



## 6 Week Wellness Plan

Presented by

unbroken

## Preface

This E-book is designed to help you improve your overall health and wellness. The focus is upon implementing healthy habits, routines, and daily activities that are sustainable long term. This plan runs for 6 weeks but what we implement here should be continued. It can be our first step to long term health, better energy, and improved physical performance.

Throughout the 6 weeks there will undoubtedly be some things that are easier to implement than others. All I ask is that you do your best, try to adhere to the guidelines and hopefully you will see some amazing results.



## About Me

Hi, I'm Simon. I have spent the last 20 years plus working in the fitness and wellness space with a primary focus on improving the health and sporting performance of everyone I work with.

I have worked with Olympic Rowing crews, top athletes in the sport of functional fitness, and collegiate athletes looking for the next step in their careers. I have also worked with working moms, busy CEO's, and many people juggling the 9 to 5 and their hectic lifestyles. My main aim is always to find a way to impact these people's lives in a positive way. Find what they truly need from a fitness regime, and help them develop and grow.

Throughout my time working with all these amazing people, I have made sure to stay up to date with the latest scientific research and relevant qualifications. I have a Sports Science Degree, a Masters in Human Performance Science (specialising in Nutritional Science) and have undertaken many more sports specific qualifications.

Through the programme delivered here, I hope to share as much of my knowledge as possible, where it is relevant to you. I won't go into the scientific jargon or try to blind you with my knowledge. I will try to simply layout a pathway for success and this is how I have always tried to work.

**Let's get Started!**



## Other Resources

### Movement Videos

If you find yourself stuck on a certain movement or not sure how to perform one of the workouts provided, then video demos are available for everything included at Central Athlete. Simply head over to their youtube page and search for the video you need.

For example if I programme a 'push up' then typing 'central athlete push up' into the youtube search bar will provide you with the video you need.

For your reference their page is below

<https://www.youtube.com/c/CentralAthleteatx/featured>

### Mobility Wods

The Mobility Wods (workouts) are between 10-25 minutes long and are guided mobilisation videos. There are body part specific options (like focusing on the hips) or general flows for you to follow along with. During the programme I will recommend when to undertake these. There is a large library of my mobility videos on the District Fitness Instagram page. The link is below. Each mobility video has a general title of what to expect so you can choose the one that feels most relevant each time.

<https://www.instagram.com/districtfitness/channel/>



## Contents

This guide is for beginners with little to no kit available. If you are an experience athlete, or having been doing coach lead fitness for a while then my 'Fitness' or 'DB only' Programmes may be better for you. If this might be the case then reach out and we will update your plan.

- Nutrition Overview

- Sleep Hygiene

- General Wellness Practices

- Daily Essentials

- Your Goal Based Programme



## Nutrition Essentials

In this part of the programme we will cover the basic nutritional requirements for you to meet your goals. You have all been sent my full nutrition guide for any information you need, but here are some of the things you need to apply in order to increase your health and wellness.

### General weight loss

Calories are king when it comes to reducing body fat. Your daily calorie expenditure (how much energy you use) must exceed how much energy you consume for you to effectively lose weight. This is the simple part.

What is also important is that we have a healthy approach to weight loss and we implement something sustainable. So for the purposes of this plan I want us to approach nutrition in a slow and steady manner. Gradually reducing the 'naughty stuff' over time and trying to adhere to a small calorie deficit.

The main thing we need here is consistency. If you adhere to good nutrition protocols on a consistent basis, allowing for the odd treat then you can achieve great results. If you over restrict and deny yourself everything you love in life, you will lose patience, crash and burn, and ultimately end up bingeing and undoing your hard work. Something hugely important to note is that everyone is different.

Saying calories in vs calories out is an over simplification. Some people will see results in just 2-3 weeks, while for others changes won't show until the 2 month mark. That is ok. If you stick with the plan, you will get there! The other way its an over simplification, is that not all calories are the same, the calories you get from a beer are not the same quality as those coming from green veg. Yes they are still calories, but I want you to fill your bodies with as much whole food as possible. Fresh produce is our big focus, staying clear of those overly processed foods is what we are aiming for.

