



Food & Fitness Tracker

Commit to being your best in 2017



WELCOME TO YOUR NEW YEAR, NEW YOU!

The New Year is the perfect opportunity for a fresh start, breaking old habits and creating new healthier ones. Whether you're looking to lose the extra pounds you've gained over the festive period or looking to turn over a new leaf and you're ready to make some healthy lifestyle changes, this guide will help you get started.

Healthy eating and keeping active are two of the most important commitments we can make to improve our health and are central to keeping us feeling and looking our best. Many of us make healthy resolutions every year (to eat better, exercise more, give up smoking, spend more time with the family etc.) but even with the best intentions so many fail to achieve what they set out to do. However it doesn't have to be that way.

There really is no such thing as a "perfect plan" and rather than planning a complete lifestyle overhaul that involves drastic diets or spending hours in the gym each day – a plan which is bound to fail, the key to staying motivated and achieving your goals is to take small steps. Check out the section on setting SMART goals and how to track your progress.

To help you make better food choices, I've worked with the culinary team to develop a 6 week 'Better Choice' food offering that's not only super healthy but also super tasty – even those not on a healthy kick will want to try them! Check out the 'New Year, New You' section in the chiller for some better hydration, snack and grab n' go options.

Starting a new exercise plan can be daunting especially if you have been hibernating over the winter! Exercise doesn't need to take up all your spare time, adults are recommended at least 30 minutes of moderate activity on 5 days of the week. As long as you're raising your heart rate, these can be built up in smaller blocks of 10 minutes. If you're looking for a fitness challenge check out our 6 week Beginners Couch to 5K or Get Fit in 4 Minutes High Intensity Workout plan. Stay on track by keeping a food and activity diary or if apps are your thing try out MyFitnessPal – free to download on iPhone, iPad and Android.

Make sure to read the tips section for ways to keep you motivated and try out some of the lifestyle hacks to make healthy eating and exercise even easier to fit into your lifestyle. Lastly, think of your 'New Year, New You' plan as a marathon rather than a sprint, achieving your health goals is about making small changes that build up to make the big difference.

Aislinn O'Kane

MEET AOIFE

Aoife is a qualified nutritionist with a Master's degree in Human Nutrition specialising in Obesity and Weight Management. Before joining Compass in May 2015 she had over three years' experience helping people reach their health, fitness and weight loss goals and has worked in a variety of roles as a nutritionist including health screening, one-to-one nutritional consultations, fitness training and giving healthy eating talks to corporate groups.

Aoife is passionate about great tasting healthy food and is committed to improving the health of the thousands of people Compass provides meals for on a daily basis through the food offering and by ensuring customers can make informed healthy choices with nutritional labelling and consumer educational material.

Did you know Aoife can be contacted directly by emailing nutrition@compass-group.ie? If you would like some expert advice and support Aoife is more than happy to help.

SETTING GOALS FOR SUCCESS

"I want to lose weight", "I want to be fitter" etc. are not goals, they are wishes. To achieve these we need to switch our focus from the 'end destination' to the journey to get there. SMART goal setting can turn it from a fleeting wish into something imminently doable. It's part motivation, part focus, part seeing the steps to the finish line. And if you do it right, it can make all the difference in being the healthy you that you want to be.

Let's say your end destination is 'being fitter and healthier'. You'll need to break that down into steps and smaller goals to get you there, things like 'start exercising' and 'eat better'. And as for those smaller goals, well, let's talk about setting SMART goals.

SMART stands for Specific, Measurable, Achievable, Realistic and Timely. Use these 5 steps in creating your health goals and you're well on your way to success.

Specific

The more specific your goals the better. It will help you focus and help you see the goal being achieved. 'Start walking' is too vague instead 'I will walk in my neighbourhood for twenty minutes every Monday, Wednesday, and Thursday morning before work for the next ten weeks'.

Measurable

To achieve a goal, you have to know if you've achieved it. Make sure that you can measure your progress. 'Eat better' can't be measured. 'Eat 4 portions of vegetables every day', is easy to measure. Only set goals that have a concrete measurement criteria.

Achievable

If taking part in a 10km charity run in June is part of your journey to 'being fitter and healthier' that's great. If running a Marathon next month is in there, you may have overstepped the mark. Remember, make them ambitious but achievable. Start easy and set gradually more challenging goals.

