



# HEALTH PENSION

Programme Guide

@healthbyscience

# WELCOME

Welcome to our Health Pension Programme.

If you haven't already responded to your SMS welcome message to let us know what days/times suit you best for your welcome phone call then please do so now.

We understand that improving your health as you get older can be a long and challenging journey. That is why we take a habit-based approach to our programming, focusing on small steps that you can take each week to achieve big results.

By slowly changing your habits and routines, we know that you will be able to make lasting changes to your lifestyle and your health. Whether it's adding more steps to your daily activity, reducing the amount of sugar you consume, or finding time for regular exercise, each small change adds up over time.

With our support and guidance every step of the way, you will find that sustainable fitness is within reach. So what are you waiting for? Start eating high-quality foods and start on the path toward a healthier body and a happier you!





# THE SIX KEY HABITS

Investing in your health pension can be a challenging and difficult process, with many "get fit quick" programmes promising fast and unrealistic results.

However, if you are looking for a sustainable and healthy lifestyle...



# 01

## **Eat High Quality Foods**

Eating healthy foods gives you the energy you need to stay active and improves your health.

# 02

## **Get Enough Physical Activity**

Most experts say that walking at least 7500 steps per day is an excellent way to help with health.



## 03

### **Get Enough Sleep Quantity**

Adequate sleep is important for long-term health success as it helps maintain healthy eating habits and keeps the body burning calories.

## 04

### **Get Enough Exercise**

In order to get fit, it is not necessary to push yourself to the limit; moderate exercise is often more effective. Just a 30-minute walk each day can make a big difference.



## 05

### **Get More Exercise Variety**

In order to get the most out of your workout, it's important to focus on three different types of exercise: cardiovascular, strength training, and mobility.

## 06

### **Practice Good Sleep Hygiene**

Practicing good sleep hygiene will help you get a deep, restful sleep which is necessary for repairing your body and maintaining your energy levels.



So if you're looking for a lasting change when it comes to investing in your health, remember these six habits in order of priority – eat high-quality foods, get enough steps, get enough sleep quantity, aim to exercise for 30 mins at least 5x/week, practice good sleep hygiene, and being consistent in your efforts!

With these combinations of healthy choices and behaviours in place, a great quality life is sure to follow!





# WHAT YOU CAN EXPECT

Starting a health journey can be overwhelming.

A Personal Trainer from Health by Science can provide the support you need to develop healthy habits for success.

Track your first habit daily for a week, reflect on progress, and receive detailed feedback from your trainer.

With their guidance, achieve sustainable health and true happiness.

## Weekly Habit Improvement Cycles

1

Personalized Exercise Programme

2

Weekly Check-Ins and personalized feedback from your coach.

3



# STEPS ON ACHIEVING THESE GOALS

Weekly Habit  
Improvement  
Cycles

1

Personalized  
Exercise  
Programme

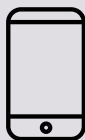
2

Weekly Check-  
Ins and  
personalized  
feedback from  
your coach.

3

## **SIGN UP**

Sign up for the programme that suits you best.



## **BOOK IN**

Book in to meet your coach.



## **MEET YOUR COACH**

Meet your coach and choose your first habit.



## **TRACK YOUR HABIT**

Complete the habit tracking form each day.



## **CHECK-IN EACH WEEK**

Complete your weekly check-in form and get feedback from your coach.



# WHAT ARE HABIT IMPROVEMENT CYCLES?

1

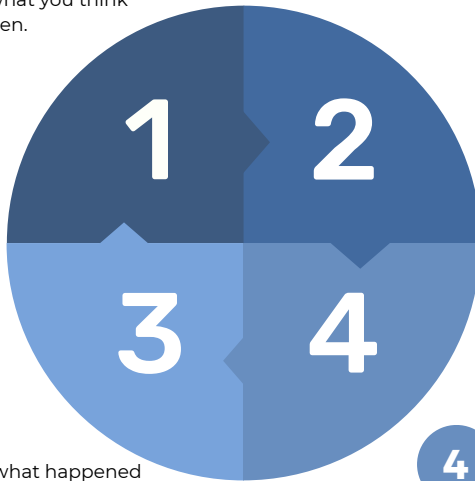
## Plan

Plan the test or observation, including a plan for collecting data. Predict what you think will happen.

2

## Do

Test the habit and write down any unexpected problems.



