



Welcome to the 'Get Fit Starter Kit'

Simple techniques to get you in the best shape of your life! Never make the decision to get healthy again.



So, you want to get fit (Awesome) You're in the right place.....



This is so much more than just an exercise plan, this is a complete health overhaul in 5 simple steps. Big claim but I'm confident by the end of this you're going to be feeling as confident, motivated and excited as I am at how simple and enjoyable it is to get in great shape and live healthily.

I'm going to challenge your current beliefs around getting healthy and fit, I'm going to show you simple techniques that unlock your motivation and create lightbulb moments with your approach to health. How can I be so confident?

Because I have helped 100's of humans just like you make incredible long lasting change to their health inside our free online workshops and our flagship online lifestyle course 'The Human Blueprint' and our memberships. I've condensed the essence of all this wisdom into the PDF to get you taking a massive first stride to getting fit and living healthy.

Have you ever said...."I'm too busy to start something new?" or "This won't work for me I've tried everything out there?" then you're in the right place, I hear these objections on almost a daily basis and also see humans smash past them on a daily basis and you're no different and this what the PDF is all about!

Right! Let's get after it

What's inside





Hi, I'm Alec

**"This changed
and continues to
change my life"**

I've spent over a decade navigating the health and fitness industry and what I've learnt is simple:

The most important thing we have is our time on this world. However, finding your own unique path to confidently expressing your true nature, living healthily and feeling fulfilled can also be time-consuming. With so much conflicting advice combined with busy lives it can feel difficult to know exactly how to use your time to live your best life and even to know where to start.

Which is precisely why I created 'The get Fit Starter Kit' I'm on a mission to support as many humans as I can to live healthily and full transparency here, this is my way of introducing what I do to new humans with the hope that if you resonate with me as a coach, take value from this guide and how I teach you'll continue to put into your health with us at Human



Before we
start...Why does
this work?

Simple....It's holistic and creates balance, focus and a clear map to success.

We focus on the individual not just the goal as you'll discover. We build the foundations in all areas of health both physically and mentally. This will enable you to live healthily, to do the things you love most and not be held back by your health.

Most health programs put all the focus on the outcomes; loose weight, eat less sugar, build muscle etc but this is superficial and doesn't build long lasting health foundations. It's often confusing and too complicated to stick to for any decent amount of time.

We're about to change that. Below your going to discover knowledge and simple step by step checklist for you to take your first huge stride towards building long lasting health foundations

Story of member



The ultimate step by step guide to

Getting in the best shape of your life & living healthy





Step 1

Mastering your Mindset

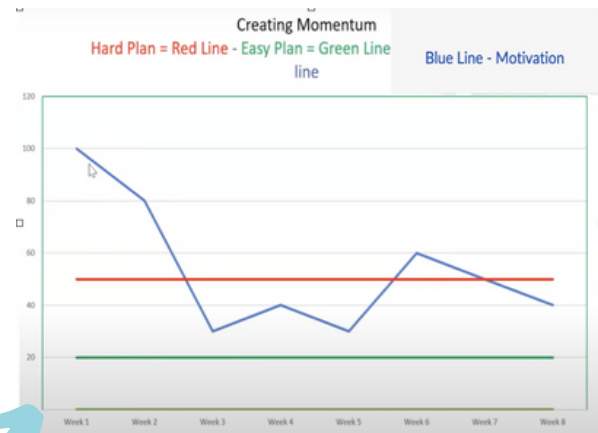
The 3 key tips for mastering your mindset

Before every fitness program there is you. Get this right first and you'll set yourself up for exponentially success

1.

Start Small

The reason most programs fail is because it's too complicated. By starting small you create a series of little wins. This have been proven to build confidence, increase consistency and improve results. You can add complexity over time. Small wins achieved consistently communicates positively to your subconscious and cultivates and confident, winning mindset.



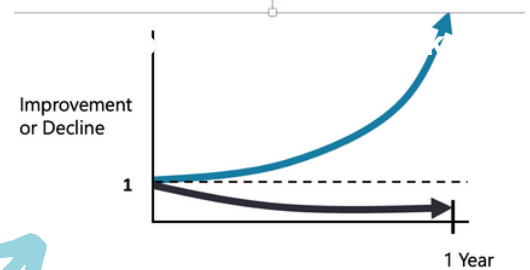
Create a plan you can do without fail and let the momentum build

2.

The power of compounding

You may feel tiny wins won't make a difference, this is wrong! If you're into finance you'll know the power of compound interest this is true for your health efforts. Small efforts consistently done over a decent amount of time = HUGE results. 1% better every day truly equals exponential growth. Check out the power of tiny gains here

$$1\% \text{ better every day } 1.01^{365} = 37.78$$
$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



1% better everyday = Exponential growth
Imagine this over 10 Years

3.