## Nutrition Essentials

### So how many calories?

In your full nutrition pack there are some tools for working out how many calories you need and how many calories you are eating.

You can refer to these, or if you are a little bit more old school (or maybe just starting out your nutrition journey) then apps and custom calculators, and things like tracking everything you eat in an app can be overwhelming. In this instance you can use the following guidance.

Jump on the scales and see what they say. Don't worry too much about the number and avoid jumping on them daily. Scale weight fluctuates for many different reasons and can be demotivating. Instead use the number as a starting point and then if you really can't resist, wait 3 to 4 weeks to jump on again.

Use the following sums to calculate calories for weight loss.

Firstly adjust your weight into pounds ( $\text{KG} \times 2.2$ )

Now you need to think about your daily energy expenditure, how much excess fat you feel like you are carrying and be very honest with yourself. Age is also a factor.

If you know you are struggling with your weight and want to reduce your body fat by a significant amount then take your weight in pounds, subtract 20 and then multiply by 12

For example  $180\text{lbs} - 20 = 160$ . Now multiply this  $\times 12$  and your calorie amount per day is  $= 1920$

If you are relatively happy with your body composition and want to tone up and lose those last few pounds then simply multiply your weight in pounds by 12. It is important to note though that women generally have 'stickier' set points than males in terms of fat loss, and fat can be a little more 'stubborn'.

Women therefore may always want to subtract around 10 from their bodyweight in pounds before multiplying by 12.

## Nutrition Essentials

### So How many calories?

Other things to take into account.

If you fell into the first category and you want to lose a reasonable amount of fat then the sum applied with -20 still holds true. Do not be tempted to take off even more calories to 'speed up' the process. This wont work.

If however you fall into one of the categories below, you are looking to tone up or lose just a few pounds then the following sums will help.

### Are you over 45?

If yes then your weight in pounds -15 x 12 is a more suitable sum for most. Our metabolisms and energy expenditure tends to slow as we get older so we need a little less fuel.

for example a 200lb male at 50 years old should multiply 185 x 12 and consume around - 2220 calories per day compared to a 29 year old who should be on around - 2400.

### Are you very sedentary?

Hopefully by the end of the next 6 weeks the answer is no. But if at the moment your job has you sitting all day and you exercise for less than 3 hours per week then we need to go for that -20 from your weight in pounds as well.

### Are you super active?

If you are on your feet for large parts of the day, train or compete in sports more than 6 or 7 hours a week (of actual moving) or you just want to feel better and not lose any weight then your sum is bodyweight in pounds x 14

again your 200lb man would now need - 2800 calories

- please note if all the examples of this page apply to you do not start doing crazy sums and taking off more and more. stick to a path and stay consistent.  
if you need help then reach out to me



# Nutrition Essentials

## And how do i track my calories?

As mentioned you can plug in everything you eat on a daily basis to the myfitness pal app. This is a great tool and once you get used to the interface is very quick and easy. The first few days it takes a while but you will get there.

If you are not one for apps then I would like you to follow the guidelines below.

- read through the nutrition webinar and ask me any questions you have
- Eat whole foods, meat and fish (or meat alternatives) lots of veggies, some fruit, nuts and seeds, a little starch, no added sugar.
- limit alcohol consumption
- make sure your meals fit on one plate and the biggest part of that plate is veggies!. try to use the hand guide below to regulate portion sizes.
- plan your meals and try to stick with what you cook, avoiding take out.



## Sleep Hygiene

Sleep plays a massive part in our overall health and well-being. Not only does it affect energy levels and mood, but poor sleep will increase cortisol and make it harder to shift stubborn fat.

Whether we are aiming for general wellness, fitness, muscle or performance gain or just want to feel better, sleep quality is crucial. Employing as many of the measures below will help with your goals whatever they may be.

The room below may look cosy but there are red flags there that may reduce sleep quality.





## Sleep Hygiene

### The Room

We can't all redecorate our entire room but if we can ensure as much of the following advice then we stand more chance of a good night sleep.

