



# **Epic YOU**

**Return**

**One Step at a Time**

---

**HSBC Fitness Centre**

# Getting Back to It -

August 2020

Covid-19 has made a significant impact on our daily lives. From interrupting our regular routines and forcing us to make changes it can be difficult to stay on track with a healthy lifestyle. Here is a guide to help keep you motivated and accountable as we prepare to go back to work.

Let's get started:

*“Push yourself – because no one else is going to do it for you.”*

**Table 3.** Stages of Change Model

<i>Stage</i>	<i>Definition</i>	<i>Potential Change Strategies</i>
<b>Precontemplation</b>	Has no intention of taking action within the next six months	Increase awareness of need for change; personalize information about risks and benefits
<b>Contemplation</b>	Intends to take action in the next six months	Motivate; encourage making specific plans
<b>Preparation</b>	Intends to take action within the next thirty days and has taken some behavioral steps in this direction	Assist with developing and implementing concrete action plans; help set gradual goals
<b>Action</b>	Has changed behavior for less than six months	Assist with feedback, problem solving, social support, and reinforcement
<b>Maintenance</b>	Has changed behavior for more than six months	Assist with coping, reminders, finding alternatives, avoiding slips/relapses (as applicable)

The stages of Change Model can be applied to wellness theories quite well. Take time to establish what stage you are at and more importantly where do you want to be in 6 months?

---

Ready to make a change?

Please Complete the Get Active Questionnaire Here:

[https://www.csep.ca/CMFiles/GAQ\\_CSEPPATHReadinessForm\\_2pages.pdf](https://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf)

On a scale of 1 to 10 how ready are you to make the initiative to change?

1    2    3    4    5    6    7    8    9    10

What is your physical fitness goal for August?

---

How many days/ week do you commit to exercising?

---

What is one swap you will make for healthier eating?

---

What are three things you love about yourself?

---

What is a motivational thought you can tell yourself when you are struggling?

---

What do you perceive being the biggest barrier to your fitness and health?

---

What can be your realistic first step to breaking down that barrier?

---

Keep these answers close by for days when you are lacking motivation.

***“The key to Success is to focus on goals  
not obstacles.”***

## How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising with weights



yoga



or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



Measurements	August 1st	August 31
Weight (lbs)		
Hip Circumference (inches)		
Waist Circumference (inches)		
Chest Circumference (inches)		
Resting Heart Rate (bpm)		

This January see how accountable you can hold yourself. With the table below you can fill out the columns as you complete them:

**Exercise:** Record what you did for workout. (ex. 30 minute bike)

**Strength Training:** Place an X in the box on the days you do some type of resistance training (2-3x/week is recommended for adults).

**Water?:** Record how many glasses of water you drank.

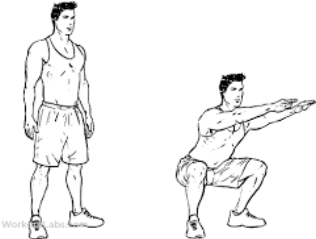

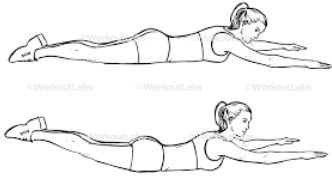

**Grateful:** Start your day off by writing down 3 things you are grateful for.

**Healthy Food Swap:** Try swapping one food item/day for something healthier and record what it was.

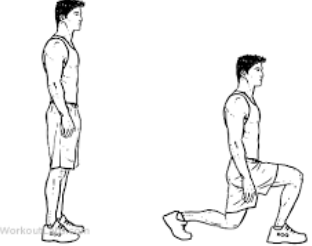
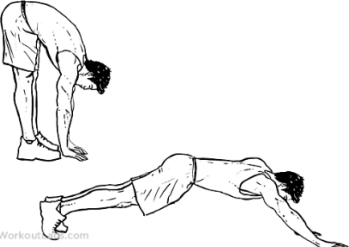
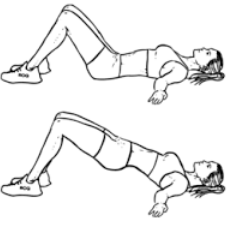
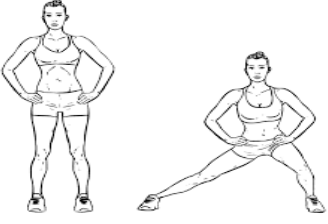
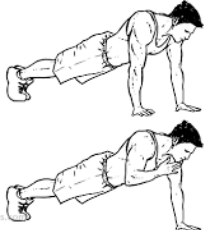
What do I do to exercise? Follow these sample workouts – or find lots of follow along virtual classes on the member database [HERE](#).