Long term mindset.

We live in a society of quick wins and instant gratification. This is killing your mindset. When we don't achieve the insanely optimistic results from quick fix FADS we feel like a failure and subconsciously create a 'I can't do this mindset', the opposite of the one above. Imagine a snowball, it's slow to start but once it gains momentum it's exponential. This is the same as your health and time is your friend. 2 years of building foundations that last a lifetime is faster than a decade of yoyo dieting getting healthier as a result.



Let me show you another way....

Check out the 3 pictures below. They are the same trend line focused in at different moments in time. We often get stuck in the short term focus and fail to see the bigger picture. My clients often hear me bang on about being 'Net Positive' in healthy habits over unhealthy habits. If you do this by keeping it simple and allowing your healthy habits to compound over time your health will continually trend upwards even if there's times it feels like it's going backwards. Keeping the long term mindset will help to keep you motivated and committed for the long term. You're not the stock market and the graph is in no way a reflection of the progress or trajectory of your health. It is there to visually represent the importance of keeping the longterm focus in mind. After reading this starter Kit your health trend line will be much less volatile



Short term focus



Mid term focus



Long term focus

Let's get practical

Action steps for mastering your mindset

1) Start Small - Task

Choose one or two tiny habits to incorporate into your daily routine. Choose habits that align with what you'd like to achieve. For example, if you want de-stress at work take a 10-minute walk during your lunch break. If you want to eat more healthily; cook 1 healthy meal each week. Write your habits in the boxes. This works for any change you'd like to create.



2) The power of compounding - Task

If you can do this small habit for 7 days increase it the week after or add a second. If not make it simpler. You can then begin to add habits as the previous one becomes a part of your daily routine. This takes away pressure, it keeps things simple and it keeps your efforts compounding. Consistency is key! After a year you'll be a completely different person. Try it and see. Create a simple habit tracker on your phone or diary and begin recording your progress



Congratulations

For completing Step 1 - Mastering your Mindset

You have taken a huge step in setting your self up for exponential health success by understanding the importance of:

- Starting small ✓
- Allowing tiny efforts to compound over time ✓
- Adopting a long term mindset ✓

You have taken powerful action steps by creating 1 or 2 habits that align with your new healthy self concept and created a method of progressing and recording your efforts. ✓

Rosa's story

"Small steps for a larger goal' was a key lightbulb moment for me. However busy I was, this precious few minutes of planning or breathing or meditation or reading in between busily caring for my three children and mother were vital. Instead of feeling upset that I didn't have bigger chunks of time I was making small focused 'me moments'. At those moments I gained clarity of thinking, which often lead to some great decision making for me and my family, most notably to go camping for most of the season, living mindfully in nature and getting back to basics. If I hadn't done this with Alec I never would have been brave enough to jump in like that. It has changed my life forever and it set me on a whole new positive path "





Step 2 Mastering your Motivation

Mastering Your Motivation

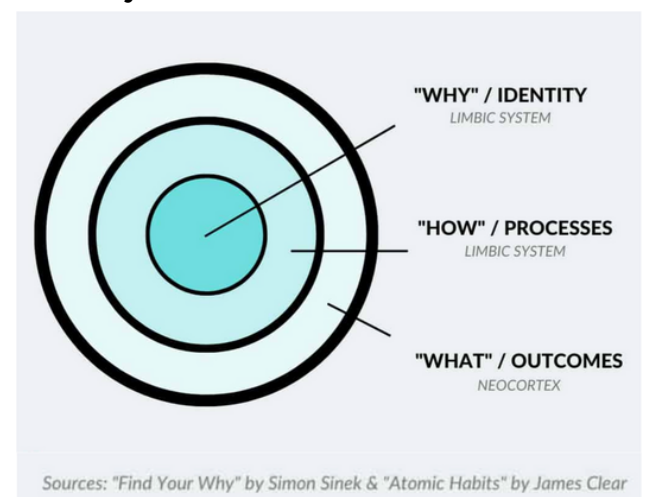
Achieving long-term health improvements requires more than just adopting new habits; it involves understanding and addressing our behaviour and therefore our motivation. One proven way we can do this is by understanding the three levels of change: identity, process, and outcomes.



1. Identity. This is deeply rooted in our self-concept and beliefs about ourselves. To create lasting change, you need to redefine your identity and embrace the image of a healthier, more active person. This shift in self-perception will help you stay committed to your new habits and goals. We will behave in alignment with our self-concept so to change our behaviour and increase motivation we need to ensure our self-concept aligns with the goals we want to achieve.