- Reduce bedroom clutter, it is a place to sleep and multiple ornaments, photographs, soft furnishings etc. can over stimulate the brain when it is trying to rest

- get a good set of curtains, blackout blinds or similar to ensure daylight doesn't creep in when you are trying to sleep. Our bodies are tuned in to rise and sleep with the sun but in the summer the sun rises so early and sets late that we will not get a full restorative sleep and may be woken early.

- Make your bed and change your sheets often. This sounds like a give but how nice is it to sink into a freshly washed bed, jump into a nicely made bed, as oppose to a dirty unmade mess. we want to relax. Not only will making your bed every morning mean you have achieved the first task of the day.. but it will be so much nicer to sink into at bed time.



# Sleep Hygiene

## Your habits

- Be consistent with bed times. We all have hectic lives and sometimes we can not get a full 7-8 hours of sleep but if we can at least be consistent by going to bed and waking at the same time each day we will get better quality sleep. Our bodies natural circadian rhythm will improve and when our head hits the pillow we will be ready for that R&R. sleeping consistently from midnight to 6am is better for you than sometimes doing 10pm to 5am and sometimes midnight to 6am and then at the weekend 1am to 10am.. our bodies will not know what's going on and that weekend 9 hours will be full of interruptions and restlessness.
- Try not to eat too close to bed-time. Allow at least an hour for your food to digest. If your body is busy digesting food it can not divert resources to fully recovering the body over night.
- avoid caffeine and excessive alcohol before bed. again if your body is processing the toxins for the alcohol then it cant do its job and fully recover.
- Avoid lying on your bed in the day and at times when you don't want to sleep. You want your body to know you bed as a place to fall asleep and restore. if you do struggle falling asleep this can often be a reason.
- NO ELECTRONICS in the bedroom. This is a big one. no mobile phone, no social media browsing, no laptops. Try to have a sleep clock or simple alarm and keep all else out.
- If possible invest in an alarm clock that wakes you up with gradual light and the noise comes after. this will allow you to wake slowly.
- Lastly no snoozing! those extra 10 minutes may feel great in the moment but you will be going in and out of sleep cycles and will feel worse for it during the day. trust me :)

## General Wellness Practices

### Your habits have a huge impact on your day

I won't go into every single tiny detail on why the below is good for health and well-being. I will simply list a few general practices that can all have a positive impact upon your day. If you would like to know more on any specific points please reach out.. and yes it starts with making the bed.

Other great practices are as below. try to make them habit.

Upon waking try to do the following (if we can do it all then great, if only some then there are still benefits).

- Do not use any phones tablets, laptops, for at least 20 minutes after waking, allow your brain to fully wake up.
- Try to get some sun/daylight. Step out into the garden, go for a quick walk, open the curtains nice and wide and try to let the light flood in.
- Take some time, even if just 5 minutes. My daily practice for this is to make my coffee, open the back door and watch my dogs go about their morning rituals. I'm not really thinking about anything at this point. It's then good to come back in and plan the day ahead.

### During the day

- Get up every hour. if you are sitting for large parts of the day then get up every hour and stretch those legs.
- Drink plenty of water. start with a large glass first thing.
- Eat at consistent times. The better rhythm you can establish the more benefits there are. your body will feel better and your mood and energy will be more consistent.
- get some 'bluescreen' glasses if you can.

## Daily Essentials

To get the most from the programme you need to make time for the things that are important to you and your success. For some of you who just want to feel better this may be time to cook, time to meditate, time to stretch. For others it might be planning time to workout or even re-fuel after.

In essence, plan time for you, you have a goal and you need to give it the time to become a reality.

- Plan in your daily workout
- Plan in your meal times and if possible prep these ahead of time
- Plan in time to get outside and walk or run
- Plan time for the things you love, your favourite show, some pages of that book, some time with your family or pets

Sounds like a lot to plan? put it onto a daily planner or chart, if you love excel then create a spreadsheet but don't leave success to chance.





