



WARRIOR
FITNESS

FOUNDATIONS
OF **HEALTHY LIVING**
2023 *with Coach Jen*

WELCOME!

About Coach Jen

I came to the health & wellness world (after my son was born 6 weeks early due to pre-eclampsia) when I found myself in a body that I no longer recognized. I went on my own journey back to health and it's led me down this path to where we are today!

BS Health & Wellness

RYT-500 & Accessible Yoga

ACE Certified Health Coach with weight loss specialization

ACE Certified Personal Trainer

OVERVIEW



This 6 week program will focus on learning the basics of fitness & nutrition and the other pillars of optimal health. We'll work on those foundational habits and build a strong foundation for our health and wellness that will last a lifetime!

IN THIS GUIDE

CONTENTS

In this guide, you will find information on:

- Preparing for Foundations of Healthy Living
- Our 6-week Plan
- The Trainerize app
- Expectations
- Setting Goals
- Making Healthy Food Choices
- Basic Macro Information
- Basic Vitamin Information
- Basic Mineral Information
- Supplements
- Exercise

Please know that this guide is for paid members of Foundations of Healthy Living only and should not be replicated or shared.
Thank you!

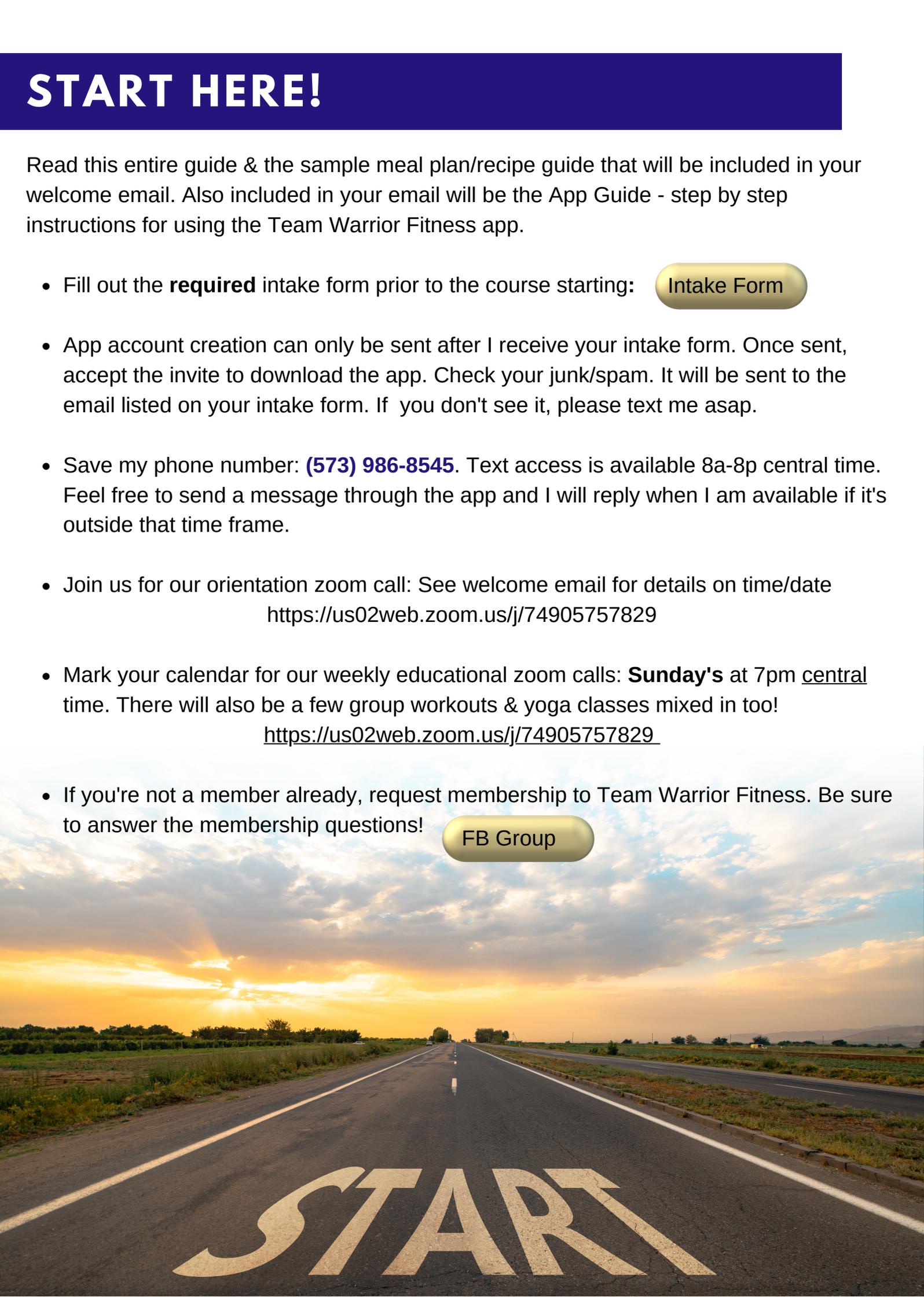


START HERE!

Read this entire guide & the sample meal plan/recipe guide that will be included in your welcome email. Also included in your email will be the App Guide - step by step instructions for using the Team Warrior Fitness app.

- Fill out the **required** intake form prior to the course starting: [Intake Form](#)
- App account creation can only be sent after I receive your intake form. Once sent, accept the invite to download the app. Check your junk/spam. It will be sent to the email listed on your intake form. If you don't see it, please text me asap.
- Save my phone number: **(573) 986-8545**. Text access is available 8a-8p central time. Feel free to send a message through the app and I will reply when I am available if it's outside that time frame.
- Join us for our orientation zoom call: See welcome email for details on time/date
<https://us02web.zoom.us/j/74905757829>
- Mark your calendar for our weekly educational zoom calls: **Sunday's** at 7pm central time. There will also be a few group workouts & yoga classes mixed in too!