2. Process. Create a process that aligns with your healthier self-concept and takes you towards your long-term goals. This is what you're starting to do right now, creating a plan that's unique and right for you. It doesn't matter how strong your mindset and goals are if your process doesn't align them then you won't get there. It doesn't matter how high you climb up the ladder if it's placed against the wrong tree. You've placed your ladder against the right tree by completing the 'Get Fit Starter Kit'

3. Outcome. This is your North Star and setting realistic, achievable goals helps to maintain motivation and provide a sense of accomplishment as you progress on your health journey. If you don't know where you're going how will you know when you get there? One of the biggest mistakes people make when getting healthy is to focus 100% on the outcomes without aligning the identity and process of getting to their goals. This creates conflict and friction to your efforts; inevitably leading to failure. When you align all 3 you master your behaviour, habits and this creates tremendous momentum and motivation that leads to living healthy effortlessly. Ready to master your behaviour?



Let's get practical

Action steps for cultivating a healthier identity

Tips to keep in mind:

Replace negative self-talk with positive affirmations

Surround yourself with supportive, like-minded individuals

Visualize your ideal healthy self, focusing on the emotions and experiences associated with that identity



Task 1

Write down the tone of your current self talk. What's the tone of it? Is it contradicting a healthy self-concept? If yes, how can you replace negative self-talk with positive affirmations?

Task 2

Visualise yourself achieving your goals. What does that person think, feel and and act like? Is there a difference between that person and you now? If so how can you adopt those characteristics?

Rosa's story

"Small steps for a larger goal' was a key lightbulb moment for me. However busy I was, this precious few minutes of planning or breathing or meditation or reading in between busily caring for my three children and mother were vital. Instead of feeling upset that I didn't have bigger chunks of time I was making small focused 'me moments'. At those moments I gained clarity of thinking, which often lead to some great decision making for me and my family, most notably to go camping for most of the season, living mindfully in nature and getting back to basics. If I hadn't done this with Alec I never would have been brave enough to jump in like that. It has changed my life forever and it set me on a whole new positive path "



Story of identity change - use HB referrals

Yvonne

Let's Get Practical

Action steps for developing an effective process / plan

Tips to keep in mind:

Keep it simple

Break down your goals into small, manageable tasks

Create a daily routine that incorporates your new habits

Use reminders, such as alarms or visual cues, to help you stay on track



Task 1

Create a daily routine that incorporates your habits from the first section. Give each habit its own space and time.

Task 2

Create reminders to help you stay accountable. Get your friends and family involved and if you want even more accountability and support you can join our free health community the 'Human Health Collective' and I'll be your coach Write down how you're going to stay accountable.

Let's Get Practical

Action steps for creating aligned, powerful goals

Tips to keep in mind:

Break down larger goals into smaller, incremental milestones

Establish a clear timeline for achieving your objectives

Regularly review and adjust your goals to ensure they remain aligned with your identity and processes



Action Step 1

Write down one goal you'd like to achieve.

Action Step 2

Now add the question....So that? and answer this question below. For example, I want to get fitter so that I can play with my children without getting out of breath. This will give you a deeper reason to why you want to achieve your goals.

Action Step 3

Now take this goal and break it down into smaller, incremental milestones. You can do this for more than one goal at a time but start with one and let the momentum build as learnt in the first section.

The 4th level of change

Mastering the three levels of change is essential for achieving health transformation. By aligning your identity, processes, and outcomes, you'll create a powerful synergy that propels you toward incredible, lasting improvements in your health. However, there's a 4th level of change that ensures we keep achieving and exceeding our health goals FOREVER!!



That Is community!

Surrounding yourself with other humans with a passion for life and living healthily.

Imagine a rich woodland of healthy trees. New studies shows that our woodlands are deeply connected and are continually communicating with each other. They share resources such as nutrients and water. They alert each other of predators and protect each other ensuring the success of the wood.

This is the exact same as humans, we are social creatures. We support each other when times are challenging and celebrate each other when we're winning. Having a community you can turn to is essential to long term health success and it's why community is at the heart of Human.

We've created a community of humans passionate for life and healthy living called the 'Human Health Collective' It's free and our way expressing our values and sharing what we love with other humans. We believe being healthy is a basic human right and we want to support as many humans as we can to live healthy. If you want to join our community simple hit the button below where you'll join 100's of healthy humans all elevating each other to higher realms of health. I'll also be there to hold you accountable and support you along your health journey.

