



28 DAY

**HEALTHY BODY
RE-BOOT**

PLAYBOOK

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VERY IMPORTANT INFORMATION

The information provided in this guide is designed to be a helpful guide on the subjects discussed. This guide is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for information purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in the guide might change.

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INTRODUCTION

We are more than excited that you have taken this step toward better overall health. This guide is intended to serve as a summary of information that has been researched, proven, and gathered from various sources. We are making every attempt to keep the information short and simple however; we are currently in the process of putting together a comprehensive book/workbook that will explain the following information in more detail.

Our program is brand new. We are using resources that we have experimented with personally and we know works. This world is changing so fast. If you have used or know of other resources, processes, technologies that work better or alongside what we're recommending, by all means, let us know. Our studio is open to suggestions and we are more than excited to test out other avenues that will bring our members success in the future.

For the next 28 Days, dig in and follow the program as close to the letter as possible. We are going to show you how quickly you can reboot your health and reset your body composition to get you going in the direction that you desire.

NOTES

We're not sure who said it but I can tell you with absolute certainty; *you lose weight in the kitchen and keep it off in the gym.* I can take it one step further and say that to keep it off, you must enhance your metabolic machine (which is your muscles) and therefore, the exercise you must be doing to maintain weight loss is strength training. The only way to lose weight by exercise alone is to immerse yourself in hours of not stop exercise every day but this too will create a problem. Some of the body weight you end up losing is muscle. Whenever you stop exercising all the time, your metabolism will be slower and you will start to put the weight back on. In fact, this type of weight loss program has shown that people will put on more than 115% of the weight they lost within 1 year. That's not our program. We want to point you in the right direction and give you a compass and a guide to keep you on course. This program is the start to your journey.

This program is designed to reboot your system in a short period of time. The systems that we are rebooting are physical and mental. As much as this program will change you physically, you will also notice an equal mental shift and mindfulness that takes place. Over the course of this program and beyond, you will be educated as well. Quick Fit Indiana is emerged in current studies, education, reading, and experimentation. Our goal is to provide you strategies and best practices that you can use in your daily life. Congratulations on starting your journey. We're excited to be a part of your team.

TARGETS

In order to reboot your system, we are targeting these major problem areas for most people.

- Inflammation
 - We're talking cellular inflammation. It's estimated that almost 70% of our country's health care cost stem from this silent inflammation because it leads to a long list of diseases.
- High Blood Sugar
 - This could be causing insulin resistance. Deconditioned muscles and poor nutrition are the root causes of High Blood Sugar
- Poor Digestive Gut Health
 - A well functioning digestive system is critical for overall health including your brain, organs and your entire immune system. 65% of your immune system is in your intestinal lining.
- Low Energy
 - We want to give your brain and body a chance to work at optimal capacity and change your day to day life

NUTRITION

We're going to start with the VILLAINS list.

Villains:

- Sugar
 - We're attempting to remove as much added sugar from your diet for the next 28 days as possible. This one step alone is enough to change your health and body in just 4 short weeks.
- Alcohol
 - From Dr. Moyad, Author of the Supplement Handbook: What stimulates the pancreas to release extra insulin, contains more concentrated calories than almost any other compound in nature, has more calories per gram than sugar, slows down metabolism making it easy to gain weight (fat), and it creates a number of nutritional deficiencies that requires almost anyone that gets this product regularly to at least consume a daily multivitamin & it disrupts your sleep, immune system & allergies!?! Oh and by the way, it is also proven carcinogen in excess.....Alcohol
- Grains and Starchy Foods
 - These foods promote elevated insulin levels that lead to inflammation.
- High Fat Foods
 - We will work healthy versions back in after the 28 Days
- Processed and Pre-Packaged Foods
 - We are highly focused on consuming nutritious real food but there are some packaged foods that make our nice list.

