



# Ten Steps to Real Results!

Here are the top ten steps to follow, straight from The Third Space fitness team. By including these tips in your life, you are well on the way to achieving real results from your training!

## 1. Strength Training

If you are not performing some kind of strength training, then it's time to start. We don't care what your goals are – strength training done right will help in a big way. To ensure your program gives you the most bang for your buck, focus on the big, primal movements of the body: Pushing, Pulling, Squatting, Bending, Lunging, Twisting.

## 2. Effective Cardio

Long, slow cardio training is dead. The 'fat burning zone' has turned out to be anything BUT a fat burning zone. You want to improve your fitness, energy levels, and raise your metabolic rate to shift significant amounts of fat? Then you need to hike up the intensity. Try some intervals - bursts of high intensity interspersed with bouts of lower intensity for recovery; or circuits – resistance based exercises with little break in between. Sure it's harder – but see what that does to your fitness level and shape of your body!

## 3. Breakfast

If you're not eating breakfast, then we can't help you - it's that important! Kickstart the day with a healthy feed containing protein, healthy fats, and low GI carbs first thing in the morning, and watch your energy levels soar throughout the day. Coffee and a donut doesn't count.

#### **4. Eat 5-6 meals per day**

The human body is essentially a big chemical fire with a personality. We want to stoke that fire (metabolism) with fuel (food) to keep it revving all day. Without fuel the fire starts to fade, so the body doesn't like going longer than about 3 hours without food. Sure it takes some planning, but it's worth it. Keep healthy snacks on hand. Stoke the fire.

#### **5. Protein with each meal**

Slows sugar release from the meal, ensuring a steady blood sugar level and more consistent energy levels; provides the building blocks for recovery; increases satiety (feeling of fullness); increases the thermic effect of the meal (amount of energy it takes to digest)... the list goes on. If you make a habit of having a lean protein source in each meal and snack, then you're well on the way.

#### **6. Limit processed foods**

The more processed a food, the more sugar, salt, fat, and other chemicals with long names have been added, usually at the expense of vitamins, minerals, and other nutrients. Processed foods contribute nothing but empty calories. Focus on fresh, lean, unprocessed, unpackaged, organic food wherever possible. Foods that grow, rot, grunt, cluck, and squawk are your best choices.

#### **7. Drink more water**

We truly believe very few of us drink enough water. Water has such an impact on the functioning of all bodily systems, that nothing operates effectively when we are dehydrated. The best way to do it? Fill a big bottle at the start of the day, keep it with you, and make sure it's gone by the end.

## **8. Set some Goals**

They say one thing most millionaires have in common is they look at their goals every day. So you want to be a health and fitness millionaire? The principle is the same – look at your goal every day, and you'll be far more likely to get there. Whether you simply write down your goal and stick it somewhere you'll see it, or cut out pictures of the body you're aspiring to, or keep the jeans you want to fit into within daily sight, or even keep out the results from your latest cholesterol test that you want to improve - whatever your goal, make sure you are reminded of it every day.

## **9. 80:20 rule**

Of course everyone needs to blow off some steam sometimes. All workouts and no play makes Jack a dull boy. So when the time is right and you feel you've earned it, then indulge yourself, and enjoy it. Focus on doing the right thing 80% of the time, and you're going to be okay. Of course 90% of the time is even better...

## **10. And finally... Move!**

And then move some more. It's a cliché, but think of movement as an opportunity, not an inconvenience. Our modern society with its labour saving devices means the bouts of 'incidental exercise' that were such a part of our ancestors' lives have all but disappeared. Learn to reconnect with your body, and focus on how it feels just to walk, run, ride, jump, skip, hop... Sounds so simple, but seriously, just get up out of the chair, and move. Right now. And as often as you can.

**To help you integrate any of these points into your life, have a chat to any of our Personal Training team!**

or contact [personaltraining@thethirdspace.com](mailto:personaltraining@thethirdspace.com)