<https://us02web.zoom.us/j/74905757829>
- If you're not a member already, request membership to Team Warrior Fitness. Be sure to answer the membership questions!

[FB Group](#)



START

PREPARING FOR FOUNDATIONS OF HEALTHY LIVING



- Share with your friends and family: this is how you're spending the next 6 weeks and ask for their support. Maybe that's asking for a babysitter, requesting to eat at home instead of a restaurant, or even asking them to join you in this program.
- How will you schedule your time? Paper calendar, app, or something else? Find your favorite calendar and start getting organized. Write down as much as you can: schedule workouts, write out grocery shopping lists, and have a clear plan.
- Working out at home or the gym? Have everything you need? How about a space to workout or do some yoga/meditation? Clean up a nice space where you can hopefully have some time to yourself.
- Find a great water bottle! Hopefully it's a reusable one, let's think of the environment here!
- Set your goals (a few pages down will go into more details)
- Start looking through the app and familiarize yourself. Add your start photos and measurements along with any other data you would like to track over these 6 weeks. Let Jen know if there's any other habits you want to track (supplements, reading, etc)

OUR 6 WEEK PLAN

The app will be our main tool with a daily "to-do" checklist covering all of the foundational habits: movement, nutrition, water, sleep, and self-care.



Movement/Exercise: move your body for at least 30-45 minutes. You can break it up into several sessions if you need to. Make it something you enjoy! Walking, running, lifting weights, tennis, group fitness classes, etc. It needs to elevate your heart rate and is beyond "normal" day-to-day activities. Workouts are added in the app if you would like to follow those. You can move/arrange workout days to suit your schedule. We will have a few group workouts/yoga opportunities too!



Nutrition: I meet you where you are! Maybe you'll start with being more mindful, then move into portion control, and then finally into macros.



Water: We'll work our way up and aim for 100-120 oz of water a day.



Sleep: A huge piece that people are missing out on! We'll aim for 7+ hours a night.