Think about your journey over the next 4 weeks. I would encourage you to pre-plan your first 3 - 5 days meals using the foods on this list. I want you to think about eating 2-3 times per day but you can eat more often if you are hungry. You can also use protein shakes, bars, fiber and vegetables to satisfy your rumblings or cravings for something to put in your mouth. You can eat as much of any of the foods on this list as you want but we'll list a recommended maximum serving size for each meal. We don't use cheat meals in our program. Everything you put in your mouth is a choice, not a cheat. Plan ahead. If you find yourself off the approved foods list, write it down and move on. During your accountability sessions, we'll monitor your progress and make any changes at the individual level that we need to.

Get your supplements and food lined up for week 1 or beyond

Highly recommended supplements

- Multivitamin - (suggest the generic Centrum 1 per day)
- Omega 3 Fish Oil - (suggest 600 EPA and 600 DHA. Dr. Tobias is an NSF Certified brand)

Optional

- Sleep Cycle App - Do you want to wake up feeling refreshed?

Protein - eat these items in unlimited amounts

- Beans and Lentils - Any type - eat these with as many meals as possible
 - Also includes refried (fat free)
- Turkey
- Chicken
- Fish (includes canned fish, i.e., Tuna if canned in water)
- Shelled Fish
- Eggs - includes egg substitutes, egg whites & whole eggs
- Mushrooms and Mushroom Caps - All Varieties
- Edamame - shelled or pods
- Yogurt - All types, plain, nonfat & unsweetened
- Protein Isolate powder

Vegetables - all vegetables in any amount (with exception)

- All Potatoes - plain - limit to 1 potato no more than 3 times / week

Fruit - all fruits in any amount

Nuts & Seeds

- All seeds and nuts (no more than ¼ Cup per day)

Other Items

- Low Carb - High Fiber Tortilla Wraps
- Sugar Free Jello
- Sugar Free Pudding (1 serving/day)
- Cool Whip (2 tbsp/day)

Seasonings

- Salts - all types (try pink himalayan - contains over 84 minerals and trace elements)
- Pepper - all types
- All other sprinkle seasonings and mixes
- Any Cooking Sprays

Beverages

The trick here is to not replace your water with diet drinks. Get your water in first

- Water (2 Liters per day - pref 3)
- Tea (No Sugar)
- Coffee (No Sugar)

- ❑ Diet & 0 Calorie Drinks
 - ❑ 0 Calorie Sweeteners ok.
- ❑ Almond Milk - Unsweetened (8 oz per day) - Great source of calcium
- ❑ V8 Low Sodium - (8 oz per day) - Great source of potassium

This list is ever expanding. Please find the ongoing & updated list at:

www.quickfitindiana.com/approved-foods

NO RESTRICTIONS:

There are literally hundreds of foods on the approved foods list BUT, no one understands more than I that sometimes you just have to have a (Fill In The Blank). It could be a burger, bread, butter, cream, snickers bar, etc.

> If you go off the approved foods list, track it

> If you go off the approved foods list, keep the total for the day under 500 calories (under 300 if you are already a smaller person).

> If you've had a great week and you decide to take a cheat day or a cheat meal or two, do it but track it. Jump back on the wagon as soon as possible.

Maybe you're training for a mud race, a 5k, the upcoming city doubles tennis tournament or maybe you just want to change your body composition for your next vacation. Maybe you just want to get healthier, extend your life expectancy, and minimize your chances of becoming disabled or diseased by as many percent as possible. This program is designed to fit into your real life and bring you real results with as minimal effort as possible. This is a long term approach and not a fad. Fads are too hard to stick with long term and a good chunk of them only invite unwanted fat back into your life plus a few of their friends. If you're anything like us, you're going to eat cake at your kids birthday party, have a few beers during the Super Bowl, eat dessert on vacation etc. You get the point. It sounds cliché but everything is available on this program, at least in some form of moderation. If you want to use your extra 300 - 500 calories every day to eat a McDonalds Small Fry (229 Calories) go for it. If you want to eat ½ Cup of Kroger's Cookies and Cream Ice Cream (140 Calories) go for it. As long as you are staying within your metrics, you will succeed. What you will also find is that the success you will have will be long term.

EXERCISE

- ❑ Log into the Quick Fit calendar online (www.quickfitindiana.com/book-online) or through the MindBody App and schedule your private personal training session(s) each week for the next 4 weeks.