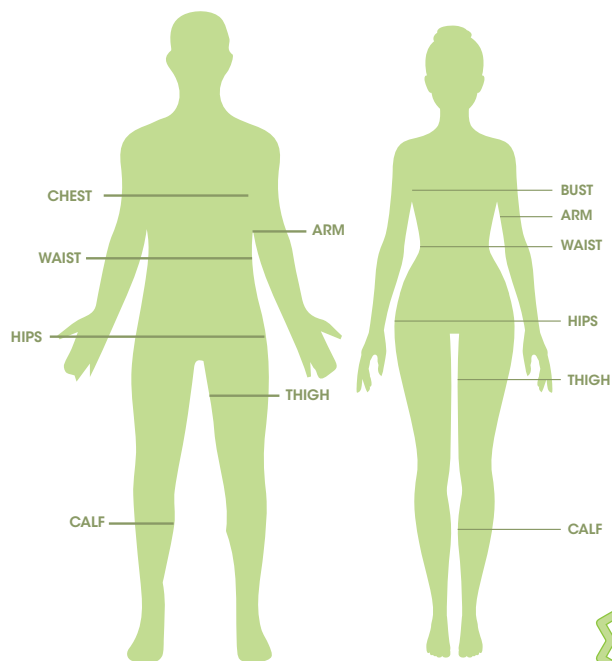
Realistic

Something that is practical for you and your circumstances. Hitting a goal feels great. Not hitting a goal... not so great. Be realistic, make sure your goals are doable given your abilities and commitments. For example "Doing a spinning class before work every Monday, Wednesday and Friday" won't work very well if you travel a lot for work. Be ambitious but practical.

Time-based

Putting a date to your goals gives them a sense of urgency and accountability. Set a time by which you would like to achieve your goal and then work towards it: "By the end of this week I will do some yoga for 15 minutes". Set more deadlines that will help you progress from one phase to the next. For example, you can decide that "by the end of the month I will be doing 30 minutes of yoga each day" and then work towards that deadline.

SET SOME GOALS



WEIGHT & MEASUREMENTS

	CURRENT	GOAL
WEIGHT		
BUST / CHEST		
ARM		
WAIST		
HIPS		
THIGH		
CALVES		



REWARD

WEEK 1

FOOD & WATER TRACKER

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
S					
M					
T					
W					
T					
F					
S					

WEEK 1

FITNESS TRACKER

S	
M	
T	
W	
T	
F	
S	

CHOOSE
A FITNESS
CHALLENGE

SEE PAGE
18-22

WEIGHT AT DAY 7

SMART GOALS

THIS WEEK I WILL ACHIEVE:

REWARD FOR ACHIEVING GOALS:

REFLECT ON HOW YOU DID THIS WEEK.

Did you achieve your goals?

If not, why and what changes could you make to achieve them next week?

WEEK 2

FOOD & WATER TRACKER

[illegible]

WEEK 2

FITNESS TRACKER

S	
M	
T	
W	
T	
F	
S	

CHOOSE
A FITNESS
CHALLENGE

SEE PAGE
18-22

WEIGHT AT DAY 14

SMART GOALS

THIS WEEK I WILL ACHIEVE:

REWARD FOR ACHIEVING GOALS:

REFLECT ON HOW YOU DID THIS WEEK.

Did you achieve your goals?

If not, why and what changes could you make to achieve them next week?

WEEK 3

FOOD & WATER TRACKER

[illegible]

WEEK 3

FITNESS TRACKER

S	
M	
T	
W	
T	
F	
S	

SMART GOALS

THIS WEEK I WILL ACHIEVE:

REWARD FOR ACHIEVING GOALS:



Did You Know?

To lose 11lb/week you must create a 500 calorie deficit each day
 ⬇️ 250 calories in diet **and**
 ⬆️ 250 calories burned through exercise

WEIGHT AT DAY 21

REFLECT ON HOW YOU DID THIS WEEK.

Did you achieve your goals?

If not, why and what changes could you make to achieve them next week?

WEEK 4

FOOD & WATER TRACKER

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
S					<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>
M					<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>
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S					<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>

WEEK 4

FITNESS TRACKER

S	
M	
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SMART GOALS

THIS WEEK I WILL ACHIEVE:

REWARD FOR ACHIEVING GOALS:



Feel Great. Hydrate!

Feeling thirsty? You're already dehydrated! Dehydration negatively affects our energy, mood and concentration levels. It can also mask itself as hunger, particularly sugar cravings.

