



TD



FITNESS

**NUTRITION AND LIFESTYLE
GUIDE**



The TD FITNESS Nutrition and Lifestyle Guide is an introductory booklet which is designed to inform and support healthier life choices. This guide is aimed at those individuals who struggle to lose body fat in a healthy and sustainable way.





There are the three key fundamental principles to mastering body transformations:

LIFESTYLE

NUTRITION

TRAINING

Now from my experience, the majority of people focus on point three and point three alone! Yes, training is a key element, but it fails in comparison to points one and two. Why? Because how people are managing their lifestyle and nutrition are the most important because without them being properly addressed, the training component simply will not matter. Look around the gym, the majority of men and woman are not 'shredded' and 'jacked'. They look the same year-round despite training as much as 5-7 times a week. Clearly, training is not what is lacking, but lifestyle and nutrition is. Our sub-par lifestyle choices can be the biggest culprits, causing constant setbacks and weight gain. Much of the time, this is linked to a poor understanding of nutrition combined with high stress levels from the world we live in today.



It is said we have 100 hundred times the stress than our grandparents did. But what exactly is stress? Stress is a change in our physiological state in response to what our bodies deem to be a dangerous situation. Our body is regulated by the autonomic nervous system, and this system is always on. Its job is to balances our physiology between calm and stressful states of being.

We have two distinct branches of the autonomic nervous system:

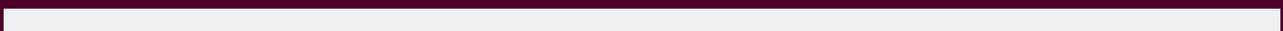
1. Parasympathetic State: This is when we are calm, at rest, and digesting and assimilating the nutrients from our food. This is where we recover and grow, and as you might have guessed, is the preferred state of being when it comes to fat loss.

2. Sympathetic State: This is our fight or flight response, which is when we are in a state of stress. Not all stress is bad. The problem is when we are in heightened states of stress for too long. Stress is crucial for our bodies to disrupt homeostasis, which is what allows us to adapt, grow muscle, and lose body fat. We do not want to live in a sympathetic state. We want to enter into it when we train, then immediately get out and return to a parasympathetic state post workout, as we begin the rest and recovery process.



Activities to assist you getting into a parasympathetic state include:

- Breathing techniques
- Meditation
- Yoga
- Stretching
- Slow walks
- Reading
- Guided meditation apps e.g. Headspace
- Massages





Creating a Bed Time Routine

This is simply about giving our evening some structure to help us get into a parasympathetic state. I am going to share a simple routine which I have successfully used in recent years with myself and clients from around the world. I ask my clients to aim to go to bed at the same time each night and wake up at the same time each morning.

Here is my recommended routine:

Step 1 @ 8:00pm: Turn off your phone and/or laptop

This is hard for a lot of people, but it is a crucial step to reclaiming your sleep back. Phone and laptops have blue lights on their screens. Blue light signals to your brain that it is day time, which turns down melatonin production. Melatonin is the key hormone that regulates our sleep, so we don't want to turn it off.

Step 2 @ 8:30pm: Supplementation



I have three go to supplements here:

1. Magnesium

I prefer magnesium glycinate or threonate chelates. Magnesium is calming in nature and helps suppress cortisol, especially in the evening. Outside of that, it also helps with recovery and over 300 enzymatic processes in the human body.

2. Melatonin

Melatonin is our key sleep hormone and can easily be depleted. Using melatonin in periods of poor sleep can help get our bio rhythm back on track.

3. Inositol

Like magnesium, inositol helps with lowering the stress response. It also helps to refuel our central nervous system, which can get beaten down from poor sleep, high training volume, and stress.





Calories

Simply put, calories are a way to measure the energy we consume. Calories come from macronutrients: protein, carbohydrates and fats. They are crucial for dictating energy balance, which is the balance between calories in versus calories out. To achieve fat loss, we must be in a calorie deficit. Another way to achieve a calorie deficit is by burning more calories than we consume. A surplus of calories – meaning we burn less than we consume – will result in body fat, but also potential for increased muscle mass.

Key stats around calories in relation to our macronutrients:

Protein: 1gm = 4 calories

Carbs: 1gm = 4 calories

Fats: 1gm = 9 calories

Alcohol: 1gm = 7 calories





TOTAL DAILY ENERGY EXPENDITURE (TDEE)

Through TDEE we are able to establish our body's baseline caloric requirements.

Baseline calories – also known as our maintenance calories – are the amount of energy we can consume and not gain or lose weight. This number is important as it helps dictate how to create the calorie deficit required to generate fat loss and the calories surplus required to muscle gain.





TDEE is comprised of four key variables:

1. BMR

Your BMR (Basal Metabolic Rate) refers to the calories your body needs to stay alive (e.g.; to survive in a coma). Every process in our body costs us energy without even thinking about.

For example, our organs – particularly the brain and liver – require a large amount of energy to run.

Your BMR is the most dominant factor in relation to TDEE.

2. Daily Scheduled Activity

This is the calories we burn during planned exercise. This will account for the lowest amount towards TDEE.





3. NEAT (Non-exercise Activity Thermogenesis)

As mentioned earlier, this refers to our incidental activity: the calories we burn each day outside of training e.g. walking, typing, fidgeting. NEAT is the most variable factor in relation to TDEE and easy to adjust. This is where we set a daily step target.

4. TEF

The thermic effect of food (TEF) is the amount of energy required to digest and process the food you eat. Our digestive system requires a large amount of energy to run. Remember, a diet higher in protein will lead to a higher calorie output.

To work out your TDEE or baseline calories - use www.tdeecalculator.net all you need is your weight and an estimate of your body fat levels. If unsure always assume slightly more.





People often say nutrition is 50% and training is 50%. I disagree. Nutrition is 100%! Without a sound nutrition plan there is simply no result. Without a calorie deficit there is no fat loss, without calorie surplus there is no muscle gain- no-matter how many times you go to the gym per week. But here's the tricky thing, you cannot be on a calorie deficit or surplus forever.

If you are looking to make a complete body transformation, I have the knowledge and experience to get you there - it all comes down to the right training and nutrition programme, tailored specifically to you and your goals. I will help you to optimise your lifestyle and help you manage your stress.