These sessions are designed to use compound movements (more muscles) in such a way that we actually add muscle mass to your body over the next month. (Ladies, this doesn't mean you are going to get bulky). This added muscle mass will help keep your journey pointed in the right direction after the 28 days is over.

- ❑ Log into the Quick Fit calendar online (www.quickfitindiana.com/book-online) or through the MindBody App and schedule your small group cardio classes each week for the next 4 weeks.

These classes are intended to push your cardiovascular system to the limit and increase the power at which your heart performs.

(Ideally, you would not schedule back to back days of exercise at Quick Fit Indiana)

- ❑ (Optional) - We recommend that you walk for 20 minutes on your 'OFF' days from Quick Fit Indiana. You do not want to do intense exercise outside of the studio. Your off days should be recovery days for your body.

FIT3D SCANS

The Fit3D scans will actually show you what is happening inside your body. Using a scale to show what's happening is a very ineffective method. We need to go deeper. As an example, we had a client recently who was down a total of 6 pounds on the scale. This may not sound like a lot but what had actually happened was amazing. This person had actually lost 12 pounds of Fat and put on 6 pounds of muscle. This muscle is a lot more dense than fat (meaning it takes up less space). Not only did our client lose 12 pounds of bad weight and put on 6 pounds of awesome metabolic health, our client also shrank in size. We are able to show this more accurately with the scanner. Their body changed and now with the new muscle, it will be easier to keep their body in it's new desired composition. In some programs, a person may have lost 12 pounds really fast but there is a good chance that ½ of it was fat and the other ½ was muscle. This type of loss results in a slower metabolism and actually makes it easier to regain unwanted fat back plus some.

- ❑ If you haven't scanned recently, we need to get a starting scan. Ideally, you will come in the week prior to starting the program or before your first workout of the camp. You can do your scan during any of your strength training workouts. We prefer you schedule your workout and scan in the AM and come in on an empty stomach.
- ❑ We want to re-scan 3-7 days after your last personal training session. Please hesitate 'cheating/choosing' during this period. Again, we would like to scan in the AM before you have had any food and water if at all possible.

COACHING, ACCOUNTABILITY AND TRACKING

- ❑ Sign up for the ReBoot email list
 - ❑ [Quick Fit Indiana re-BOOT CAMP email list](#)
- ❑ Join the Facebook Group: [Quick Fit Indiana re-BOOT CAMP Facebook Group](#)
 - ❑ Look for our daily communication through email, text and our facebook group.
- ❑ Sign up for a free account to My Fitness Pal (MFP) - www.myfitnesspal.com
 - ❑ You can also download the app for free
 - ❑ Once you are signed in - click on the 'COMMUNITY' tab.
 - ❑ Once there, click on the 'INVITE FRIENDS' tab. In the TO: Box - type in Quick Fit Indiana's email address: team@quickfitindiana.com. Then hit the 'INVITE' button.
- ❑ Each morning, weigh yourself first thing and input this into your MFP.
- ❑ For best results, input everything that goes into your mouth into your MFP app or you can use one of our recording sheets for each day.
 - ❑ At the bare minimum, record your 'other foods' to keep track of your 300 - 500 daily calorie allowance.
- ❑ Your strength training days will serve as your weekly report. Bring in your phone or logs. If you are not seeing changes on the scale, feeling better, etc, we'll review your MFP or logs with you.

Questions should be sent via email or text:

812-727-0279 text number

team@quickfitindiana.com

SLEEP

- ❑ Get in bed each night at least 8 hours before you have to wake up the next day. Sleep is your bodies recovery system. Your body literally hits the reset button each night. Have you ever gone to bed extremely tired and woke up refreshed? How is this? You didn't eat or drink anything. Sleep is your brain, heart, body and sole's natural recovery medication.

JOURNAL/MEDITATION/REFLEXION

- ❑ Over the next 28 days, take 3-5 minutes minimum each day to yourself. You can sit quietly and breathe, stretch or take a few minutes to jot down some things that you are grateful for in your life. You can be as simple as you want or as detailed and reflective as you can.