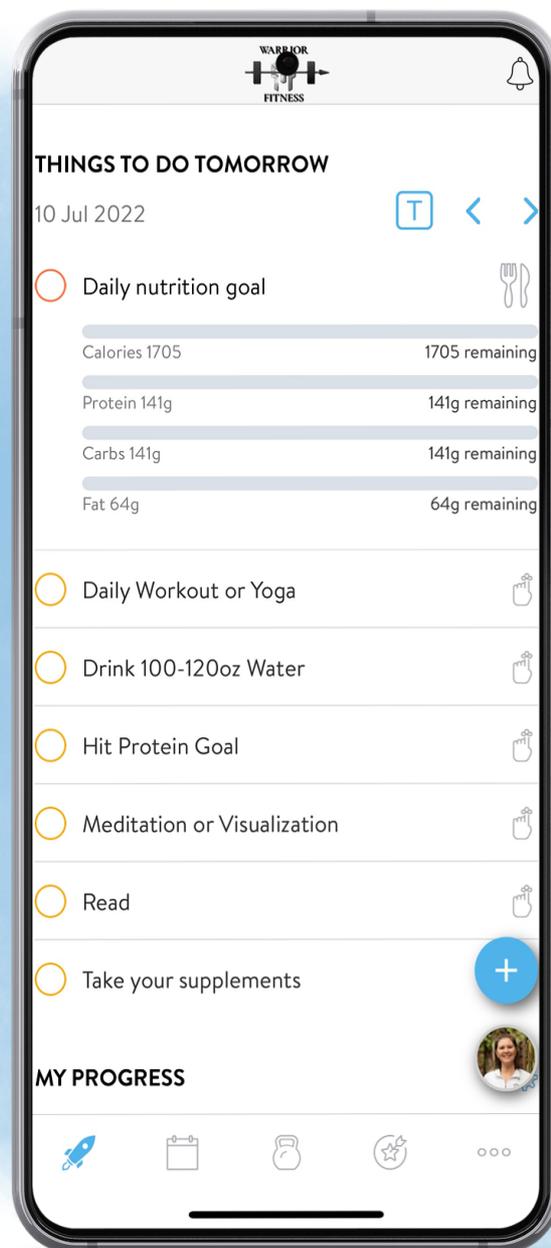


Self-Care: This looks different for each person, so we'll customize this to your favorite self-care practices!

Weekly group coaching calls for education (Sunday's), some group zoom workouts/yoga (dates to come soon!), and the group chat within the app will round out our program.

TRAINERIZE APP

Here's an example of what the main dashboard of the app looks like. Our group will be set up with our to-do items that build as we progress through the weeks, so the individual habits will look a bit different than my dashboard shown here. The app has options to add your stats: body weight, etc. as well as connect to your smart watches! We'll go into more detail during our orientation call, but be sure to check out the App Guide for more instructions.



EXPECTATIONS



Overall:

You get out what you put in: your effort determines your outcome. I expect you to follow the plan, however I understand that life happens. We have to find that balance and know when we are making excuses versus unavoidable things. This program helps you to build habits that lead to improving not only your health, but your entire life: it's all connected. I expect you to give your all and be open to the process. We are creating these habits for health and wellness and approaching it from a healthy way. There are no quick-fixes and unhealthy measures to getting to our goals. Taking care of ourselves is the greatest form of self-care and self-love.



Weekly check-ins:

Each week, you'll have a check-in with me. This is your 1-on-1 coaching opportunity. Otherwise, this is a GROUP program. There will be a message in your app messaging system with a few questions for feedback on your week. Throughout our 6 weeks, there will also be the opportunity for 2-3 Facetime or Zoom check-ins where we can really dive deeper and connect to go over what you need help with, how I can help, and just to get to know each other better.



Measurements/Photos:

Taking weekly measurements/photos is optional; however, I highly recommend at least taking a start photo and measurements. If weighing or measuring yourself along with taking photos brings up any resistance or issues, please speak with me individually. Always know that this data is not shared, and I am the only one who has access. Do know that if you plan to go on and complete future coaching groups within Team Warrior Fitness, measurements/photos are also highly recommended, so this gets you in the habit.

SETTING GOALS

1

Set an overall goal for our 6 weeks together and make it SMART!

S M A R T G o a l s



Knowing What You Will Do and How



Having Precise Way To Measure



Being Able To Visualize Path



Being Able To Visualize Results



Having Timeline for Achievement

2

Break that goal down into 6 weeks and know exactly what you have to do each week!