## Your Goals Based Programme

### General Wellness

From your form it looks as though you want to feel generally fitter and healthier. The programme or plan of action for the next 6 weeks is therefore as follows and will be detailed in the next few pages.

#### Summary

- 2 Workouts per week involving bodyweight movements
- 2 activities per week where you get outside or go to a space to get some activity done
- 1-3 Mobility sessions (chosen from the video library detailed at the beginning
- Implementation of as many of the sleep hygiene and wellness practices as you can
- Follow the calorie and nutrition guidance from this guide and try to implement a healthy balanced diet.



## Your Goals Based Programme

The workouts can be done on any day but to achieve the best results try to stick to the plan. There may be some terms you are unfamiliar with so here is a glossary of terms

AMRAP - As many repetitions as possible.

EMOM - Every minute on the minute (you will complete the prescribed movements and rest the remainder of the minute before moving on.

For time - Try to complete all the movements as quickly as you can

For Quality - Slow things don't a little take breaks to make sure you move as well as you can

As stated at the beginning of this plan, if you need movement demos you can find the videos here <https://www.youtube.com/c/CentralAthleteatx/featured>

And if you need further help then please reach out. You can add a light weight to movements if you wish



# Your Goals Based Programme

## BEFORE WE START

The programme attached is designed to help with general health and fitness. The workouts range from 10-40 minutes in general. This is a beginners guide to getting active. If you look through and feel things are a little easy you can always add a jog, cycle, swim to days that are a little too light.

If the overall movements are too easy then you may want our fitness programme (which can be sent over). Alternatively you could start with this E-book and progress to the next when you feel ready.

Whatever your goals we want you to enjoy the experience so make sure you reach out if you need anything at all.



# Your Goals Based Programme

## Week 1

### MONDAY

#### Warm up

Put on one of your favourite upbeat songs and jog on the spot. Every 30 seconds complete 5 air squats and then go straight back to jogging on the spot

#### Workout

#### EMOM 16

for 16 minutes complete the following

- Minute 1) 40 seconds of air squats
- Minute 2) 40 Seconds of sit ups
- Minute 3) 40 seconds of reverse lunges
- Minute 4) 40 seconds of yoga push ups

yoga push up video - <https://www.youtube.com/watch?v=0SQoK7VFcz0>

### TUESDAY

- 15 minute brisk walk

- complete one of my mobility videos

### WEDNESDAY

- Rest, Relax, Eat well and if time get outside

# Your Goals Based Programme

## Week 1

### THURSDAY

Warm up

4 mins AMRAP of 5 air squats, 5 good mornings, 5 inch worms, 20 seconds back and forward bear crawl

Workout

10 Minute AMRAP

10 Air Squats  
5 Burpees  
10 Forward lunges  
5 Burpees  
10 Shoulder taps each side  
5 Burpees  
10 Push ups

once completed rest 3 minutes and then go for a 10 minute brisk walk or jog

### FRIDAY

- complete one of my mobility videos

### SATURDAY

-Get Outside for a brisk walk or jog

### SUNDAY

-Optional mobility Video

# Your Goals Based Programme

## Week 2

### MONDAY

Warm up (get your keys ready for today)

10 minute brisk walk or light jog

Workout

For time

4 minute run (run 2 minutes away from home and 2 minutes back or do this in the park)

40 step ups (use a chair, bench or step and alternate legs)

4 minute run

40 lunges or jumping lunges

4 minute run

40 tuck ups or sit ups

\*if you can't run then walk fast and with purpose

### TUESDAY

- complete one of my mobility videos

### WEDNESDAY

-Get Outside for a brisk walk or jog



# Your Goals Based Programme

## Week 2

### THURSDAY

#### Warm up

find the song 'flower' by Moby (bring sally up)  
every time the song says 'bring sally down' perform a squat and stay at the bottom, every time the song says 'bring sally up' stand up tall. Challenge to get as far through the song as you can

#### Workout

##### 16 minute EMOM

- minute 1) 20 air squats or jumping squats
- minute 2) 40 seconds plank walk ups
- minute 3) reverse or jumping lunges
- minute 4) rest the full minute

video for plank walk ups <https://www.youtube.com/watch?v=ALQ5fdMEqzs>

### FRIDAY

Rest, Relax, optional mobility video

### SATURDAY

#### STEP UP CHALLENGE

find a bench or step roughly double the height of the steps in your house (so 16-24" is ideal). the challenge is to spend 20 minutes and accumulate as many step ups as you can!. every 2 mins including the start place your hands on the step and perform 8-10 push ups!! record your score!

