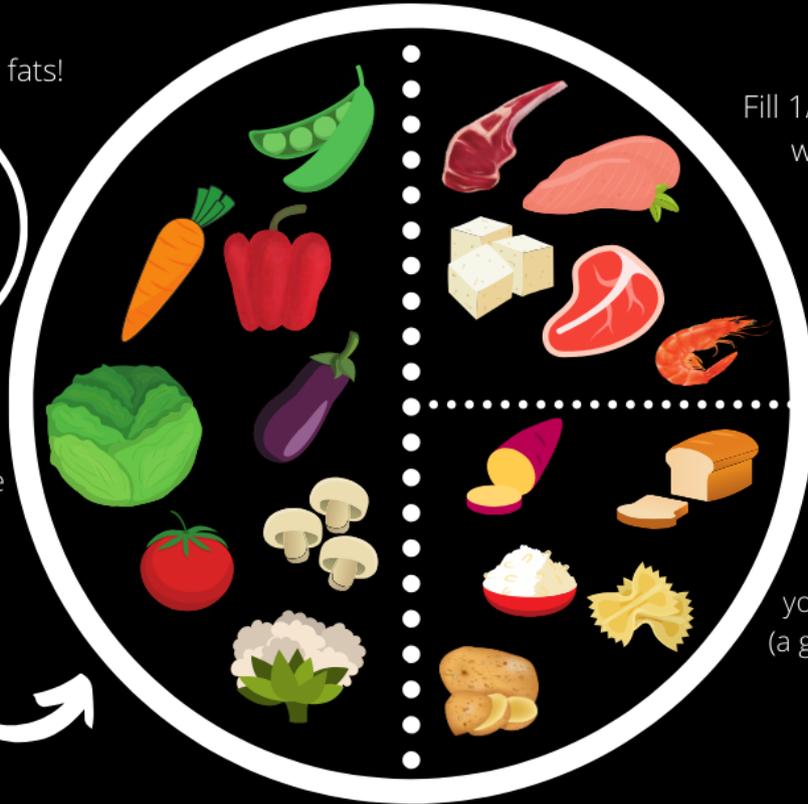
### BALANCED PLATE METHOD

Add some healthy fats!



Fill 1/2 of your plate with vegetables

Aim for at least 3 different types!



Fill 1/4 of your plate with lean protein

Fill 1/4 of your plate with carbs (a grain or starchy food)



# PHASE 1

## BALANCE PLATE METHOD

### MACRO NUTRIENT EXPLANATION

#### PROTEIN PROFILE:

##### What is it? And why do I need it?

Protein's main role as a nutrient is to repair and maintain tissue in the body. It is found in your bones, skin, hair, muscle and virtually every other tissue. Protein is made up of a chain of 20 amino acids. 9 out of the 20 are called Essential Amino acids as they cannot be made by the body itself, therefore it's our job to ensure they come from food!

##### In short:

We need to consume an adequate amount of protein for overall health, and maintaining or growing muscle mass.

##### How much do I need to eat, and when do I eat it?

An even distribution of protein is beneficial for overall health and it is very satiating, so consuming it at every meal will also help you feel fuller longer.

Protein contains 4 calories per gram, and studies show that 1.2-2.2g of protein per KG of bodyweight is ideal.

A convenient way of ensuring that you are getting enough, is to ensure that at every meal you have approximately 30 grams, or 1 x palm sized equivalent of a protein serving. Also, a large protein dinner does NOT have the same effect, nor will it make up for lack of protein throughout the day!

##### Coaches advice?

Ensure that your protein distribution is even throughout the duration of the day! If a meal is low in protein, you may get hungrier sooner and feel the need to snack more than you have planned for. Feeling fuller, longer is the key to controlling things like over eating in later meals or making quick decisions on what to eat that may not be congruent with your current goals!

##### Protein Myth Bust:

Contrary to targeted advertising and social media – “fat burning” or “female” protein shakes *ARE NOT A THING*. Protein is protein, and it doesn't discriminate against, or favour your gender. It's a marketing ploy.