3

Break it down into a daily goal if needed

AT THE HALF-WAY POINT, CHECK:

Are you where you need to be?

YES
SUCCESS!

NO!
Adjust and keep moving forward!

HINT: Write your goal down and put it in places that you will see regularly as a reminder!!

MAKING HEALTHY FOOD CHOICES



“ EAT ”

THE RAINBOW

LOOK AT THE COLOR DIFFERENCE BETWEEN THESE TWO PHOTOS!

Eating the rainbow is so important so you get all of the vitamins and minerals you need. Getting your nutrition from whole foods first is very important. Supplements are there to just supplement your diet, not to provide all of your nutrition!

(More on these topics later on in the guide)

80/20

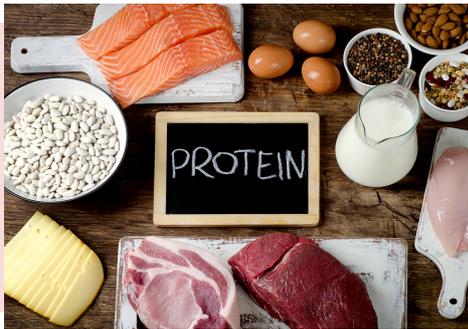
The 80/20 rule is really popular and a good way to look at your nutrition. 80% of the time you should be eating whole, unprocessed foods. The other 20% is for things like protein powder, protein bars, and other processed foods. When shopping, remember (for the most part) to shop the perimeter of the store: produce, meat, dairy. The less packaging and ingredients, the better! **KEEP IT SIMPLE!**

There's no doubt that eating at home is healthier than restaurants (sodium/fat/carb overload!). When you do go out, opt for healthier choices such as baked over fried, and switching out high fat/carb sides for healthier options like a salad, baked potato, or veggies. Look for other options instead of fast food too: get creative and explore your area...you never know what new healthy options are popping up!

Where do you start? If you're just starting out, I recommend being more mindful: start paying attention to what you're eating. Do you have a protein with each meal? Healthy carb or veggie? Healthy fats? Start just by taking an inventory of your current eating style. Maybe start a food diary and just write down the things you're eating. Start making some healthier swaps and find ways to reduce sugar for the whole family! Look for added sugars in foods AND drinks!

BASIC MACRO INFORMATION

Again, we'll go over this in more detail on our zoom calls, but I still wanted to provide this here! Macros (short for macro-nutrients) are the 3 categories of nutrients that the body needs the most of. (macro=big, micro=small *vitamins/minerals) When you're counting/tracking macros, you're keeping track of the grams of protein, carbs, or fat you're consuming. These macros add up to make your daily number of calories consumed.



1 g = 4 calories

Lean meat, dairy products (protein powder/bars), fish, eggs, tofu, some beans/lentils



1 g = 4 calories

Veggies, fruits, grains/oats/rice/quinoa, beans/lentils, potatoes/sweet potatoes



1 g = 9 calories

Healthy oils (olive, coconut), avocado, nuts, seeds chia seeds, salmon, olives

Your macros & daily calorie need is a very specific number that is unique to YOU.

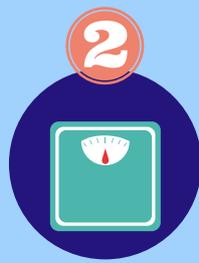
Your macros & daily calorie need is a very specific number that is unique to YOU.

It's based on your height, weight, age, gender, and activity level. One size does NOT fit all when it comes to macros and your daily calorie need! If you choose to track calories/macros, you do have to weigh and measure your food. Using a tracker like My Fitness Pal or the 1st Phorm app are the best options. You have to decide where you are in your journey and if you're ready for this level of commitment and macro tracking.