3

## Study

Analyze what happened and compare to your predictions. Summarize and reflect what was learned.

4

## Act

Decide what changes should be made and plan for the next test

It's worth noting that individuals who diligently track their habits, even on days when they don't perform as well as they'd like, tend to achieve the best long-term results.

Consistency is key when it comes to achieving goals

and maintaining good habits.

With the help of a coach, you can develop a personalized system to stay motivated and on track, allowing you to make steady progress towards achieving optimal health long term.

# THE FOUNDATIONS OF YOUR GOAL

When trying to achieve any health and fitness goal, you need to focus on what we call the "three pillars of health". These are nutrition, exercise and recovery.

On their own, these three pillars all have a huge impact on our ability to see results, but they also interact with each other which is why we need to be mindful of all three.



By prioritizing these three pillars, you can ensure that you have a well-rounded approach to achieving your health goals.

This comprehensive approach will aid you in seeing positive changes in your physical fitness, performance, and overall body image.

To effectively implement these pillars, it's essential to have a systematic and organized approach to stay consistent with all three.

Working with a coach can help guide you through this process, with a focus on monitoring and tracking your habits,

# EXERCISING FOR YOUR GOAL

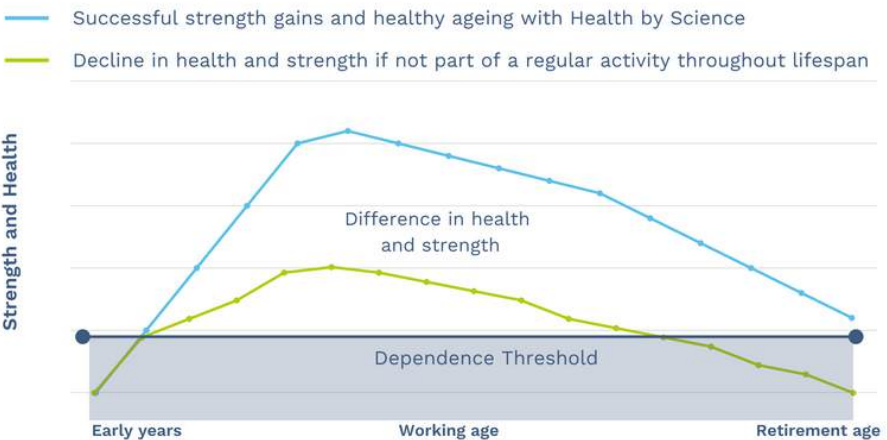
With any health and fitness goal, a systemised, structured and progressive exercise programme will play a key role in seeing and maintaining results.

One of the main reasons we focus primarily on exercise with our remote clients is due to the relationship between increased physical activity and the quantity and quality of their life.

Additionally, we know how hard it can be to motivate yourself to exercise without a real plan to follow.

Therefore, you will have access to an individualised plan designed with your coach who is always available via SMS text messages.

## Muscle and bone strength across the life course.



# EATING FOR YOUR GOAL



Your nutrition will also play a significant role in maximising your health whilst guaranteeing that you see results.

The world of nutrition can be a confusing and intimidating place, especially if you don't know where to start.

However, we have helped simplify the science behind nutrition into two distinct categories that will have the biggest influence on the quality of the results you see:

- Nutrition quantity
- Nutrition quality

Nutrition quantity involves ensuring you are eating the right amount of food for you and your goal, whereas nutrition quality involves eating the right type of food for you and your goal.

Before we can assess the changes you may need to make, we need you to log a food diary using your app. Your coach will explain how to do this with you during your first check-in.





# RECOVERING FOR YOUR GOAL

Arguably the most overlooked part of optimising your performance, health and overall fitness, is your sleep and stress, which we group together under "recovery".

Put simply, if you don't manage the quality and quantity of sleep and stress then your chances of seeing sustainable results will drop dramatically.

Poor sleep is linked to:

- Significant reductions in physical performance
- Significant reductions in overall health
- Poor mental health

Whilst poorly managed and chronic stress is related to:

- Poor blood sugar management and insulin resistance
- Depression, sleep disruption, and carbohydrate craving
- Decreased thyroid conversion and a reduced metabolism
- Altered sex hormone activity
- Amino acid loss from skeletal muscle

The net result of all of these is hormonal havoc, muscle loss, and fat gain.

At Health by Science we look at your sleep and stress habits to help you make small changes which lead to big improvements and ultimately, sustainable health.