[Join the Human Health Collective Here](#)

Congratulations

For completing Step 2 - Mastering your Motivation

You have taken a huge step in setting your self up for exponential health success by understanding the importance of:

- Understanding the 4 levels of change ✓
- Identity, process, outcomes & community ✓
- Aligning all three to increase motivation & create new behaviours ✓

You have created massive momentum by creating your first steps in each of these areas and ensured your success surrounding yourself by likeminded people inside the 'Human Health Collective' ✓

If you haven't joined us inside the Human Health Collective then here is your personal invitation

Inspiring humans and community discussion, free health resources and workshops, live support from a health coach (Me, Alec) a chance for you to ask questions and create accountability dramatically increasing your likelihood of acheiving your health goals I'll see you in there, Alec.

[Join the Human Health Collective Here](#)





Step 3
Master your
Movement &
Exercise

Do you even move though?

Have you ever thought about the difference between movement and exercise? Did you realise there was a difference? Get ready because this is game changer.

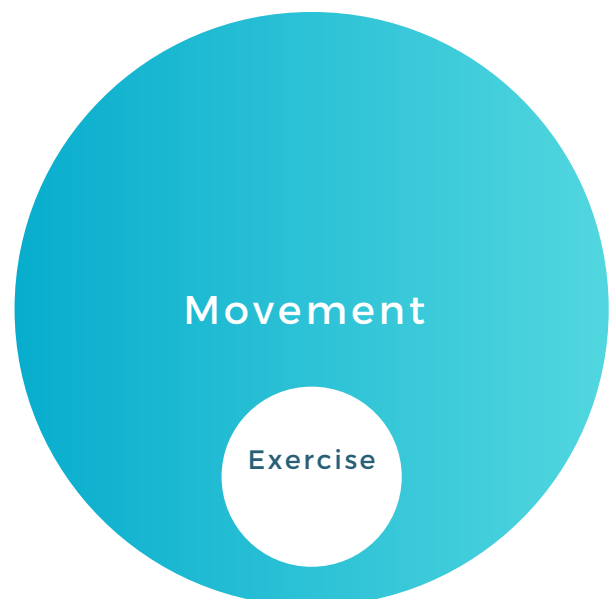
Before we get into this I want you to be aware that there are so many so called 'experts' out there and it can be difficult to know where to start. At its core there are a few simple principles that if you follow you will have tremendous success.

Firstly, consistency is key. I don't care what you do to start with just do it and stick to it. Just move. As you do this you'll discover so much more about yourself, what you like, what you don't, what works, what doesn't all whilst building momentum and getting the benefits of a regular exercise and a movement program. After all starting is the hardest part so don't make it any more difficult than it needs to be.

Secondly, you are unique so explore, be curious and see what works for you. Align your exercise with your goals and the identity you've set in the previous chapter.

6 www.human-movement.co.uk

Thirdly, movement and exercise are different. Movement encapsulates every movement we make as a human and is key to keeping us healthy. It is a fundamental need of the body like water, air and food. I have a small 10 -20 minutes movement practice each morning just as I drink a pint of water in the morning. I suggest you do both. Don't worry, this doesn't need to be complicated or time consuming and I'm going to show you a step by step practice on the next page :)



Daily Schedule

This is how I'd organise my day to achieve the goals of this program. This is very close to my personal routine and I'd like you to adapt it to fit your lifestyle. Of course yours will be different but use this framework to schedule your day. I have included a follow along movement and exercise session for you to follow below.

Morning Routine

06:00 - Wake up - Pint of water
06:05 - Morning stretch / wake up movements + breathing (Super simple)
06:20 - Exercise if this is your time to exercise.

Lunch Routine

12:00 - 5 minutes breathing to tune in
12:05 - If working. Move and stretch / go for a walk / both
12:10 - Hydrate and eat amazing lunch
Some may find this a perfect time to practice yoga or exercise. Especially if you have kids at school.

Evening Routine

17:00 - Exercise + Post exercise meal (protein shake)
17:45 - Dinner - Eat well and eat lots (good stuff of course)
19:00 - Evening walk/ Read / Chill out and rest

Remember the power of compounding and tiny gains it's OK to start with 1 and add extra practices once that's habitual.



The Human 7 Day Movement & Exercise program

Weekly Schedule

This is a basic but effective exercise program for most people. This is going to build momentum and get you moving which is key when we first start getting fit. If this is going to be something you do then you have plenty of time to add complexity and find out what you like but first of all just get moving. I've also added a 'Create your own' exercise session on the page below.

Mon - Movement & Exercise

Tue - Movement

Wed - Movement & Exercise

Thu - Movement & walk

Fri - Movement &

Exercise
Sat - Movement

Sun - Rest

Follow along sessions

Exercise Session

[Follow along here](#)

Movement Session

[Follow along here](#)

To keep it really simple I have included two follow along sessions so you can start moving straight away. I've also included a create your own workout on the page below



Create your own workout session below

The Human 7 Day Movement & Exercise program

Create your own Workout

We're all different and the movement and exercises you need will be different to me. You know yourself best so I've included a 'create your own workout' section so you can complete the program with the exercises that's right for you. This also also you keep progressing by creating new more challenging workouts.