**Remember: ‘Exercise’ does not necessarily have to be in the gym, or extremely challenging. Taking your dog for a walk, gardening in the backyard and playing with your kids all count too!**

Sample Workout #1

Exercise	Reps	Sets	Notes
 <p>Squats</p>	10	X3	Keep weight in heels, push hips back. Squeeze glutes when you stand.
 <p>Modified Push-Ups</p>	10	X3	Hands are directly under shoulders, core engaged. Lower chest as much as possible to ground.
 <p>Super-mans</p>	10	X3	Keep eyes straight down, lift thighs and chest off ground as much as possible
 <p>Bird Dog</p>	10/side	X3	Hands directly under shoulders, Knees directly under hips. Engage core.

## Sample Workout #2

Exercise	Reps	Notes
<p style="text-align: center;">Warm Up: Stairs</p>	<p style="text-align: center;">3 sets</p>	<p>Up and down the stairs in your house! The more the merrier.</p>
<p style="text-align: center;">1. Walking Lunges</p> 	<p style="text-align: center;">10 / leg</p>	<p>When stepping forward, keep the front heel pushed down to the ground. Try to avoid letting knees bend further than toes.</p>
<p style="text-align: center;">2. Inchworm Walkouts</p> 	<p style="text-align: center;">10</p>	<p>Keep legs straight, engage core.</p>
<p style="text-align: center;">3. Glute Bridge</p> 	<p style="text-align: center;">15</p>	<p>Push heels into ground, squeeze glutes as you lift hips.</p>
<p style="text-align: center;">4. Lateral Lunges</p> 	<p style="text-align: center;">10 / leg</p>	<p>Keep toes pointing forward, push hips back and down. Weight in heels.</p>
<p style="text-align: center;">5. Plank Shoulder Taps</p> 	<p style="text-align: center;">10 / side</p>	<p>Keep hips square to floor. Engage core.</p>
<p><b>Repeat 3x</b></p>		

	Exercise	Strength Training	Water?	Grateful	Healthy Food Swap
Monday				1. 2. 3.	
Tuesday				1. 2. 3.	
Wednesday				1. 2. 3.	
Thursday				1. 2. 3.	
Friday				1. 2. 3.	
Saturday				1. 2. 3.	
Sunday				1. 2. 3.	

	Workout	Strength Training	Water?	Grateful	Healthy Food Swap
<b>Monday</b>				1. 2. 3.	
<b>Tuesday</b>				1. 2. 3.	
<b>Wednesday</b>				1. 2. 3.	
<b>Thursday</b>				1. 2. 3.	
<b>Friday</b>				1. 2. 3.	
<b>Saturday</b>				1. 2. 3.	
<b>Sunday</b>				1. 2. 3.	



	Workout	Strength Training	Water?	Grateful	Healthy Food Swap
<b>Monday</b>				1. 2. 3.	
<b>Tuesday</b>				1. 2. 3.	
<b>Wednesday</b>				1. 2. 3.	
<b>Thursday</b>				1. 2. 3.	
<b>Friday</b>				1. 2. 3.	
<b>Saturday</b>				1. 2. 3.	
<b>Sunday</b>				1. 2. 3.	

	Workout	Strength Training	Water?	Grateful	Healthy Food Swap
<b>Monday</b>				1. 2. 3.	
<b>Tuesday</b>				1. 2. 3.	
<b>Wednesday</b>				1. 2. 3.	
<b>Thursday</b>				1. 2. 3.	
<b>Friday</b>				1. 2. 3.	
<b>Saturday</b>				1. 2. 3.	
<b>Sunday</b>				1. 2. 3.	

	Workout	Strength Training	Water?	Grateful	Healthy Food Swap
<b>Monday</b>				1. 2. 3.	
<b>Tuesday</b>				1. 2. 3.	
<b>Wednesday</b>				1. 2. 3.	
<b>Thursday</b>				1. 2. 3.	
<b>Friday</b>				1. 2. 3.	
<b>Saturday</b>				1. 2. 3.	
<b>Sunday</b>				1. 2. 3.	

---

**1 month completed.**

**Were you able to reach your goals?**

**Go back to your initial measurement chart and write down the final values for August. You should be so proud of yourself for starting to make a change!**

**Great work, Time to set new goals for the next month!**