



Getting started

This 4-week plan is perfectly balanced yet incredibly easy to follow. Simply complete these eight statements each day and monitor your progress using the personal training plan shown on the next page.

1. Base my meals on starchy foods (bread, potatoes, breakfast cereals, pasta, rice, oats, noodles, maize, millet and cornmeal) and make sure these foods make up a third of your diet.
2. Eat lots of fruits and vegetables – at least 5 portions a day.
3. Eat more fish. The Government recommends that we eat at least two portions of fish a week, one of which should be an oily fish (salmon, mackerel, trout, sardine or fresh tuna), as these contain omega-3 fatty acids which can help to protect against heart attacks.
4. Cut down on foods high in saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Achieve 30 minutes plus of moderate exercise per day; or 10,000 plus steps (using a pedometer) per day; and

in addition try to build activity into my daily routine (walk short distances rather than drive, use stairs rather than the lift, commute in a healthy way and sit less each day). If you are not used to exercising, start with 10-15 minutes of moderate exercise a day in week 1, then at the end of each week add 5-10 minutes more exercise each day so that you build up

gradually. Weight gain is caused by taking in more calories than you expend – exercise is critical in helping to redress this balance.

7. Drink plenty of water – at least 6-8 glasses of water a day to keep hydrated (unless you have a medical condition that advises against this)
8. Start each day with a healthy breakfast, within an hour of waking, to provide energy for the day.

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
Base my meals on starchy foods							
Eat more fruit and vegetables							
Eat at least two portions of fish a week							
Eat less salt							
Achieve 30-minutes of exercise or get more active							
Drink more water							
Eat a healthy breakfast							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Base my meals on starchy foods							
Eat more fruit and vegetables							
Eat at least two portions of fish a week							
Eat less salt							
Achieve 30-minutes of exercise or get more active							
Drink more water							
Eat a healthy breakfast							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Base my meals on starchy foods							
Eat more fruit and vegetables							
Eat at least two portions of fish a week							
Eat less salt							
Achieve 30-minutes of exercise or get more active							
Drink more water							
Eat a healthy breakfast							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Base my meals on starchy foods							
Eat more fruit and vegetables							
Eat at least two portions of fish a week							
Eat less salt							
Achieve 30-minutes of exercise or get more active							
Drink more water							
Eat a healthy breakfast							
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
I am eating more healthily this week 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.