

# LIFESTYLE HACKS DOWNLOAD



## HIT RESET ON YOUR DAILY HABITS

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Hosted by  
**Roger Edwards**

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# THE LIFESTYLE HACKS DOWNLOAD

Welcome to the Lifestyle Hacks Download, Roger and I hope you enjoyed the podcast and found the information useful.

If there's one thing I've learnt during my years in the fitness industry it's how complicated people like to make things....I'm sure you've come across the same thing.

Improving your health really isn't as difficult as people would make out. You don't need this piece or equipment or that piece of equipment (thigh master anyone!). Likewise you don't need the vast array of pills, potions and diets that are out there.

Improving your health, losing weight, getting fitter and stronger is actually pretty simple....not necessarily easy but simple none the less.

In a world where consumers want the perfect body in 30 days or less we often overlook the fact that without a solid foundation we're doomed to failure....building the physique or feeling the way you want takes time and consistency....I'm sure you tell your clients the same when it comes to their finances.

My goal through this booklet and the podcast is to try and give you some simple tips and ideas you can work through each day to help you build that foundation...or improve the one you have.

Over the next few pages I'm going to run through all the information we talked about on the podcast plus a few extra bits of information which wouldn't quite fit into the time we had.

So lets get on with the reason you're here....

# GETTING MOBILE

Mobility and exercise are actually two separate entities even though they get billed under the same heading.

Just because we exercise doesn't mean our mobility is good... it helps but its not all encompassing.

Our mobility declines steadily with age to the point where we can't even get in or out of a chair if we don't do something about it. So how do we improve our mobility?

Now you can do things like yoga and pilates to help improve mobility but the simplest way is just to do the "get up" test. This is where we start in a standing position, lower ourselves to the ground (so you're on your back), then stand up again. The goal is to try and complete the exercise without any assistance from your upper body. The less help you need, the better your mobility.

## **What about exercise?**

Most forms of exercise actually hinder your range of movement in a particular area because it tightens the muscles to support better performance, and thats why you need to add in mobility.

Even sitting all day at a desk gives you mobility and postural problems.

Think about how you sit at your desk....feet on the floor, body supported, maybe leaning forward slightly, eyes on the computer screen, palms forward and you're hunched forward slightly at the shoulder.

## **Here's what happens....**

The muscles in your chest tighten up, the shoulders rotate forward and the back muscles elongate. The hamstrings at the back of the leg shorten and the glutes (your butt!) change position slightly.

Two things will now happen...

Your lower back will be under quite a bit of strain as it gets pulled between the glutes and your upper back....now you have lower back pain.

Secondly you start getting pain in the neck and shoulder area because of the poor general posture.

### **The solution...**

- Get up every hour or so to move, stretch and re-set your posture.
- Do your mobility work (or yoga/pilates).
- Regular weight lifting...deadlifts in particular will sort your posture out.

### **Getting the most from your exercise**

When it comes to general exercise you can't beat a good walk! It's relaxing, you can do it anytime, involve the family and it costs nothing. So when in doubt....walk!

Now when it comes to giving your body the best results then its weight lifting every time. Doing your daily cardio on a bike or treadmill (or out running/swimming) is fine but when it comes to longevity....hit the weights.

The goal here isn't to turn into Arnold Schwarzenegger (don't worry ladies it just won't happen) but to put the body under load. That load increases muscle strength, power, density, improves posture, improves nutrient use and increases bone density meaning less chance of breaking something.

There are lots of exercises you can do but the premise is push a weight, pull a weight, walk with it and do some overhead work. Just get out there and enjoy experimenting.

If you get a little lost wondering what to do or want some programme ideas/examples then drop me a line at [phil@expat-fit.com](mailto:phil@expat-fit.com)

# FEEDING YOUR HEALTH

## Starting your day with protein.

Protein and fat are essential nutrients for everyday life. They support muscle regeneration, nerve construction and hormone production to name but a few. They also help regulate our blood sugar level and hunger response.

Carbohydrates on the other hand provide us with rapid energy. They lift blood sugar but don't have any real nutrient value (fruits and vegetables excepted).

Traditionally we tend to choose cereals and bread based products for breakfast because they're quick and easy. The downside is that our blood sugar crashes around 10 or 11am. We feel a sudden drop of energy and concentration and this often leads to people grabbing a coffee or chocolate bar/sugary snack to get them to lunchtime.

Over time this "yoyo" affect on blood sugar and insulin levels can lead to the onset of type 2 diabetes. By adding an element of protein/fat into your breakfast (bring on the scrambled eggs) you can stabilise your blood sugar and energy levels....no snacking before lunch which is great if you're looking to lose a pound or two!

## The post lunch snooze

Ever felt the need for a snooze about an hour after lunch (Christmas dinner anyone!)? The reason you feel like that is usually down to an excess of carbohydrate (i.e big bowl of pasta, rice, potatoes or sugary foods).