Aim for 8-10 glasses a day (more if you are very active).

WEIGHT AT DAY 28

REFLECT ON HOW YOU DID THIS WEEK.

Did you achieve your goals?

If not, why and what changes could you make to achieve them next week?

WEEK 5

FOOD & WATER TRACKER

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
S					
M					
T					
W					
T					
F					
S					

WEEK 5

FITNESS TRACKER

S	
M	
T	
W	
T	
F	
S	

SMART GOALS

THIS WEEK I WILL ACHIEVE:

REWARD FOR ACHIEVING GOALS:



Cat the rainbow!

Different colour fruit and vegetables, provide your body with the different nutrients it needs to stay strong and healthy – it's not just greens that are good for you.

WEIGHT AT DAY 35

REFLECT ON HOW YOU DID THIS WEEK.

Did you achieve your goals?

If not, why and what changes could you make to achieve them next week?

WEEK 6

FOOD & WATER TRACKER

[illegible]

WEEK 6

FITNESS TRACKER

S	
M	
T	
W	
T	
F	
S	

MEASUREMENTS

	GOAL	FINAL	FINAL WEIGHT
BUST / CHEST			
ARM			
WAIST			TOTAL WEIGHT LOSS
HIPS			
THIGH			
CALVES			



Fill up on Protein and Fibre

Protein and fibre rich foods such as lean meats, fish, eggs, legumes, dairy, wholegrains and vegetables fill us up for longer, preventing hunger pangs and helps stabilise our blood sugar levels to avoid sugar cravings

Fitness Challenge

5k for Beginners
6 Week Challenge



WEEK	MON	TUE	WED	THURS	FRI	SAT	SUN
1	Rest	Run 1 min, Walk 1 min. Repeat x 10	Rest	Run 2 min, Walk 4 min. Repeat x 5	Rest	Run 1 min, Walk 1 min. Repeat x 10	30 - 60 min Brisk Walk
2	Rest	Run 3 min, Walk 3 min. Repeat x 4	Rest	Run 2 min, Walk 4 min. Repeat x 5	Rest	Run 3 min, Walk 3 min. Repeat x 4	35 - 60 min Brisk Walk
3	Rest	Run 7 min, Walk 3 min. Repeat x 3	Rest	Run 3 min, Walk 3 min. Repeat x 4	Rest	Run 3 min, Walk 3 min. Repeat x 4	40 - 60 min Brisk Walk
4	Rest	Run 8 min, Walk 2 min. Repeat x 3	Rest	Run 7 min, Walk 3 min. Repeat x 3	Rest	Run 8 min, Walk 2 min. Repeat x 3	45 - 60 min Brisk Walk
5	Rest	Run 12 min, Walk 3 min. Repeat x 2	Rest	Run 8 min, Walk 2 min. Repeat x 3	Rest	Run 12 min, Walk 3 min. Repeat x 2	Rest
6	Run 15 min, Walk 1 min. Repeat x 2, Then 8 min Brisk Walk	Rest	Run 8 min, Walk 2 min. Repeat x 3	Rest	Rest	Run 5k	

SEE HOW TO DO
EACH EXERCISE
ON PAGE 22

Fitness Challenge

Get fit in less than 4
minutes per day.



People lead busy lives and it can sometimes be difficult to fit in a workout and achieve a healthy work-life balance. This is why High Intensity Interval Training has become so popular. In its most basic form, High Intensity training involves 20 seconds of hard training, followed by 10 seconds of rest. Here's our 6 week training programme designed to push those with moderate fitness just that little bit harder!

Give it a go, and remember the key is intensity!

WEEK 1	PERFORM EACH EXERCISE FOR 20 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 20 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 2 ROUNDS 3 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	JUMPING LUNGES
WEEK 2	PERFORM EACH EXERCISE FOR 30 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 20 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 3 ROUNDS 3 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	PUSH UPS
WEEK 3	PERFORM EACH EXERCISE FOR 20 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 10 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 3 ROUNDS 3 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	JUMPING LUNGES
WEEK 4	PERFORM EACH EXERCISE FOR 30 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 10 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 4 ROUNDS 3 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	PUSH UPS
WEEK 5	PERFORM EACH EXERCISE FOR 30 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 10 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 4 ROUNDS 4 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	JUMPING LUNGES
WEEK 6	PERFORM EACH EXERCISE FOR 40 SECONDS DOING AS MANY REPS AS POSSIBLE IN THE TIME GIVEN. REST FOR 10 SECONDS THEN MOVE ON TO THE NEXT EXERCISE. PERFORM 5 ROUNDS 4 TIMES A WEEK.			
	SPEED SQUATS	BURPEES	MOUNTAIN CLIMBERS	PUSH UPS