TOP 8 BENEFITS OF PROTEIN



1
Stabilizes Blood Sugar Levels



2
Improves Fat Burning



3
Stimulated Muscle Building



4
Improves Learning & Memory



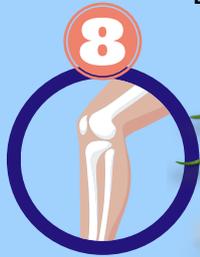
5
Promotes a Positive Mood



6
Important for Heart Health



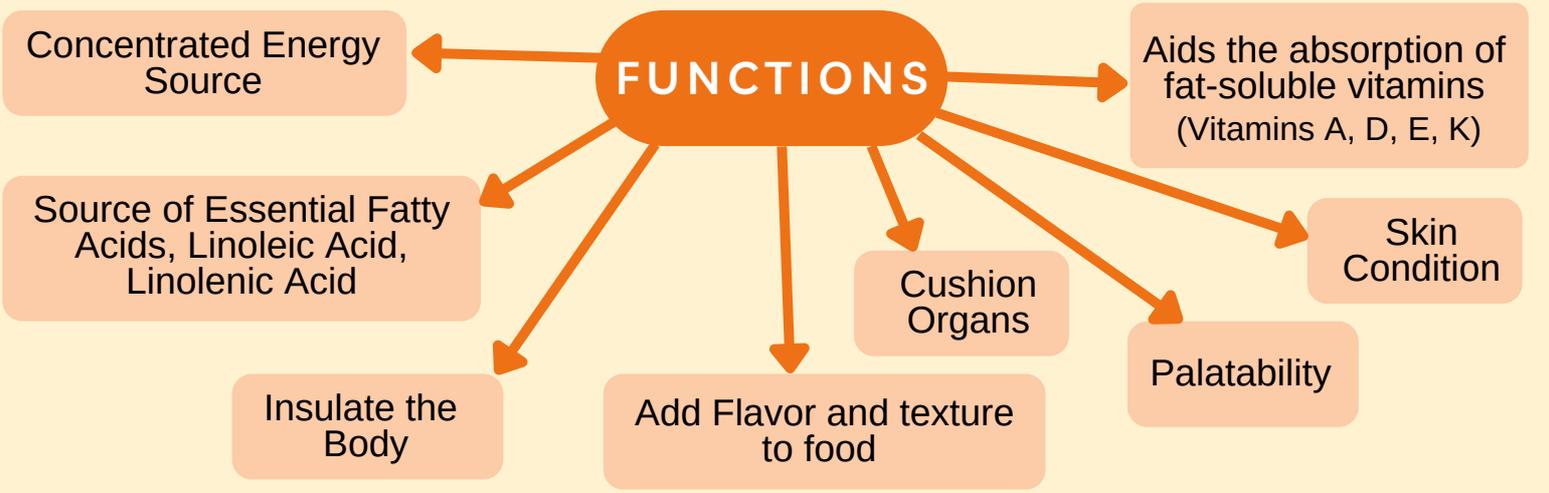
7
Slows the Aging Process & Promotes Longevity



8
Improves Bone Density



BENEFITS OF FATS (Also known as lipids)



SIMPLE CARBS VS. COMPLEX CARBS

Simple carbohydrates refer to the carbohydrates that contain single monosaccharide units

- Easy to digest
- Types include monosaccharides & disaccharides
- Contain sweetness
- Quickly raise blood glucose levels

Complex carbohydrates refer to a polysaccharide that is made up of hundreds of thousands of monosaccharide units

- Take time to digest
- Types include polysaccharides such as starch
- Less sweet than simple carbohydrates
- Slowly raise blood glucose levels

NUTRITION 101

WHAT SHOULD I EAT?

NEED CARBS + FAT

Chia Seed
Fruit & Nut Butter
Berries & Coconut
Milk
Peanut Butter &
Banana
Chocolate Bar

Coconut Cookies
Nut Butter Fudge
Avocado Toast
Bread & Olive Oil
Donuts
Fries
Dried Coconut Flakes

Coconut Flour
Potato Chips
Tortilla Chips
Popcorn & Butter
Fried Plantains in Oil
Chocolate Covered
Fruit

HIGH VOLUME LOW MACROS

SNACKS

1st Phorm Level-1
Protein Bars
1st Phorm Vegan
Power Pro
1st Phorm Protein
Sticks
Seaweed Strips
Air-Popped Popcorn
Sugar-Free Jello
Rice Cakes
Shirataki Noodles
Celery/Carrots

