EATRUNLIFT

Winter 2015

Training

- Recipes
- Workout Gear Inspo
- Training Adaptations
- Banish Binge Eating

Exclusive to Eat Run Lift Subscribers

www.eatrunlift.me
Welcome to your Winter Training Guide

the ultimate guide to keep you fit, motivated and looking good throughout winter

As the cold sets in, so do the excuses. It’s too cold to __________! Run? Go to the gym? Eat healthy? We hear you! It is cold, but so many people made the same excuses in summer saying it’s too hot to go for a run, make your mind up!

Well let’s cut it out now, because before you know it it’s summer again and you’re not happy with the way you look in that bikini on the beach. Your summer body starts now, in winter.

In this exclusive Eat Run Lift eGuide you’ll find:
- Recipes
- Winter activewear outfit ideas
- A free workout (perfect to use as the HIIT workout in your Get Lean plan!)
- A guide to getting emotional and comfort eating under control
- Tips for training during winter
- And many other tips and tricks

We want to thank you all for your continued support!
And we love seeing your progress and following what you are all up to #eatrunlift
How to make the most of the cold

A summary on how you should be adapting your training for the cooler months

As we pack away the skirts and shorts we bring out the hoodies and jackets. We’re going to be covered up and protected from the cold, and going for runs in the morning is going to be challenging for most of us, especially getting out of that toasty human burrito we call bed. Getting out of bed is the first step, so let’s set those alarms, YES! alarms. I know you’re going to just hit snooze on that first alarm, so set more 3-5 minutes apart. Get up lazy bones! Make sure you have your gym gear ready, breakfast to go (or whatever you have before your morning exercise) and be ready and on time.

Make this run short and interval based. That means we want to start slow and get warm then hit the turbo jets, repeat. Increase heart rate and burn fat! This is the aim of the game. We need to keep our fitness levels up, if we slack off it’s going to be harder to pick the pieces up when the sun starts to stay out longer!

Still not keen on a 6am run? Hit the gym, they have this thing called air conditioning which can also make places warmer, but who needs air con when you have other peoples body heat floating around the room. Cardio can be done either in classes or on the equipment supplied, but lately a lot of gyms have been adding functional training rooms, which are perfect for our 8 Week Transformation workouts. Just hit it short and hard! But make sure you have warmed up!

Let’s face it, you’re going to be fairly covered up most of the time through winter, so try not to think about being as lean as you can be, we all know we are going to put on a little bit of fat due to comfort eating, (and maybe not doing as much exercise as we should be). So let’s focus on muscle building rather than trying to lose weight and burn fat. I can hear you saying, “But I don’t want to be fat!!!” Don’t worry you’re not going to get massive, we aren’t “bulking” we’re just focusing on getting stronger. When we have more muscle mass we can burn fat at a higher rate, lift weights better, perform better and create a building block for summer. Just imagine how toned you are going to be come November.

Let’s focus on muscle building rather than trying to lose weight.

We have about 3 months to get as strong as we can and then we are going to jump straight back into focusing on burning fat, this is also a mental thing. You need to understand that you have a purpose and a plan. So we will drop a cardio session and add an extra weights session in the gym to get out of the cold.

Now that we are doing extra weights we need to take even greater care of our muscles. It’s time to stretch, foam roll, trigger point, and see your physiotherapist or chiropractor... Whatever you need to make sure your body is in perfect alignment with your training. If you don’t keep those muscles warm and in great condition they won’t work the way you want them to, so to make sure you get the best of our work outs, warm up!
Thermogens
the supplement to warm you up

Not to be confused with pre-workouts, thermogens are a less complex (yet still highly effective) tool in the supplements industry. I remember when I had my first thermo (DFine8), the label said it assisted with weight loss, mood enhancement, energy boost and focus. I was like, “Shut up and take my money!!!” I had never experienced anything like this before, I was bouncing off the walls and the fact that I already have a hyperactive personality and I wasn’t a coffee drinker didn’t help. This was my staple, being a PT I always needed energy and I lasted pretty much 4 years straight on the stuff, and built up a pretty high tolerance to it in the process, which is easy when you don’t take a break.

Heating up your core temperature will allow your muscles to get warm and provide insulation to your body by a few degrees, and when your temperature is up so is your heart rate. Burning fat happens when your body’s oxygen gathers up your CO2 from waste lactic acid which is eliminated through your muscles after doing a hard weights session or high intensity cardio session. So imagine having these with your workouts to see better results, not just in your weight loss, but your exercise output too!

Most thermos are made of natural ingredients and contain amino acids that are found in plants, meats and naturally in small amounts in our own body, the main ingredient that is commonly found in most products is caffeine. Like most caffeinated drinks you know it’s addictive and you can become very reliant on it, as most people need caffeine to start their days and get productive. Other ingredients found in most thermos include beta alanine which is an amino acid used to fight off lactic acid, bitter orange known to be a great weight loss metabolizer and DIM also found in broccoli and other cruciferous vegetables - an oestrogen blocker that helps fight stubborn fats around the arms and legs in women, but don’t have too much DIM on it’s own, otherwise it can alter your hormones!