#### FAT PROFILE:

##### What is it? And why do I need it?

Dietary fat's main roles include the transportation of vitamins around the body, increased brain function and hormone function and regulation! There are 4 kinds of dietary fat:

- *Saturated Fats*: Meat, milk, eggs, butter, cheese, coconut oil
- *Monounsaturated Fats*: Olive oil and other cooking oils that are liquid at room temperature.



# PHASE 1

## BALANCE PLATE METHOD

- *Polyunsaturated Fats:*  
Omega 6 – vegetable oils, flax seeds, nuts  
Omega 3 – fish oils.
- *Trans Fats:* Margarine, sweets, crisps and other processed foods. (Typically, nutrient void and probably advisable to limit this intake to some extent)

It is important to also note that high levels of trans fats are linked to an increase bad cholesterol levels (LDL) in your body. Whereas Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy dietary pattern.

### **In short:**

Dietary fats are essential, but it's important to note that not all fats are created equally.

### **How much do I need to eat, and when do I eat it?**

Dietary fats are double the energy density of the other 2 macronutrients, at 9 calories per gram. A convenient way to not over consume fat without weighing your food, is to keep your fat source to approximately the size of your thumb at every each meal!

### **Coaches advice?**

Cooking with oil still counts as your fat source for the meal. So keep that into consideration if you are cooking your food in oil, as well as drizzling it on your salad!

### **Fat Myth Bust:**

Fat foods get stored as fat. Ba bowwwwww. Incorrect! Dietary fat and body fat must not be consumed as the same thing!

Whilst dietary fat is more energy dense per gram, it is not magically converted to, and stored as fat in your body. Therefore eliminating it for this purpose will NOT help you lose weight faster. It is your over all energy balance that determines whether you are in a maintenance, fat loss or gaining phase.

## CARBOHYDRATE PROFILE:

### **What is it? And why do I need it?**

Carbohydrates are your body's preferred energy source. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed.

You will hear carbohydrates referred to as simple or complex.

- Simple carbohydrates include sugars found naturally in foods such as fruits, vegetables, milk, and milk products. They also include sugars added during food processing and refining.
- Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes. Many of the complex carbohydrates are good sources of fibre.



# PHASE 1

## BALANCE PLATE METHOD

### In short:

Your body needs carbohydrates to function optimally, particularly if you are active and training! They aren't an optional food source, they are essential for overall health, better performance in training, recovering and having enough energy to function day to day.

### How much do I need to eat, and when do I eat it?

Your carbohydrate requirements are determined by your overall energy expenditure. This is completely different person to person as it takes into account your activity levels throughout the day, your job, the type of training you do and your goals.

Eating the equivalent of approximately a fist size of a carbohydrate source per meal is an easy way to find out a serving size that suits you! It will make up approximately one quarter of your food volume in a meal.

### Coaches advice?

As carbohydrates are utilised for energy, it's so important to have them before you train! If you're eating within an hour of training, go for something like a piece of fruit or a sandwich. Something that can be released into your blood stream quickly and utilised for energy!

### Carb Myth Bust:

"Last time I tried to lose weight I cut carbs and it worked"

"My friend .... trains and he told me that he lost weight by cutting carbs"

"I once lost X kgs on my low carb diet so I know it works for me"

Here's a little bit of advice. If you have to go back to a "diet" because it worked the first time... was it really successful if it wasn't sustainable and you have to go back to it?...

