

Ironside Fitness Quickstart Guide for Success

This guide is meant to provide useful ideas for enhancing your success with nutrition. Whether you define success by weight release, muscle toning, stress reduction, disease prevention, enhanced energy, loving the skin you're in or any other awesome benefits of, this guide is an awesome place to start in terms of how to approach nutrition.

At Ironside Fitness we are not advocates for strict diets and meal plans – yes, they work for a short while, but they are not realistic to follow long term. There is a reason why 95% of people who try them end up giving up and gaining back any weight lost right away. They are not creating new healthy and joyful habits and Ironside is all about sustainability!

We provide this Guide so you have some healthy tips to implement right away and get the most out of the next few weeks and beyond! These will deliver you awesome, fast results, but also set you up for a lifetime of success because they are totally doable year round! Here are some of our fave tips! And if you are thinking you want more structure, we got you covered. We do have 2 nutritional streams you can follow more closely too, one based on intermittent fasting research and one based on having more peace, confidence and self-control around food. Stay tuned for more!

NUTRITION:

Be aware of your carbs. With the exception of vegetables, carbs break down quickly into sugars in your body and become fat if not burned off with activities of daily living and workouts. These type of “simple” carbs are not ‘bad’ and we DO NOT encourage you to cut them out; we invite you to limit your portions of them if you are hoping to see quick fat release. Starchy carbs include bread, pasta, most baked goods, candy, pop, potatoes and even items like sugary premade sauces.

Eat more protein. Practically everyone we have ever coached has come to us with a high carb, low-protein regimen. Eat more protein in the forms of lean meats (organic when possible), nuts, eggs, tofu, greek yogurt and high-quality protein powder (make sure to ask for a sample of our 7.2 protein and the front desk) . After workout, protein repairs your muscles, which leads to better muscle tone, increased metabolism and less soreness. Getting enough protein is really awesome to increase your results!

Fats don't make you fat. Generally, simple carbs make you fat. Typically, we invite you to avoid ‘fat free’ and ‘low fat’ options since these foods have usually been stripped of fat only to be filled with sugar and artificial flavorings. Go for full fat Greek yogurt and fresh or frozen strawberries instead of a low fat strawberry yogurt which is basically just a big sugar bomb to your system.

Drink more water. Aim for 4L per day. Yes, it's a lot and you'll be peeing a lot. It helps keep your joints lubricated and detoxification and fat release happens best when your body is fully hydrated. Drink up and drink often!

Avoid fake/processed foods as much as possible. Eat food as close to how mother nature created it, your body will thank you.

WORKOUT

Please do your best to attend at least 3 workouts/week at the studio. As your body can handle it then adding more workouts is a great plan! Our workouts are designed so you can workout every day without reworking similar muscle groups. So don't overthink it, just show up as often as you can.



IRONSIDE

Book your workouts now, put them in your schedule. Stick to them like they are a doctor's appt. Keeping your workouts is an act of love for yourself and this is how you learn to trust and love yourself more! You got this!

If you miss a workout at the studio, we have some great at home routines you can follow. Just let us know at the front desk and we can send them to you!

During the first week: if you have not worked out recently, please only push yourself 65% in your first week or workouts. Increase to 70-75% in your second week and build up from there.

Listen to your body BUT don't listen to your brain! Far too often we don't follow through on things like a workout because your brain says you're 'not in the mood' or "why bother" etc. If your body is physically exhausted, it is more than OK to take a rest day if that feels right. If your brain says you don't want to, ignore it and come move your body with us. Your body will thank you!

MINDSET

Mindset is huge. Henry Ford said, "whether you think you can or think you cannot, you're right." This is so true.

From my own experience, I can say I would not have gotten through my nearly-paralyzing snowboarding accident without this thought. I would not have started one, and then two, and then three businesses. I certainly would not have been able to bring harmony to my life while being a mom, overcoming emotional eating and weight struggles, running three businesses and having a happy personal life without it a positive mindset.

Please remember that you don't have to be "on" or "off" with healthy eating and exercising. Find a middle path that you can sustain for life. We are looking for progress and never perfection. This is the key to your long-term success!

We are excited to share more nutrition, mindset and fitness tips with you all throughout the Challenge during our sessions, on our Facebook group and via email. Stay tuned and stay open!

HAVE FAITH THAT THIS PROGRAM IS EXACTLY WHAT YOU NEED TO SEE THE MASSIVE CHANGE YOU DESIRE.

We are so excited you are here!