### SUNDAY

-Optional mobility Video but get outside and walk as well



# Your Goals Based Programme

## Week 3

### MONDAY

Warm up (get your keys ready for today)

4 min AMRAP of 5 push ups, 10 sit ups, 15 Squats

Workout

12 minute AMRAP

20 weighted squats (Hold the object to your chest

20 ground to overhead

20 russian twist

20 Deadlift

\*use the same weighed object throughout. load a backpack with some books and towels, or grab a heavy book, or even a pumpkin, watermelon etc



### TUESDAY

- Get outside for a run or walk

### WEDNESDAY

- Mobility video or yoga

# Your Goals Based Programme

## Week 3

### THURSDAY

Warm up

Song time!! play 'roxanne' by Sting. Every time he says 'roxanne' perform a burpee.. cant keep up? perform a no push up burpee

Workout

FOR TIME

Buy in with 5 mins Run or fast walk  
then -

3 rounds of  
30 jumping jacks/ Star jumps  
20 lunges  
10 push ups  
5 burpees

then -

cash out with a 5 min run or fast walk

\*only complete the run at the beggining and end. Complete 3 rounds of the workout movements in the middle

### FRIDAY

Rest, Relax, optional mobility video

### SATURDAY

Get out an run!!

option A) if you are able run for 20 minutes. every 5 mins stop and perform 5 push ups, 10 squats, 15 mountain climbers each side.

Option B) run 2 mins, walk 2 mins for 20 minutes

# Your Goals Based Programme

## Week 3

SUNDAY

Rest, relax, recharge!!!!

## WEEK 4/5/6

By now you have done the hard work. if you have stuck to the programme so far then you have begun creating some really healthy habits for the long term.

In week 4-6 you will repeat your programme but try to progress.

- for any AMRAP you will try to now hit more reps in the time
- for any EMOM try to complete more work per minute or add load
- for the 'for time' workouts try to go faster or add some load

and for that step up challenge. add 2 extra push ups each time but see if you can still hit the same amount of step ups!!!

lastly sprinkle in these core TABATA's

A TABATA is 20 secs of work and 10 secs of rest for 8 rounds (4 minutes) these are a great addition at the end of a workout day or something to add to mobility days.

you can pick one movement like the squat and go amx reps for 20 secs then 10 secs rest x 8 or you can alternate 2 movements. here is a core example for you. an 8 minute version!!! give it a try

### TABATA

Alt Sit ups and Plank  
once done repeat with  
Tuck ups and side planks

## Your Goals Based Programme

### Final Step

Once you are through your 6 week programme you should see a difference and feel great.

You can continually progress the workouts for another 2 cycles (6 weeks) and if you can keep your nutrition, sleep, and mobility on point then you should only see progression.

If you need further support, individualised programming, or remote coaching, full nutritional programming, or PT the please reach out.

any feedback in always appreciated!

Thank you

Simon and the Unbroken team.



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The authors are not medical professionals and nothing in this publication constitutes medical advice, nor does it replace professional medical advice, diagnosis, or treatment. Any dietary changes should be approved by your qualified healthcare provider.

Any exercise program, including the exercise routines outlined in this publication, may result in injury. To reduce the risk of injury, consult your doctor before beginning any exercise program.

The materials presented in this

publication in no way substitute medical council. You must not avoid or delay medical treatment because of anything contained in this publication.

For the avoidance of doubt, there is an increased risk of injury with high-intensity workouts.

For more detailed support on health or nutrition please reach out to us at [Simon@unbrokenactive.com](mailto:Simon@unbrokenactive.com)