Example workout

Warm-up:

5 minutes of light cardio (jogging, jumping jacks, or high knees) and loosen your joints.

Squats:

3 sets of 8-12 reps - Add weight if desired. Rest 30-60 seconds between sets.

Push-ups:

3 sets of 8-12 reps (start on knees if needed) Rest 30-60 seconds between sets.

Plank:

Hold for 30 seconds, rest for 30 seconds, repeat for 2-3 sets.

5 Minute Ladder HIIT Session ←

Cool-down: 5 minutes of light stretching.

Create your own

Choose the exercises from the list or find your own and replace the ones in the example workout.

Exercise list:

- 1.Squats
- 2.Push-ups
- 3.Plank
- 4.Glute bridge
- 5.Lunges
- 6.Mountain climbers
- 7.Standing leg lifts
- 8.Wall sit
- 9.Sprints
- 10.Star Jumps

Follow the format in the video in the follow along session above but use exercises that's right for you.



Congratulations

For completing Step 3 - Mastering your Movement & Exercise

You have taken a huge step in setting your self up for exponential health success by understanding the importance of:

Understanding the difference between movement & Exercise ✓
How to create daily and weekly movement & Exercise routines ✓
Choosing movements & exercises that are right for you and align with your goals ✓

You have created massive momentum by creating your unique workout sessions and followed along with me in the follow along sessions ✓

Member Story Here ! Barbara

"I'm going in the right direction and I'm actually enjoying this journey of doing all this properly and not with fad diets or the wrong goals in mind. Thank you sooooo much for going through bits of this, I really appreciate it and I am finding it fascinating "



" P.s If you want me to help you create your unique training program, message mes in the Human Health Collective Community, I must admit my programs are pretty damn good and get incredible results " Alec



Step 4 Nourish with Nutrition

Nice & Simple Nutrition

If you've struggled with nutrition you're in the right place. I know this may be hard to believe but it really is quite simple.

OK Alec, if it's so simple why do so many people struggle with it? Firstly, let's discuss the bigger picture, our food environment has changed drastically over the past 50 years with the advent of processed, sugary junk food that uses fancy marketing to hack your pleasure centres and has flooded the market with calorie dense, nutrient poor 'stuff we eat' (I'm not even going to call it food). Secondly, on a personal level, we have to eat to survive and therefore we are continually faced with the choice to eat throughout the day which means there are many choices to make each day. If eating healthily isn't something you currently do and then you have to consciously choose to eat healthily at every meal it soon becomes tiring mentally and we go with the path of least resistance; old patterns of eating, usually high reward calorie dense, nutrient poor stuff.

So, what do we do?

I'm glad you've asked. We need to create a healthy food environment where we're not having to make the decision every time so I've created a set of questions for you that act as a filter to take away the pressure of continually choosing. I've put that on the next page

I'd also like to add that there are levels to this. If you've never eaten healthily / focused on your nutrition before then your approach and focus will be different to someone who has.

With this in mind I have put down 3 simple steps to focus on when you first decide to improve your nutrition.

I hope you find this approach refreshingly simple and if you need support join the HHC and talk to me inside the discussion

The first simple steps to building healthy nutritional foundations

As I previously mentioned there's levels to improving your nutrition and by making it simple and taking the next right step for you you'll exponentially improve the longevity of your health efforts. It will also save your sanity as there's so much conflicting advice out there and it can be difficult to know where to start. At the core there's a few simple steps that if you start applying I'm very confident you'll build strong healthy foundations and begin to experience incredible results.

The first steps to focus on...

Step off the Sugar rollercoaster - Stabilise your insulin & blood sugar levels.

Reduce sugar, processed food & stress. Increase fibre, nutrient dense foods and improve your sleep

Eat more nutrient dense fresh foods and add more omega 3 whilst reducing omega 6 (reduce processed seed oils)

 **Improve the quality of your sleep**

 **Give it time - 1-2 years of creating healthy foundations is faster than a decade of FADS and will last a lifetime.**

When your nutrition is habitual, your body is nourished and you have a grasp on what your body needs then we can explore energy control - don't put the cart before the horse.

How to easily make healthy food choices.

So how can we achieve the above steps in each moment? Simple, answer the questions below. This will make it easy to identify foods that nourish you, take away the pressure of having to figure out if this is OK to eat or not and get you taking the first simple steps to optimal nutrition.