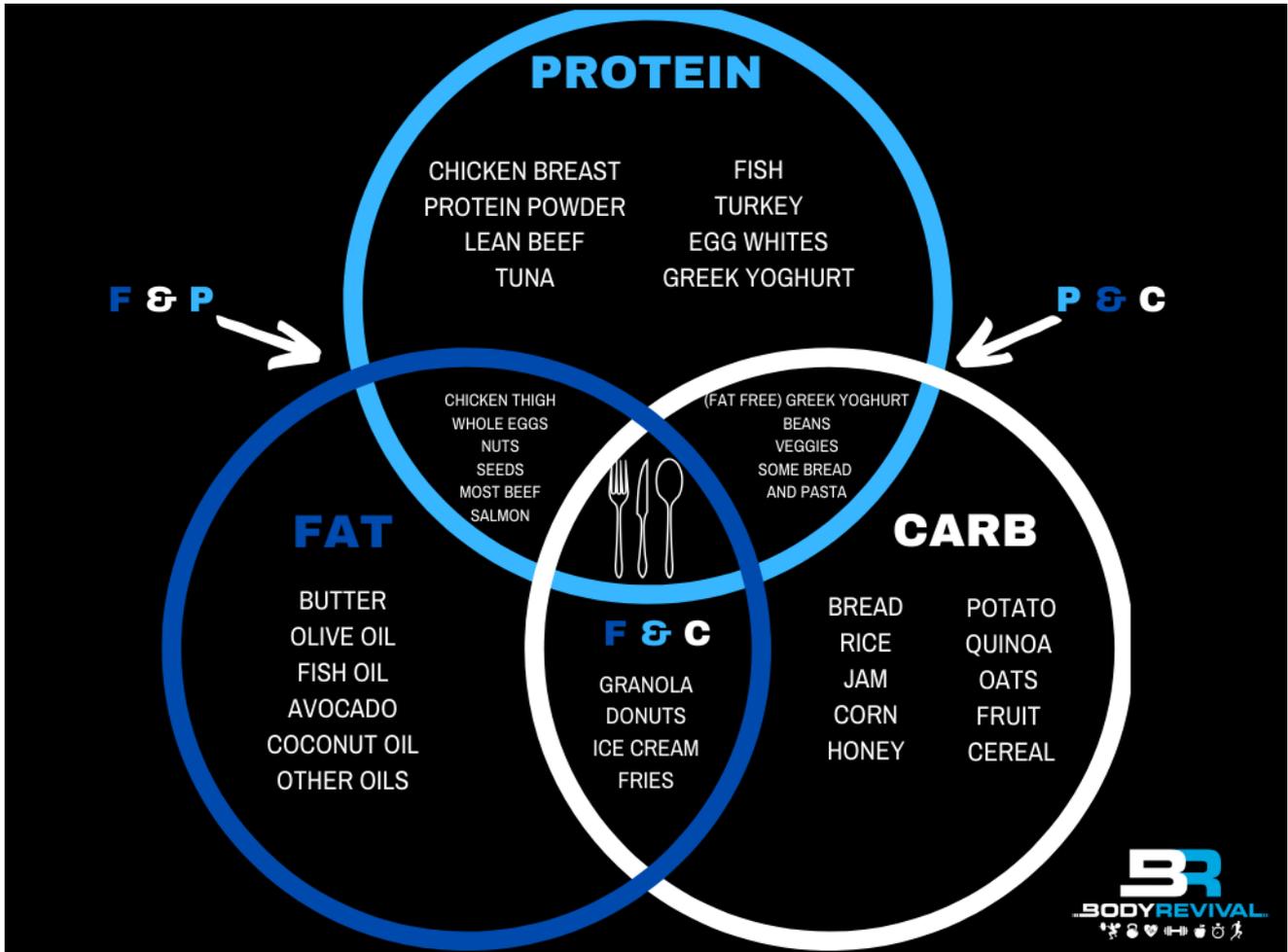
Many foods, including carbohydrates, come with a "water weight". No that doesn't mean they cause a bloat. It is intra cellular and it is how your body stores them for energy. The depletion of your carbohydrate stores from cutting them out will result in an initial drop in "weight". INITIAL. And it's also important to note that a drop in weight, is not necessarily a drop in fat. This initial drop in mass gives people a false indication that they are in a calorie deficit and losing fat.

It is often short lived as no body likes to feel sluggish, not be able to train to their potential and continue to be sore for DAYS after training. You know, all those things that we need carbs for 😊



# PHASE 1

## BALANCE PLATE METHOD



# PHASE 1

## BALANCE PLATE METHOD

### INTRODUCTION TO TRAINING:

So, you're starting the next big step of your health and fitness journey – It's very easy to get swept up in the excitement of immediate results when it comes to a new commitment. Where this program is so effective, it isn't just a handbook to follow and get results.. With your commitment, it guarantees that you will be taking away tools that ensure you will not just maintain results, but allow to continue making them. Long after these 16 weeks end.