The best time to have these is first thing in the morning to help wake up your mind and your metabolism, plus it’s cold in the morning, so we want to get as warm as possible!

So if you are in the market for a fat burner and you’re not sure of what to get, head in to your local Australian Sports Nutrition store or online at www.asn.com.au to find the right one for you!

Thermos I recommend and use are:
- Lecheek Pyro
- Recon Thermonuke
- Lecheek Ampilean

The best time to have these is first thing in the morning to help wake up your mind and your metabolism.
Emotional eating can essentially be defined as unhealthy or excessive eating in response to a negative event or feeling. Food is used in an attempt to self-medicate and relieve feelings of stress or sadness. Although this behaviour may not be harmful if it is infrequent, turning it into a continual habit can be detrimental to both your emotional health and your waistline.

‘Real’ physical hunger is slow to build and doesn’t crave any specific food, real hunger can be satisfied by eating anything. Emotional hunger craves specific items and is very fast to occur, often leaving you wanting a specific type of food ‘RIGHT NOW’.

According to a study in 2010 documented in Eating Disorders volume 17 there were significant associations between perceived stress, worries and tension/anxiety in emotional eating for females. In males the only mood related to emotional eating is confusion. Stress or perceived stress are the most common culprits. Stress produces the hormone cortisol, which makes the body crave ‘feel good foods’ (foods high in fat and carbohydrates).

Indulging in unhealthy food should not be your first response to emotions, it is never going to fix the problem, and can often lead to feelings of guilt. Thayer (2001) coined the term ‘tense tiredness’ as the primary trigger feeling to emotional eating as it underlies feelings of depression, anxiety, tiredness, loneliness and boredom. Weingarten and Elston (1991) found that indulging in emotional eating did not lead to improved mood after the episode. So how do you stop it?

**RECOVERY TO CHANGE**
Are you aware of what needs to change and why? Actually figuring out what is causing you to become an emotional eater will help you stop, commit to your own personal progression, and achieve your goals.

**RECOGNISE YOUR EMOTIONS**
Feed your feelings with something other than food: take a bath, relax, meditate, go for a walk, or just give yourself 10 minutes of quiet time. There are plenty of things you can do before you resort to eating bad food, just breathe and give yourself a new activity.

**SELF MONITOR**
Learning how to monitor your behaviour will help you become more aware of what triggers you to eat bad foods, and you are able to become more mindful of your portion sizes and what foods you choose to eat. It will help you to identify your habitual patterns so that you are able to adjust your eating. This can be in the form of a food journal or logging your food into a tracking app.

**BREAKING LINKAGES**
Once you have spent enough time monitoring what behaviours cause you to binge eat it’s time to start breaking the linkages between the trigger and the action (emotional eating). This is called stimulus control. For example, if you notice that you tend to binge eat when you are watching TV at home, make sure that when you are at home you only eat your meals at the dining table. Distraction, social support, positive thinking and changing your eating habits (location/times) are all ways to break linkages between triggers and emotional eating.

**POSITIVE THINKING**
Changing the way you think about things can change your whole life. If you wallow around in self-pity saying you always eat bad food, guess what, you’re always going to eat bad food. If you’re telling yourself things like, “I’m happy, I’m beautiful, I’m confident and I look after my body” - you will be and do those things. Take your negative statements and turn them around.

Instead of “This is too hard, I can’t do it” -> “I realize that I am eating to cope with my feelings. I need to stop and think about how I can change this pattern of behaviour.”

“It doesn’t matter what I do, I never lose weight, what’s the point” should be, “I haven’t been losing weight, that means I need to change something in my routine to give it a shake up, I’m strong and I’m healthy and I can make my body do whatever I like.”
Staying hydrated

Staying hydrated is important at all times of the year, but it can be something that we forget about during the cooler months. Keeping your body hydrated helps your digestive system to function correctly, ensures that your body is effectively transporting nutrients and oxygen around, maintains good skin, helps with overall energy levels and is critical for every organ in your body.

Another great benefit of keeping your body hydrated is that water actually helps your body metabolise stored fat! So drinking the amount of water you need each day, especially during winter, can help stop you from putting on those few extra kilos.

The amount of water required by the human body varies from person to person, and can depend upon your age, gender, level of physical activity and the climate you live in. The average amount of water required for men is 3 litres, while the average amount of water for a woman is 2.2L. However if you are exercising frequently and perspiring it is a good idea to ensure that you increase your water intake to account for the water you will lose.

WATER BOTTLE
Keep a big water bottle with you as often as you can, that way you’ll find yourself drinking much more water than usual!

FRUIT & VEG
Fresh fruit and vegetables actually contain a lot of water, so make sure you’re also eating healthy, fresh food.

PRE-EXERCISE
Make sure you are hydrated before you even start working out. Dehydration during a workout can lead to dizziness and can cause fatigue to onset more quickly than it would if you were hydrated before you begin exercising.