Quick easy ways to identify foods to increase:

It doesn't have a label? **Increase**

Is it locally grown? **Increase**

Is it organic? **Increase**

Quick easy ways to identify foods to Decrease:

Does it last longer than 5 days out of the fridge? **Decrease**

Does it have more than 5 ingredients? **Decrease**

Does it have its own fancy marketing ploy? **Decrease**

Does it contain processed vegetable oils or sugar? **Decrease**

But wait! I'm not finished just yet

I want to make this as effortless as I can so I've included our 7 day nutrition kickstarter menu so that you can follow and start taking the next right step for you nutritionally and start building your healthy foundations



This is taken from our health membership just for you. This weekly menu contains shopping list, weekly menu for all meals including when you're exercising, recipes for every meal, nutritional tracking for macro breakdown so you know exactly what's in each meal. I take the guess work out of it for my clients and provide monthly nutritional packs so they know exactly what to eat and when. They develop a love for cooking and sharing with the group. Check it out below, I know you're going to love it. Say goodbye to boring bland chicken and veg.



Weekly Shopping List

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds, Spices	Cans, Condiments, Misc
<ul style="list-style-type: none">1 lb. (500g) ground chicken1 lb. (500g) ground beef1 lb. (500g) ground turkey1 lb. (500g) ground pork1 lb. (500g) ground lamb1 lb. (500g) ground venison1 lb. (500g) ground bison1 lb. (500g) ground elk1 lb. (500g) ground moose1 lb. (500g) ground caribou1 lb. (500g) ground reindeer1 lb. (500g) ground muskox1 lb. (500g) ground yak1 lb. (500g) ground zebu1 lb. (500g) ground watusi1 lb. (500g) ground kudu1 lb. (500g) ground eland1 lb. (500g) ground topi1 lb. (500g) ground reedbuck1 lb. (500g) ground rooibos1 lb. (500g) ground oryx1 lb. (500g) ground kudu1 lb. (500g) ground eland1 lb. (500g) ground topi1 lb. (500g) ground reedbuck1 lb. (500g) ground rooibos1 lb. (500g) ground oryx	<ul style="list-style-type: none">1 lb. (500g) ground chicken1 lb. (500g) ground beef1 lb. (500g) ground turkey1 lb. (500g) ground pork1 lb. (500g) ground lamb1 lb. (500g) ground venison1 lb. (500g) ground bison1 lb. (500g) ground elk1 lb. (500g) ground moose1 lb. (500g) ground caribou1 lb. (500g) ground reindeer1 lb. (500g) ground muskox1 lb. (500g) ground yak1 lb. (500g) ground zebu1 lb. (500g) ground watusi1 lb. (500g) ground kudu1 lb. (500g) ground eland1 lb. (500g) ground topi1 lb. (500g) ground reedbuck1 lb. (500g) ground rooibos1 lb. (500g) ground oryx	<ul style="list-style-type: none">1 lb. (500g) ground chicken1 lb. (500g) ground beef1 lb. (500g) ground turkey1 lb. (500g) ground pork1 lb. (500g) ground lamb1 lb. (500g) ground venison1 lb. (500g) ground bison1 lb. (500g) ground elk1 lb. (500g) ground moose1 lb. (500g) ground caribou1 lb. (500g) ground reindeer1 lb. (500g) ground muskox1 lb. (500g) ground yak1 lb. (500g) ground zebu1 lb. (500g) ground watusi1 lb. (500g) ground kudu1 lb. (500g) ground eland1 lb. (500g) ground topi1 lb. (500g) ground reedbuck1 lb. (500g) ground rooibos1 lb. (500g) ground oryx	<ul style="list-style-type: none">1 lb. (500g) ground chicken1 lb. (500g) ground beef1 lb. (500g) ground turkey1 lb. (500g) ground pork1 lb. (500g) ground lamb1 lb. (500g) ground venison1 lb. (500g) ground bison1 lb. (500g) ground elk1 lb. (500g) ground moose1 lb. (500g) ground caribou1 lb. (500g) ground reindeer1 lb. (500g) ground muskox1 lb. (500g) ground yak1 lb. (500g) ground zebu1 lb. (500g) ground watusi1 lb. (500g) ground kudu1 lb. (500g) ground eland1 lb. (500g) ground topi1 lb. (500g) ground reedbuck1 lb. (500g) ground rooibos1 lb. (500g) ground oryx