EXERCISE DIAGRAMS

BURPEES



JUMPING LUNGES



SPEED SQUATS



MOUNTAIN CLIMBERS



PUSH UPS



Top Tips

9 Steps towards
a new you



TOP TIPS

1. SET GOALS AND MAKE A PLAN

Don't set goals that are so unrealistic that they serve to demotivate you. Your final goal should be comprised of several small SMART goals so you can see your progress, feel good about yourself and want to continue improving. Plan your meals and snacks at the start of each week. Make sure you go to the shops to buy the ingredients too!

TOP TIP!

Put reminders in your phone or block off slots in your calendar for SMART goals e.g. walk for 20 mins, preparing in advance lunches/dinners for the following week, weekly reflection and planning



2. TRACK YOUR DAILY FOOD INTAKE AND EXERCISE

Helps you identify what changes you need to make to your diet and is proven to help with long term weight management. It makes you more mindful of the food you're eating and can help you prevent cravings or diet slips by identifying patterns in your eating that you may not have noticed before. For example if there is a time of day you tend to crave sugary foods you can plan to have a healthy snack or even plan a phone call to a friend to distract you.

TOP TIP!

Food diaries are best filled out at the time of eating but sometimes this isn't always possible or practical. You can either use your phone to take photos of your food or try out one of the many great free apps such as MyFitnessPal available to help you track your intake and activity. Or why not set up a closed Instagram account and track your meals, workouts, rewards etc.

3. MONITOR YOUR PROGRESS

If your goal is to lose weight it's best to weigh yourself once a week and at the same time each week – preferably first thing in the morning. This is because our weight can naturally fluctuate from day to day and even at different times of the day! It's not weight loss but fat loss that's important. As muscle weighs more than fat sometimes the scales don't give us the full picture (this is especially true if you are incorporating strength training into your fitness plan) so it's best to take monthly body measurements also to get a truer picture of your progress.

TOP TIP!

For your measurements ask a friend/partner to help you. They say the camera never lies so take weekly photos to document your results (email them to yourself and delete from your phone if you're worried about people seeing them!)

4. DEAL WITH SET-BACKS OR SLIP-UPS POSITIVELY

One treat is not a defeat – if you break your plan for a few hours or days it is not the end of the world. Learn from what went wrong and get back on track as soon as possible. Life is about balance and many people credit the 80:20 rule with helping them reach their long-term goals by sticking diligently to their plan 80% of the time and going a bit easier for the remaining 20% to allow for days off exercise and the occasional 'treat' meal.

TOP TIP!

Plan your rewards so you look forward to them. If you want a 'cheat meal' or a day off exercise, factor these into the weekly plan so you can burn the extra calories consumed with an extra workout.

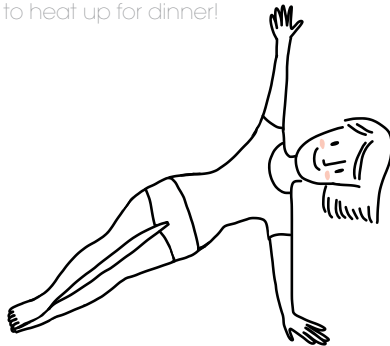


7. KEEP ACTIVE

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week). You can count shorter bouts of activity towards the guidelines. These bouts should last for at least 10 minutes.

TOP TIP!

If walking/running is your goal and you can't do it because of the weather or other commitments make a contingency plan – fit it in the next day or do a fitness DVD at home or even try skipping /hula hooping for 10 minutes - great whilst you wait for the oven to heat up for dinner!



8. MIND THE BOOZE

Aside from being full of empty calories, alcohol can derail our healthy eating and exercise plans. Why not try going off the booze for January? Achieving this is so much easier if your partner/friends get involved too. You can even do it for charity and raise money for The Irish Heart Foundation to help save lives. Check out www.onthedry.ie

9. STAY MOTIVATED

Reward yourself when you reach certain milestones with non-food treats such as taking a bubble bath, booking a massage, buying a new pair of runners or tickets to a music gig.

