

Reach Your Fitness Goals with Vas Carrera

“Take good care of your body, it’s the only place you have to live in”

Carrera Fitness

Total Health Starts Here



Fitness Guide Index

1. [Intro / What Is Your Goal \(page 3\)](#)
2. [What Are Your Goals? \(Page 4\)](#)
3. [Weight Loss and Toning \(page 5\)](#)
4. [Strength, Power & Endurance \(page 6\)](#)
5. [Diet & Nutrition \(page 7\)](#)
6. [Benefits of Personal Training \(Page 8\)](#)
7. [Super Tips \(Pages 9 & 10\)](#)
8. [2 Key Things ... \(Page 11\)](#)
9. [What Next? \(Page 12\)](#)

Intro & Your Goals

Intro

Thanks for downloading this free guide, I hope it helps you kick-start your journey to achieving your health and fitness goals. A quote I once heard has always stayed with me and it really does sum up the importance of good health and fitness routine, it reads as follows:

“Those who do not make time in their lives for exercise, must sooner or later make time in their lives for sickness and ill-health.”

In simple language, the quote highlights that if you don't make time in your life to keep fit and healthy, then sooner or later life will catch up with you and health issues will arise. There are so many benefits to keeping good routine when it comes to health and fitness, the mains ones being feeling and looking great!

I wrote this guide as a “quick start” for those who want to know how to improve their physique and overall quality of life. So lets get started...

What Are Your Goals

Choosing Your Goals

The first thing to understand is that there are different approaches to achieving your own specific personal health and fitness goals. To keep things simple I have separated the most common health and fitness goals into 3 areas:

- **Weight Loss & Toning**
- **Strength, Power and Endurance**
- **Diet & Nutrition**

How to Use the Guide

The next part of this guide gives you snapshot instructions on how to go about getting results from these 3 areas. Each area is important in itself and has different ways to train if you want to get the best results from your efforts.

Weight Loss & Toning

Why Its Important

Not only will it make you look good on the outside but the health benefits of losing weight are endless! You will become much slimmer and toning up will make your body look more sculptured and less wobbly. 😊

Exercises To Do

All over body exercises especially cardio. So running, biking or rowing. HIIT (High Intensity Interval Training) is great for fat burning and overall is better than a long continuous run. Free weights are good, so are resistance machines as well as body weight exercises. If your planning to train in your home Swiss ball or kettle bells are great pieces of equipment to use.

Sets and Reps

You should aim for 3-4 sets with 12-15 reps at 70% workload (Medium weights / Intensity).

Strength, Power & Endurance

Why Its Important

Working on your strength, power, stamina and muscle building is great for those that want a body like those out of the film 300. Also if you are training for an event such as a marathon, then this is what you should be doing. Once again the health benefits are endless and if you are training for that special event then the above will definitely help you reach that goal.

Exercises To Do

The key to building stronger and bigger muscles is heavy weights in low to medium repetitions, but also to mix in cardio exercise to maintain good overall health. Military style circuits are great, including exercises which target all the different body areas. But remember, lift heavier weights to challenge your muscles and they will grow!

Sets and Reps

Strength: 1-6 sets, 3-4 reps working with 80-100% workload. Power:2-3 sets, 6-8 reps with 30-70% workload. Endurance:2-3 sets, 12-15 reps at 30-50% workload. Hypertrophy: 4-5 sets, 6-12 reps at70-90% workload.

Diet & Nutrition

Why Its Important

Eating well and at the correct times helps your body's metabolism to work efficiently helping you burn the food you have just eaten. Obtaining the correct nutritious foods and drinks in your diet will help you lead a healthier life. Eating and drinking well gives your body the energy it needs and as well as your insides feeling great, your body on the outside will also reap the benefits too. Clearer skin, fab nails and hair, healthier heart and joints...the list again is endless!

What Do I Need to Eat & When?

Meats, fish, vegetables are the way forward, none of this extra cheesy lasagne or creamy potato bake. Fresh simple caveman food is what you need. You should eat breakfast lunch and dinner every day with a snack in between. Seems a lot but its not, trust me.... You just need to focus on portion size. Have you heard that term "your eyes are bigger then your belly"?

Personal Training

The Benefits of Having the Support of a Personal Trainer

A personal trainers number one aim is to help you achieve your goals in the safest and quickest way possible. Effectively we become your training partner, and sometimes we may become your personal councillor too.

We are primarily there to support you, motivate you and to make sure you are executing your exercises properly. We want the best for you and will therefore put 100% effort into your getting the most from your planned sessions.

Complications / Health Issues

Having a disability or an illness doesn't mean you can't be fit or healthy. Use this opportunity to challenge yourself and become the new improved you with the help of a personal trainer. Total Health begins now!

Super Tips!

- Be aware of the times you eat. After 7pm your metabolism slows down so any food you do consume after that time will be stored in your body as fat.
- STOP eating if you are full. There is no point in trying to finish your meal if you are stuffed! You will only stretch your stomach which is the opposite of what you wish to achieve.
- Be mentally prepared. Your body does not need junk so stop telling YOURSELF it does! Its all in the mind.
- Peppermint oil tablets are great for stopping those bloated feelings. Get some and try them!
- Cook with olive oil, it is healthier than sunflower oil and full of nutrients.
- Healthy microwave meals are just as fatty as normal meals. Stay away from them!

Super Tips! (continued..)

- Missing breakfast will not make you slimmer. Think!.... Your body is like a car, no petrol the car will stop. Same principle.
- B Vitamins are great for fatigue and they also give you energy. Not only that, B Vitamins help convert your food into energy which is awesome as you can then burn that energy off at the gym 😊
- Your body is made up of 60% water. You should therefore drink a minimum of 2ltrs of water per day. This helps to keep you hydrated, helps to prevent muscle soreness and headaches.
- Take your favourite tunes with you while you work out. Blast them out and get in the zone!
- It's recommended you take 0.9g of Protein for every Kg you weigh. You will find you will consume this amount in our diet anyway
- Motivate yourself by looking at pictures, the internet is full of fitness bodies. You can also follow us on Facebook for motivation.

2 Key Things...

The aim of this guide was to provide some quick-start information and inspiration. I hope you are able to take something away from it which helps you move forward with your own health and fitness goals. If you have any questions or need any help with reaching those goals you can contact me in the following ways:

Email: vas@carrerafitness.co.uk

Telephone: 07972 033 181

Website: www.CarreraFitness.co.uk

The 2 key things you need now are FREE and you already have them somewhere inside you, those things are:

- 1. Determination*
- 2. The ability to be Consistent*

Start making better choices in your habits of exercise and diet and you will reach your goals, good luck and get I touch if you need any help!

What Next?

- Get in touch if you require any help, advice or personal training
- Begin to plan regular times for exercise into you week
- Make better choices when it comes to the foods you eat
- Hold onto that vision of the new, improved you
- Keep visiting our website for help, advice and tips
- Hire or buy fitness equipment from our online shop
- Enjoy life! 😊

Thanks for reading, speak soon!