As the body works to process the increase in glucose by releasing insulin it shuts down and makes you drowsy. If you start feeling like that then its simply a case of reducing the amount of carb based food you eat in your meal....simple!

## **Fish oil does more than you think**

The US Journal of Neurology provides the following benefits for Omega 3.

It helps improve brain function, lowers risk of cognitive decline & Dementia, helps reduce depression, lowers blood pressure, reduces inflammation and stabilises blood triglycerides.

It also helps break down body fat for use (weight loss) and transport supplies of fat soluble vitamins like Vitamin D.

A daily intake of circa 2g works well with most people and some studies show that supplementation of 300g daily helps reduce symptoms in kids with ADHD.

## **Bring me sunshine!**

The International Osteoporosis Foundation records UK statistics that show 1:2 women and 1:5 men (post 45 years old) will suffer from breaks due to osteoporosis.

We get our supply primarily from the sun but in the UK we only have 2 months of the year when the sun is close enough to be effective, therefore we need to supplement. A dosage of 2x25ug (2,000iu) tablets daily will give you everything you need.

Weight training also helps to increase bone density.

## **Water Water Everywhere**

You'd be surprised how many days of the year you're actually dehydrated. A lot gets written about water intake and there's no actual research to support the two litres a day that gets quoted. The key is to make sure your urine is light yellow in colour.

You can get [more information from this article here](#).

# RELAXATION FOR THE MIND

## Switch it off/Shut it down

One of the problems we have as entrepreneurs and experts is that we don't tend to switch off our minds very often. I'm notorious for being on my laptop writing articles and doing programmes late at night, something my wife often reminds me of!

The downside is that our screen from TV, phones, tablets and computers fool our brain into thinking its still daylight thereby messing around with our natural circadian rhythms. Our sleep pattern is then affected.

So to improve your sleep we simple shut our tech gear down at least 30 mins before we turn in for the night.

## Relaxation/Meditation

I'm not the kind of guy you'll find sitting crossed legged, eyes closed and humming to myself...not that there's anything wrong with that, its just not me....besides I'd probably get mistaken for Buddha.

Personally I'd rather go somewhere quiet and read or listen to music which helps me relax. My wife Sarah and I often use this time to talk through our thoughts when it comes to holiday ideas or which restaurants we'd like to try.

When it comes to taking a break with the family I also tend to go low tech and just take a notebook with me. It's amazing the number of great ideas you get when you take a quick diversion.

The key is to find a pattern that works well for you. An environment that puts you in a state of rest and recovery.

Think about how you function throughout the day...are you a morning person or evening? When do you work best? Set yourself a deadline for finishing the day's work and stick to it.

## **Better sleep....better recovery**

Whether your goal is weight loss, muscle growth, athletic performance or awesome productivity, quality sleep is where all the magic happens.

Its a bit like hitting reboot...we go to sleep and our body dives into work mode, rebuilding muscle tissue, generating hormones and adapting the body to suit whatever stresses you put it through....it really is an amazing machine.

Think about days when you get a great nights sleep....you feel awesome, productivity goes through the roof and you feel unstoppable.

Now think about the days when you don't sleep so well....you wake up groggy, eyes feel tired, concentration eludes you and even the simplest of tasks seem to take an age.

For most people the optimum amount of sleep sits somewhere between 6 and 8 hours, more is not always better.

Before you go to bed set the room up....lights should be relatively dim, the temperature somewhere between 20 and 22 degrees C, some people like a small amount of white noise in the background, some prefer total quiet.

Choosing a good mattress is also important. Some of the best advice I ever received was from my grandmother who said "two things in life you should never skimp on...comfortable shoes and a great bed because in life you're in one or the other".

She was right....finding the ideal mattress is definitely something you should spend time on. Also take time to choose bedding and a pillow which allows you set your posture correctly.

It might sound like a lot of setting up but trust me, you'll feel the difference!



# HERE TO HELP!

That brings me to the end of this little booklet BUT its not the end of the information I have for you.

You can find more information to help you become more awesome on my website. You can also contact me anytime if you have questions or need help with a particular problem. Just email me at [phil@expat-fit.com](mailto:phil@expat-fit.com)

Here's the blog link <http://www.expats-fit.com/#!/blog/c23e5>

If you'd like your own 7 day programme (exercise programme, meal plans and recipes, etc) to get kickstarted then sign up for our [email updates here](#)...its completely FREE.  
(if you have a problem with the link just go to [www.expats-fit.com](http://www.expats-fit.com) and fill in the form on the front sheet)

Finally here's the blatant plug!!

If you'd like your own lifestyle overhaul then our Body Blueprint Programme is the one for you. If you'd like to know more just drop me an email to [phil@expat-fit.com](mailto:phil@expat-fit.com)

So that's it! thanks for listening and I wish you and your family a healthy and happy future.

Cheers

*Phil*



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HERE TO HELP