



Module 18 – Lifestyle And Energy Makeover SUMMARY

MODULE 18 GOALS AND OUTCOMES: The cherry on top of a great training and nutrition lifestyle is addressing all of the little things that can make such a powerful difference.

But how to know what is actually important as opposed to what just sounds good? We'll explore all the most important parts of living well and re-cap on some 'must dos' that you may have forgotten.

Have you ever wondered why you still have complete slumps of energy despite being quite (or very!) healthy? The truth is that being energised all of the time is probably not possible or even ideal; after all it's nice to have true downtime. But that's not to say you can't get very very close to being 'on' all the time!

In this module we've covered the smartest and most effective energy boosting tips to maximise all of your hard work and investment.

SUGGESTED MODULE 18 EXERCISE: Focus on a step-by-step approach. Rather than trying to keep on top of everything you remember ever learning in this mentoring course, use this module to be kind to yourself and with each digest implement just that tip. Slow and steady wins the race!

MODULE 18 SUPPLEMENT: Yang r-ala is my fave supplement for morning va-va-voom! It is a blend of carnitine and ALA and just fabulous for fat loss as well as energy and motivation. [Contact me today](#) to find out how to get yours!

MODULE 18 BONUS: Get Results Reminder Sheet – a summary of the most important day-to-day tips for staying on track and getting great results! This is everything that follows on the next couple of pages!



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MODULE 18 SUMMARY NOTES

Otherwise known as your GET RESULTS REMINDER SHEET!

Wellbeing Pie

Take a blank piece of paper in your journal, and draw a large circle. Split it into 7 pieces and name each piece according to the following:

1. Physical
2. Strength
3. Moods/emotions
4. Digestion
5. Energy
6. Cravings
7. Self-confidence/self-belief

Draw a dot at the point on each piece to which you feel fulfilled. The areas that seem the most lacking (the top 1-2) you might like to schedule some action steps towards.

Listening To Your Body

A key to creating exceptional energy and wellbeing is listening to your body. I mean this in all ways really, but it especially applies to how to eat and what to eat. When was the last time you stopped to think about food just for, well, life? For enjoyment? Even just plain and simple for fuel? Your transformation/nutrition habit for today is to choose only to eat foods that make you feel good. At the time as well as afterwards. *Regardless of the rules*. Give it a go and see how well your listening pays off!

Program Your Body For Success

Here are some examples of common programming, from the good to the bad and the fairly nasty. I hope that at this stage you are already an expert at morning programming, but either way this serves as a handy reminder!

- Breakfast is the most important meal for programming. It dictates how the rest of the day will pan out metabolically as well as your energy and your cravings
- A processed carb and sugar breakfast (most cereal or toast style breakys) is definitely on the fairly nasty side of things. It stimulates an insulin response, possible fat storage, and increased toxic load. It will set you



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up for poor energy and increased cravings later in the day.

- Perhaps surprisingly, even a non-processed carb breaky does the same thing, but to a lesser extent. If it's organic there may not be toxic load but even so-called healthy muesli stimulates an insulin response with all its side-effects
- Sugar - at any time of the day - programs you to eat more sugar. Processed or not. And yes, I'm even talking about fruit
- Quality proteins and good fats program you to be clear-headed, have lower cravings, and make smart food choices for your following meals
- Alcohol programs you to store any food eaten with it as fat. Although red wine in moderation has been shown to reduce belly fat in women!
- Fresh greens and other vegetables program your body to reduce toxic load through fiber and increased nutrition. They also aid in digestion.

Insulin Sensitivity

Improve your sensitivity to insulin is include 1-3 teaspoons worth of good fats at each meal. Eating fats with your veggies and protein keeps your blood sugar stable for longer, and also results in lower cravings and higher satiety.

Additionally if you keep your food focused on proteins and greens as your main source of energy you will promote insulin sensitivity.

Foods That Work Against You

This is an important re-cap on which foods you want to avoid pretty much 100%, if you're looking to get lean. The exception to the 100% rule is fruit, which I discuss towards the end! Avoid these foods to get super lean.

- All foods containing gluten
- All grains and cereals, even wholegrain
- All grain and cereal products, such as breakfast foods, breads, pasta, pastries, cous cous, bakery goods
- All foods containing trans fats (basically processed and store-bought baked foods; check labels)
- Anything with added sugar. Look for words ending in 'ose' - it won't only



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be listed as sugar!

