



Getting started

The majority of cases of incapacity, ill health and early deaths are caused by unhealthy living. They are referred to as lifestyle related diseases as, in the main, they can be prevented by taking simple steps to improve the way we live on a daily basis. Lifestyle related diseases include diabetes, heart disease, stroke and cancer - all are strongly influenced by lifestyle factors that we can control.

A recent and very well regarded study of 24,000 adults who were monitored over 8 years, found that there were four golden rules for a long and healthy life.

Those people that followed all four rules were:

- 93% less likely to develop diabetes
- 81% less likely to have a heart attack
- 51% less likely to have a stroke
- 36% less likely to develop cancer
- Lifestyle changes really do work

This 4-week plan is incredibly simple to follow. Just follow the four golden rules each week:

- Stay slim - A BMI of 25-30 is considered medically overweight.
- Don't smoke
- Take regular exercise - at least 3.5 hours per week
- Eat a healthy diet - high in fruit, vegetables and whole grain foods, as well as low in red meat.

These 4 factors are set out as statements in your personal training plan (shown on next page). You don't have to follow all 4 rules at once. You may wish to build them up week by week, or concentrate on one statement and gradually build up different daily habits that help support that area of your lifestyle.

Track your progress and each day give yourself a tick if you managed to do something that contributed to each statement.

Remember the 80 / 20 rule - try to complete your action points on a regular basis - at least 5 days out of 7 each week.

Continue to track your success for 4 weeks. You will probably find that at the end of 4 weeks you are doing these things without thinking; in other words they have

now become habits. You should also notice that your daily energy levels have started to improve and that you're feeling a lot fitter and a lot better about yourself!

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Do something to manage my weight better							
Cut back or stop smoking if I'm a smoker							
Exercise more or get more active							
Eat a little more healthily							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Do something to manage my weight better							
Cut back or stop smoking if I'm a smoker							
Exercise more or get more active							
Eat a little more healthily							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Do something to manage my weight better							
Cut back or stop smoking if I'm a smoker							
Exercise more or get more active							
Eat a little more healthily							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Do something to manage my weight better							
Cut back or stop smoking if I'm a smoker							
Exercise more or get more active							
Eat a little more healthily							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
This week I have more energy and feel better about myself Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.