Meal Plan

Lunch	Snack	Workout Nutrition	Dinner
Healthy 3-4 hours after breakfast	Healthy between lunch and dinner	2 apples	Healthy 2-4 hours after snack or 6-8 hours post-workout
Chicken, Walnut & Cherry Salad	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Chicken & Biscuits Curry With Rice
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Leftover Chicken & Biscuits Curry With Rice
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Salmon Baked Tofu
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Leftover Salmon Baked Tofu
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	The Green Curry With Lentils
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Meat Out - Egg!
2 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	2-3 slices of lean turkey, 1/2 cup of Greek yogurt, 1/2 cup of blueberries	During: Workout drink with 1/2 cup of water. Post: Banana and serving of protein powder	Leftover The Green Curry With Lentils

Breakfast Salad Bowl

Serves 2

What you need to do

1. Toast the bread and tear into small pieces.
2. Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, beta cheese, and blueberries. Then sprinkle with pumpkin seeds.
3. Lastly, drizzle with olive oil, honey, and lemon juice.

Protein	Carb	Fat	Fiber	Calories	Protein
100g	100g	100g	100g	100g	100g

Download your Weekly menu here.

" If you want to discover more about our monthly nutrition packs I've put a link at the end of this guide " Alec



Congratulations

For completing Step 4 - Nourishing with Nutrition

You have taken a huge step in setting your self up for exponential health success by understanding the importance of:

Creating a healthy food environment and taking away pressure

Starting with simple nutritional foundations ✓

How to identify foods that will nourish us and improve our health ✓

You have improved that the quality of your food by following our awesome menu (Obviously bias 😊) ✓

Member Story Here ! Em Ray

Inspiring humans and community discussion, free health resources and workshops, live support from a health coach (Me, Alec) a chance for you to ask questions and create accountability dramatically increasing your likelihood of acheiving your health goals I'll see you in there, Alec.



"If you want to try our monthly menu packs follow the link at the bottom of the guide. We have monthly recipe menus for every stage on your nutrition journey. From fat loss to muscle gain from vegetarian to High protein " Alec



Step 5
Mastering
your Sleep 😊^{zzz}

Sleep

We can't talk about getting healthy and fit without addressing your sleep. No other activity delivers so many benefits with so little effort. It has a direct correlation to the quality of our waking life.

This is the foundation to your health and creating a better relationship with our sleep will have elevate your health to a whole new level

Have you ever considered your relationship to sleep? It may seem a weird question but when I began to create a relationship with sleep my whole approach to health changed and it massively stepped up my game. My habits, choices and daily routines changed to help get the best nights sleep possible and this had a huge knock on effect the next day. I had more energy, I felt better, my mood was better, I didn't get cravings for sugary food, I was focused, the list went on.

Did you know that the average person over eats 300-500 extra kcal if they get a poor sleep the night before? Often high energy sugary foods. Sound familiar? This isn't a coincidence and has been scientifically proven that a lack of sleep throws out our satiety and hunger hormones, leptin & Ghrelin.

So, what do we do?

Before we get into the practical of getting a good night's kip I want you to adjust your mindset when it comes to thinking about sleep. Sleep is how we process our day, consolidate our memories and heal our mind and body. Make it a priority and create habits with the intention of improving your sleep. I've laid out 6 simple steps / habits for you to try and I'd encourage you track your sleep progress and see how you feel. I think you'll be in for a pleasant surprise.

6 Steps for the best nights kip

Remember the Mindset step. Keep it simple and starting small. Try one for a week and if you manage that increase it. You'll get the most bang for your buck by starting with step 1



1

Stick to a consistent sleep schedule - Try to go to bed and wake up at the same time every day, even on weekends.

2

Create a sleep-conducive environment - Make sure your sleeping environment is cool, dark, and quiet.

3

Limit caffeine to the morning - It interferes with your ability to fall asleep and stay asleep.

4

Get regular exercise - Regular exercise has been shown to improve sleep quality and help regulate hormones.

5

Avoid screens before bedtime - The blue light emitted by electronic devices can interfere with your sleep and disrupt your hormone levels. Shut it off at least 2 hours before bed

6

Create an evening and morning routine. This may be breathing and reading before bed or simply going for a morning walk.

Let's Get Practical

The best way to improve our sleep is to track it.

Use this sleep tracker for 7 days and see how you are sleeping. Make any comments in the boxes or on a separate piece of paper. Complete this again whilst implementing the 6 steps above and see how it compares.