In saying that – exercise. More does not always mean better, and it definitely doesn't mean faster results. At Body Revival, we are huge advocates of moving your body daily. In line with the Australian guideline, we recommend you move your body at least 30 minutes daily! This is not for your weight loss or body composition goals – but for general health too. It is in line with the Australian Government's Health and Exercise guidelines and looking after your body!

When it comes to training sessions, we recommend 3-4 classes/sessions per week for the best, and ongoing, results. What sessions you do, are completely up to you! Here's a little run down of each of our types of classes. Choose classes that align with your goals, you will attend consistently, you're comfortable to attend, as well as you KNOW you will enjoy! Just remember - coming to any sessions is better than not going to any!! You can also pick and choose between each class type each week, you don't have to only commit to one!

### HIGH INTENSITY TRAINING:

If you want to work on your cardio fitness, sweat a little, use an array of equipment and like versatility – High intensity training is for you! We offer many different work out structures from high intensity interval training (H.I.I.T.) to “as many rounds as possible” and “every minute on the minute”! No two sessions are the same, and it's a total body program guaranteed to make you feel fitter and healthier!

### STRENGTH AND CONDITIONING:

If one of your goals is to get stronger, and grow some muscle (some may even call this “getting toned”) – Strength and Conditioning is waiting. With a key focus on strengthening and refining movement patterns for the Squat, Bench Press, Deadlift and Overhead Press, we have people with all levels of experience in every session! Core strength is also a focus too! So if you're ready for a challenge, and your prepared to put in the work to change the shape of your body in the long term – give it a go!

### CROSSFIT:

If you're looking for an approach to training that is broad, inclusive, and dynamic in it's approach, then Crossfit is for you. It has a mix of everything, from weightlifting through bodyweight movements, to cardiovascular conditioning, all in one session. Not to mention CrossFit's elite standard of coaching, this class will have you falling in love with fitness while changing your body composition, no matter what level you're at.



# PHASE 1

## BALANCE PLATE METHOD

If you are completing all workouts from home or at another gym we have set programs planned for you:

### GYM BASED PROGRAMS

In our gym based programs we have 2,3 or 4 day a week options and focus on Strength & Conditioning (description as above) the only difference is, it's done from a gym individually rather than a class format at Body Revival

The other option you have is doing our....

### HOME BASED WORKOUTS

In our home based workout program we also have 2,3 or 4 days a week options which are primarily using, body weight, bands and some sought of weight. The programs are split with Upper Body, Lower body, Full Body and a Booty Builder session as an addition on your 4 day a week program. These programs can easily be done in the convenience of your own home.

To measure your progress with these workouts we have implemented Home Workout Progression Testing so you can see how much you improve every 4 weeks, or after each phase.

### WEEKLY CHALLENGES

In addition to spice things up, every week we have also added a weekly challenge, these weekly challenges are generally High Intensity Training Sessions and are either HIIT (High Intensity Interval Training) workouts or AFAP (As far as Possible). These workouts are designed for you to workout with Stacey if you like as each workout has a video recorded which will give you some additional motivation and support.

Keep in mind you can incorporate a mixture of different styles of training, here are some examples you could do (read below), some people may enjoy incorporating strength and conditioning training and also high intensity training, some may enjoy purely strength & conditioning. There is no right or wrong answer to what style of training as each training style brings you benefits in their own individual way. We recommend you do what you enjoy doing most 😊

### TRAINING COMBINATION EXAMPLE

#### 3 DAY:

2 Days Strength & Conditioning and 1 Day of High Intensity Training or Weekly Challenge

3 Day Strength & Conditioning

3 Day Home Workout

2 Days Home Program and 1 Day of High Intensity or Weekly Challenge

As you can see with the above options, there is no right or wrong way of training do what you enjoy, the key is to STAY CONSISTENT!

**GOOD LUCK TEAM! WE ARE HERE TO SUPPORT**



# PHASE 1

## BALANCE PLATE METHOD

### CARDIO OR WEIGHT TRAINING? BOTH HAVE BENEFITS!



- Usually burns more calories per session
- Increases your endurance and cardiovascular health
- Improved blood flow
- Great for stress relief if you enjoy it!



- Build muscle which can change shape of your body in a way you favour
- Increases strength and aids with aches and pains (like back pain!)
- Burns more calories at rest
- Great for stress relief if you enjoy it!