COCONUT WATER
Coconut water can be a fantastic alternative to a sports drink after you work out to get you rehydrated, it’s high in electrolytes. Electrolytes are minerals that can be found in the blood stream and help regulate the amount of water in your body. Plus, it’s all natural, no nasty chemicals added!

FRUIT WATER
If you’re one of those people who doesn’t like the taste of water, try adding in some fruits to change the taste. A few great options include: lemon, lime, strawberries, raspberries, passionfruit or a combination of a few.

TEA
As the nights get colder you may not want to be sitting there trying to sip down water (which has probably gotten a bit chilly), an option that you have available is to drink some cups of tea instead! As long as the tea doesn’t contain caffeine it can help you remain hydrated!

AVOID ALCOHOL
Alcohol interferes with the mechanisms that regulate water within your body. Alcohol actually increases how much urine you produce (which happens to be more than you are drinking), and in the process causes you to ‘expel’ the water your body has been storing.
**Indoor**

**Top**
H&M Ribbed Singlet

**Sports Bra**
Sports Bra by Adidas StellaSport

**Shorts**
Adidas by Stella Mccartney Performance Cotton-Jersey Shorts

**Shoes**
Converse Chuck Taylor All Stars

**Bag**
Nike Team Training Max Air Small Duffel Bag

**Socks**
2XU Elite Compression Alpine Sock

**Watch**
Face Hunger Square Digital Silicone Strap Watch

**Towel**
Kara Weaves Striped Towel

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**Outdoor**

**Tights**
2XU Thermal Compression Tights

**Sports Bra**
Calvin Klein Underwear Flex Motion Convertible Mesh-Trimmed Stretch Sports Bra

**Shoes**
Nike Flyknit Lunar3

**Deodorant**
Creed Himalaya Deodorant

**Skipping Rope**
Duo Muay Thai Kickboxing Speed Rope

**Top**
Skins Women’s A200 Compression Tank

**Water Bottle**
Dot & Bo Glass Waterbottle

**Hoodie**
Philadelphia Hoodie
Indoor

Cap
Mitchell & Ness Bulls Twist Script Snapback

Bag
Nike Brasilia Duffel Bag

Shoes
Nike LeBron XII Low ‘USA’

Jersey
Adidas Chicago Bulls Derrick Rose mens Alternate Swingman

Shorts
Adidas PE Shorts Grey

Shirt
Under Armour Charged Cotton S/S T-Shirt

Pants
Adidas Linear Terry Slim Cuff Pants

Outdoor

Headphones
Nixon Encore Earbud

Shoes
Nike Flyknit Racers

Jacket
Nike Wind Runner

Shorts
Nike Basketball Shorts

Watch
Apple Watch

Tights
Under Armour Heatgear Armour Compression Leggings
## HIIT Workout

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<tr>
<td>Star jumps</td>
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1 Minute Rest

Repeat 3 more times
Winter Warmers

The carbohydrates in these banana + chia baked bites make them a perfect pre-training snack.

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**BANANA + CHIA BAKED BITES (MAKES 3)**

**Method**
1. Preheat your oven to 200C
2. Take 2 ripe bananas and mash them in a bowl
3. Add in the almond milk and vanilla essence
4. After these have been mixed through add in the quick oats (you can just use regular oats that haven’t been shredded if you have those around instead).
5. Press the mix into whatever shaped tray you would like to bake them in, I used mini heart-shaped oven safe trays, alternatively you could place them into muffin papers
6. Sprinkle the tops of the mix with desiccated coconut
7. Place in the oven for 15 minutes the mix should now be golden brown and slightly crunchy on top, take them out and allow them to cool a little. The centre should still be spongy.

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**Ingredients**
- 1.5 cups quick oats
- 2 bananas
- 2-3 tbsp almond milk
- 2 tsp chia seeds
- 1 tsp desiccated coconut
- 1 tsp vanilla essence

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**20 mins**
Winter Warmers

this thai-inspired potato soup will help you feel full for hours, and is incredibly simple to make

45 mins

**THAI POTATO SOUP (MAKES 4 SERVES)**

**Ingredients**
- 2 washed potatoes
- 1 large head of broccoli
- 2.5 cups vegetable stock
- 2 cups water
- 400mL coconut milk
- 3 tsp green curry paste
- 1 packet of Changs Super Lo-Cal Noodles (or similar)
- Spring onion
- Black pepper

**Method**
1. Place a saucepan on medium heat
2. Put curry paste and vegetable stock into a saucepan, stir until mixed evenly
3. Cut up potatoes and broccoli into small pieces and add to saucepan
4. Add 2 cups of water into the saucepan
5. Loosely place a lid over the saucepan and allow it to simmer for 20 mins, stirring occasionally
6. Remove ingredients from the saucepan (leave saucepan on the stove element) and quickly place them into a blender. Pulse until smooth
7. Place liquid back into the saucepan
8. Add coconut milk, noodles and your preferred amount of black pepper into the saucepan
9. Stir occasionally for 10-15 minutes
10. Cut up spring onion to serve with the soup (however much you’d like) and serve
Have you got a training plan to keep you on track during winter?

Take me to the gym!
Get Lean: for Women

Just getting started?
8 Week Transformation