FRUITS & VEGGIES

Cucumbers
Celery
Zucchini
Cauliflower
Mushrooms
Cabbage
Radishes
Pickles
Blueberries
Strawberries
Lemon/Lime
Sprouts

BEVERAGES

Seltzer Water
Iced Tea
Hot Tea
Coffee
Kombucha
Cashew Milk
Almond Milk
Zero Vitamin Water
Water & Lemon
Flavored Water
Chicken Broth

CONDIMENTS

Salsa
Mustard
Apple Cider Vinegar
Kimchi
Sauerkraut
Lemon/Lime Juice
Coconut Aminos
Hot Sauce
Horse Radish
Fish Sauce
Non-Fat Sour Cream
Non-Fat Cottage
Cheese
Nutritional Yeast
PB2 & Water
Lakanto Maple Syrup
Bolthouse Dressings
G.Hughes BBQ
Sauce
Low Sugar Ketchup
Relish

NEED CARBS

1st Phorm Ignition
Fruit
Dried Fruit
Potatoes
Squash
Root Vegetables
Rice
Honey / Syrup
Corn Tortillas
Popcorn (plain)
Jam / Jelly
Gummies / Candy
Kombucha
Juice / Gatorade
Cereal
Breads
Balsamic Vinegar
Sundried Tomatoes
Wine/Beer

NEED PROTEIN

1st Phorm Level 1 Protein
1st Phorm Phormula-1
1st Phorm Vegan Power Pro
Deli Meat
Egg Whites
Whey Protein
Turkey Breast
Chicken Breast
Pork Tenderloin
Turkey Jerky
Soy/Tofu
Shrimp
Canned Tuna in Water
Black Bean Pasta
Cod/Flounder
Non-Fat Cottage Cheese
Non-Fat Ricotta
Collagen Peptides
Bone Broth (non-fat)

NEED FAT

Olive Oil
Olives
Avocado
Coconut Oil
Coconut Milk
Almonds
Walnuts
Brazil Nuts
Nut Butter
Mayonnaise
Butter / Ghee
Bone Marrow
Fish Oil
Sesame Oil
Flax Seeds
Hemp Hearts
Salad Dressing
90% Dark Chocolate
Almond Flour
Macadamia Nuts

NEED CARBS + PROTEIN

1st Phorm Level-1 Protein
1st Phorm Vegan Power Pro
1st Phorm Level-1 Bars
Non-Fat flavored yogurt
Oats, Yogurt & Protein
Powder Crackers & Deli
Meat
Protein Shake & Fruit
Fruit & non-fat yogurt
Egg whites & potatoes
Tuna & Rice Poke Bowl
Quinoa
Wild Rice
Beans / Lentils/ Peas
Whole Wheat Bread
Cereal & Skim Milk
Whole Grain Crackers
Non-Fat Sorbet / Fro-Yo
Veggie Burger
Fat-Free Pudding
Non-Fat Chocolate Milk

NEED PROTEIN + FAT

1st Phorm Level-1
Bars
Hummus
Cheeses
Nut Butter
Steak / Beef
Beef/Pork Jerky
Bacon
Pork Belly
Choriza / Sausage
Chicken Thighs
Salmon (Fatty Fish)
Canned Oysters /
Sardines
Eggs / Egg Yolks
Whole Milk
Plain Whole Yogurt /
Dairy
Full-Fat Sour Cream
Cottage Cheese
Coconut Milk Protein
Shake

