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# THE JEFF GUIDE

TO SUSTAINABLE  
HEALTH &  
FITNESS IN 2021

JANUARY 2021

JEFF OPEN  
MONTH

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# LIVE THE JEFF LIFE

Getting fit and healthy is just as much a mental challenge as it is a physical one. If you can take control of your mind and body, the weight will follow.

Here are some tips 'n tricks to help you on your journey.



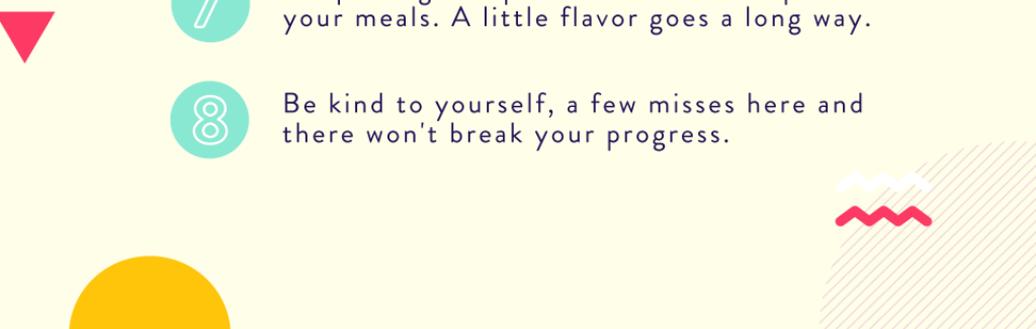
“ It's a whole body, mind and soul transformation.

- Cindene



# NUTRITION TIPS

We aren't restricting ourselves, we're making wiser choices. This is a journey, not a diet.

- 1 Eat well for 5.5 days every week. Enjoy a few choice meals and drinks on the other 1.5 days.
  - 2 Don't skip meals, nourish yourself and keep consistent.
  - 3 Keep hydrated, 2 to 3 liters per day should be enough.
  - 4 Have a bottle of water in your car, at your desk and with you at all times, sip, sip, sip.
  - 5 Presentation matters. Food really does taste better when it's plated well.
  - 6 Smaller plates, cups and bowls can help you eat or drink a little less.
  - 7 Keep things simple. Don't over-complicate your meals. A little flavor goes a long way.
  - 8 Be kind to yourself, a few misses here and there won't break your progress.
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# NUTRITION TIPS

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Focus on your portions, think about your hunger and fullness cues. Here is a handy guide, guys start with 2 of each with most meals, ladies start with 1 of each in most meals:

## A HANDY GUIDE TO PORTION SIZES

### 1 PORTION OF CARBS OR STARCH



#### CUPPED HAND

Volume you can hold in the palm of your hand

### 1 PORTION OF FAT



#### THUMB SIZE

Thickness and length from the base of thumb

### 1 PORTION OF NON- STARCHY VEG



#### CLENCHED FIST

Same thickness and diameter as a clenched fist

### 1 PORTION OF PROTEIN



#### PALM SIZE

Same thickness and diameter as a flat palm

# NUTRITION TIPS

- 10 Include energy dense foods around training if you need them (starches, grains and fruit)
- 11 Create a good environment. Keep healthy choices easy to reach, plan your weeks and learn a new skill or recipe.
- 12 Below are some examples of nutrient dense foods you should try to incorporate into every meal. Eat a rainbow and include these in meals and snacks.

**SAVORY** Lettuce, spinach, kale, rocket, watercress, gem squash, zucchini, artichoke, cauliflower, broccoli, cabbage, turnips, pumpkin, mushrooms, tomato, celery, cucumber, leeks, peppers, onion, garlic, aubergine, gherkins, pickled onions, chilli & fresh herbs.

**SWEET** Berries, melons & citrus

[Join JEFF's 1-on-1 Personal Coaching Program for detailed food recommendations specific to your health and fitness goals.](#)

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# TRAINING TIPS

## Move every day - Consistency is Key

- 1 You don't need to buy any specialist equipment, all you need is a towel and some cans - an exercise mat and resistance band is a bonus.
- 2 Earn your recovery, really push yourself in each set.
- 3 Get 5 days of quality exercise per week. Consistency is key.
- 4 Rope in a friend to join you for your workouts! A workout buddy is great motivation!
- 5 Form first! If you need assistance with form for an exercise, don't hesitate to reach out to JEFF's community for advice. On our 1-on-1 Personal Coaching program, your coach will support you in exercising safely and effectively.
- 6 If you have an injury you are worried about, our 1-on-1 Personal Coaching Program can be tailored to you.

[Interested in hearing more about the 1-on-1 program?](#)

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# MINDSET TIPS

**We are not restricting ourselves, we are nourishing and fueling our bodies properly**

- 1 Aim for 80% consistency; not perfection just constant progress 100% of the time!
- 2 Put motivational quotes that resonate with you up where you can see them!
- 3 Set your goals and have them up on your fridge or pantry to remind you when you're at your weakest
- 4 Keep a diary - take note of what triggers you (time of the day, emotions, stress, fatigue, hormones, etc.)
- 5 Start your day with a positive affirmation - set positive intentions for your day - write them down!
- 6 Join our incredible JEFF Together community for exceptional motivation and support.

“

The program changed me in ways I cannot express in words.

- Leigh



The logo for JEFF, with the letters J, E, F, and F in a bold, sans-serif font. The 'J' is teal, the first 'E' is grey, the second 'E' is yellow, and the 'F's are pink. A large pink circle is partially visible in the top right corner.A decorative graphic consisting of two wavy lines, one white and one pink, positioned above the main headline.

WE HOPE THESE  
HELP YOU!

## GET STARTED

Join the JEFF Together community for free live daily workouts and incredible community support!

[JOIN FOR FREE](#)

Learn more about how JEFF's fitness programs can provide the accountability, cheerleading and expert guidance you need to finally achieve sustainable health and fitness results.

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## HAVE YOU USED THESE TIPS?

Let us know if they worked for you!



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