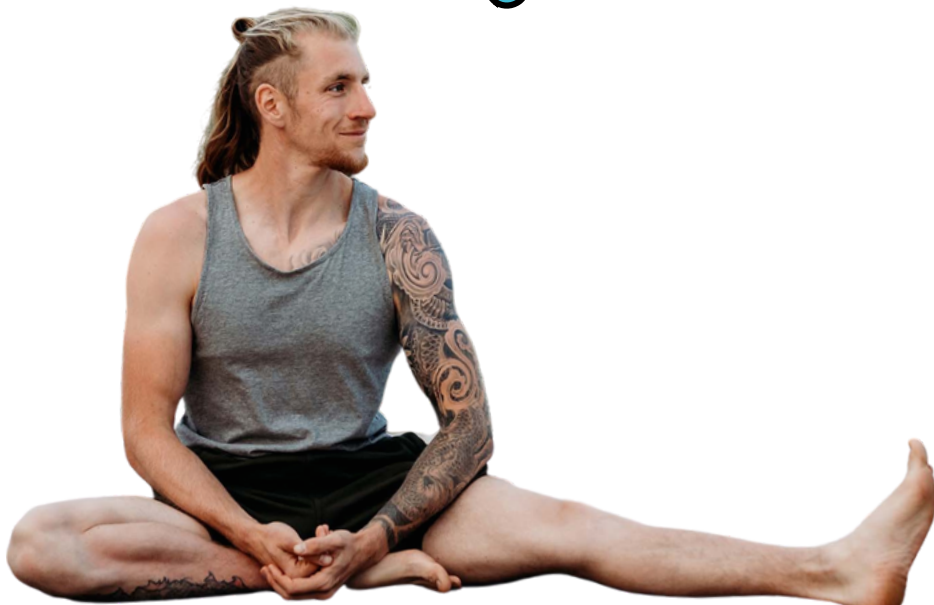
	How many hours did you sleep?	What time did you go to bed?	When did you wake up?	How rested do you feel?	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

How I get the best night's sleep ever

I know you've heard of the benefits of meditation so I've added a bonus meditation for you to try to support your sleep routine. Try this before bed and see how you feel



Click here to meditate with me



Congratulations

For completing Step 5 - Mastering Your Sleep

You have taken a huge step in setting your self up for exponential health success by understanding the importance of:

Creating a relationship with your sleep
Applying the 6 steps to improve your sleep ✓
Tracking and monitoring your sleep ✓

Explored how meditation can help you relax and wind down into deep nights sleep. ✓

Member Story Here ! Sylvia

Inspiring humans and community discussion, free health resources and workshops, live support from a health coach (Me, Alec) a chance for you to ask questions and create accountability dramatically increasing your likelihood of acheiving your health goals I'll see you in there, Alec.



"I'd love to invite you to practice yoga and meditation with me either inside the Human Health Collective or on our Youtube channel. I'll post all the links to join us below"



Congratulations

Congratulations

You've completing the 'Get Fit Started Kit'

You have taken a huge step in creating long lasting effortless health change! How good does that feel? Let's recap. You've ...

Mastered your Mindset
Mastered your Motivation
Nourished with Nutrition
Mastered your Movement & Exercise
Mastered your Sleep

"I promise if you apply what you've learnt here you'll take huge strides towards living healthy, doing the things you love most support by a healthy mind, body and outlook "

Celebrate with me at
<https://www.facebook.com/HumanBalancedBeing>
Share your wins with the #GetFitStartKit
I can't wait to share this massive step with you

"Will you do me a huge favour and help another human feel the same as you right now by leaving us a small review? It'd mean so much and help me reach even more humans "
<https://www.facebook.com/HumanBalancedBeing/reviews>



Before you go

You're ready to start, optimising your mindset, eating well, moving, exercising and living healthily. Amazing!!

It's an amazing journey, one that I'm thrilled to see you take. But wait! Remember the 4th level of change? I know that humans backed by a supportive community see MUCH greater rates of success than those who go at it alone. Thankfully, you're NOT.

I've created this guide because I know the hardest thing is getting started. I know finding the right step for us is difficult especially with the sheer amount of information out there. This is why I created the 'Human Health Collective' (HHC). To be your personal guide, your community and your first step on your health journey. I dive deeper into what you've learnt in this guide to create changes on all 4 levels and life long health foundations. You'll deepen your knowledge, motivation and confidence through fun enjoyable workshops, videos and resources. You'll be a part of a wonderfully supportive community and you'll be held accountable by your own health coach (Me, Alec) I'll personally guide you through the process.

Our community the HHC is incredible and the perfect place connect with other health seeking humans at all stages of the journey. Swap stories. Ask questions. Share thoughts. Learn, discover and elevate your efforts within a community of inspiring health enthusiasts and professional coaches.

I'm so excited to invite you into the HHC and I have a special gift as a thank you for completing this guide. Check it below

"Thank you for completing this guide and trusting me to help you get healthy. It'd be my privilege to continue that with you inside the HHC. Here's your Free 14 Days inside the' Human Health Collective "

Claim yourFree 14 Days here





HUMAN

BALANCED BEING