- Low fat dairy products
- More than 1 protein shake per day, for most people
- Milk of any kind
- Fruit juices and sugary veggie juices (check what's added if buying it)
- Smoothies with added fruit and honey
- Confectionary of all kinds
- Chocolate unless 85%+
- Alcohol
- Chewing gum; any food with artificial sweeteners
- Diet soft drinks
- All baked goods, cookies, cakes etc
- Fruit (yes it has nutrition but also fructose. Fruit is fine every few days if your diet is clean overall, or more often if you are already lean. It's also fine for kids.
- Dried fruit most definitely!

Meet Your Protein Goal

A healthy and active woman, who is not pregnant or breastfeeding, should aim for at *least* 0.9g of pure protein per half kilo of body weight. To keep it simple, aim for a minimum of 2grams of pure protein per kg of body weight, and up to 3. Here are some numbers you need to know:

- 100 grams of uncooked meat, poultry, fish contains approx. 22g of pure protein
- 1 medium egg has approximately 12 grams
- Protein powder, glutamine etc you should check on the label
- Weigh your foods until you can roughly estimate the size

In general, you should eat at least 20 grams of pure protein and up to 40 grams for your first meal, which is ideally 30-60 minutes after waking. Aim to eat the same amount again before lunch, and you will kickstart daily detoxification as well as fat loss!

Carb Timing

The 'best' times to eat carbohydrates are after weight training or at a treat meal. For carb tolerant people, eating carbohydrates can be a daily thing but that would still be tested by starting with the above. The further you go down your 'Woman Incredible' journey, the more aware you will become of your body and what it can handle.

For example - I just had a fresh fruit and vegetable juice at the market. It



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wasn't directly post-workout, and it wasn't a treat meal. I had 2 boiled eggs with it (which I brought myself!) as a snack just because I felt I needed it. I can tell when my body needs a little extra sugars. It's not often :) ... that might happen like that once a month or so. And I'd usually wait until dinner and have sweet potato, but not necessarily. So the take home message? Follow the rules or suggestions I give you,, test them out but remember it is up to you to put it into practice and figure out what is and isn't working. Continuing with your food journal will help you to do this, and it does also just naturally happen over time.

Are You Eating Right For You?

Everyone is different. Just because high protein diets work very well for most people for initial and often ongoing fat loss, doesn't mean they're the be-all end-all of perfect nutrition. Just because something worked for you in the past is no guarantee of it working now. Your needs will change with age, stress, lifestyle, sleep, medication and even based on the weather and where you live.

Therefore, the only rule of good nutrition is that you must experiment. And keep experimenting. Try choosing lighter proteins (white flesh) for a week and see what happens. Or richer darker proteins. Have a week of lower fat. Or high fat. Eat more non-gluten non-processed carbohydrates; perhaps even early in the morning. I don't mean eliminate protein, but switch the dominance for a week or two. Measure. Observe. And listen to what *really* is working.

Don't get carried away. Recently I ate very high carb for 3 days and dropped fat fast. I kept going and put it back on. The message? The shock was a great way to get a sudden response from my body, but for me at least it's not a lifestyle.

Stop Kidding Yourself

Here are some ways to make sure you don't 'kid yourself' about the results you want to achieve -

- **Photograph your food for a day.** Better still, a few days. Every little bit of it.
- **Write it down.** Carry a food diary with you. A small notebook is fine. If you bite it, you write it!
- **Ask someone what their perception of your eating habits is.** Preferably someone you live with or see often. Make sure it's someone that isn't going to try and mess with you about it :)



- **Ask your partner what they see you often doing that you also talk about NOT doing.** This is a good one. I personally have been guilty of insisting I'm having a 2 week break from wine, chocolate, whatever ... a partner can be a good way of forcing yourself to 'fess up to how truthfully these plans end up being carried out!
- **What would a stranger say about your shopping basket.** Would they label you healthy, weird, normal, unhealthy? Would it vary wildly?

Checking In: What Worked Well For You In Module 18?

What were the most important 1 or 2 reminders from this module?

MODULE 18 WORKOUTS

Access your [Module 18 workout here](#). The password for Module 18 is **alive**

MODULE 18 RECIPES

[Thai Fish Cakes](#)
[Chocolate Protein Paddle Pops](#)
[Raw Organic Chocolate](#)
[Paleo and Gluten-free Pizza](#)
[Italian Meatballs](#)

MODULE 17 MEAL PLANS

Click here to peruse the Module 18 sample [meal plans](#), all taken from varied 'real days' in my life.

Week 49: Failure To Prepare
Week 50: Up and About
Week 51: Super Clean Eating

Life is Now. Press Play.

Kat