BASIC VITAMIN INFO

Vitamin Name	Major Functions	Deficiency Effects	Toxicity Effects	Food Sources
A Retinol, retinal, Retinoic acid, (Beta carotene)	Vision, immunity, reproduction and growth	Blindness, infections, stunted growth	Bone fractures, liver damage, birth defects	Fortified milk, eggs, liver (dark green leafy and yellow/orange vegetables)
D Cholecalciferol	Bone growth and maintenance, absorption of calcium	Rickets, osteomalacia	Calcium imbalance	Sunlight, fortified milk, fatty fish, eggs, liver
E Tocopherol	Antioxidant, protects cell membranes	Red blood cell breakage, nerve damage	Interferes with blood-clotting drugs	Vegetable and seed/ nut oils, seeds and nuts, wheat germ and whole grains
K Phylloquinone	Blood clotting, bone health	Hemorrhage	None reported	Dark leafy greens, cabbage family, liver
B1 Thiamin	Energy metabolism	Beriberi, neurological problems	None reported	Whole and enriched grain products, leafy greens, pork
B2 Riboflavin	Energy metabolism	Inflammation of the mouth, skin	None reported	Whole and enriched grain products, milk products
B3 Niacin	Energy metabolism	Pellagra	Niacin flush, liver damage, impaired glucose tolerance	Whole and enriched grain products, protein-rich foods
B5 Pantothenic acid	Protein, fat and carbohydrate metabolism	Extremely rare	Mild intestinal distress	Almost all foods, especially avocados, broccoli, meats
B6 Pyridoxine, pyridoxal, pyridoxamine	Protein and fat metabolism	Scaly dermatitis, anemia, convulsions	Nerve degeneration	Protein-rich foods
B7 Biotin	Protein, fat and carbohydrate metabolism; beneficial to hair, skin and nails	Extremely rare	Unlikely	Egg yolk, liver, peanuts; also produced by gut bacteria
B9 Folate, folic acid, folacin	Helps make DNA for new cells, activates B12	Anemia, birth defects	Masks a B12 deficiency	Fortified grain products, vegetables, legumes
B12 Cobalamin	Helps make DNA for new cells, activates folate, protects nerve cells	Anemia, irreversible nerve damage and paralysis	None reported	Meat, fish, poultry, eggs, milk products
C Ascorbic acid	Antioxidant, collagen synthesis, immune function	Scurvy	Diarrhea	Fruits and vegetables

BASIC MINERAL INFO

Mineral Name	Major Functions	Deficiency Effects	Toxicity Effects	Food Sources
Calcium	Makes up bone and teeth; muscle contraction/relaxation; blood pressure; clotting; nerve function	Children – stunted growth Adults – bone loss (osteoporosis)	Diarrhea, interference with absorption of other minerals	Dairy, fish with bones, tofu, greens, legumes, fortified foods
Chromium	Helps insulin move glucose (sugar) from blood into cells	Abnormal glucose metabolism	Possible muscle degeneration	Meat, whole grains, vegetable oils
Fluoride	Helps make bones and teeth stronger, helps teeth resist decay	Susceptibility to tooth decay	Fluorosis, discolored teeth, nausea, chest pain	Fluoridated water, seafood, tea
Iodine	A component of thyroid hormone – helps regulate growth, development, metabolism	Goiter, cretinism	Low thyroid activity, enlarged thyroid	Iodized salt, seafood, plants grown in iodine-rich soil
Iron	Part of hemoglobin – carries oxygen in blood, myoglobin carries oxygen in muscle	Anemia, weakness, head-aches, reduced immunity, low cold tolerance	Fatigue, infection, liver damage, colon cancer, bloody stools, fatal to kids	Red meats, fish, poultry, eggs, legumes, dried fruit
Magnesium	Mineralization of bones and teeth, helps enzymes function, muscle contraction, nerve transmission	Weakness, muscle twitches, confusion, convulsions, bizarre muscle movements	Confusion, lack of muscle coordination, death (all due to overuse of laxatives, antacids)	Nuts, legumes, whole grains, dark leafy greens, seafood, chocolate/cocoa
Phosphorus	Bones and teeth; DNA; Phospholipids (part of cell membranes)	Weakness, bone pain (Deficiency rare – usually a side effect of medication)	Low blood calcium, increased calcium excretion	All animal tissues (meat, fish, poultry, eggs, milk)
Potassium	Maintains normal fluid and electrolyte balance, assists nerve impulse transmission and muscle contraction	Muscular weakness, paralysis, confusion (due to dehydration)	Muscular weakness, vomiting reflex	All whole foods, fruits, vegetables, grains, meat, milk
Selenium	Antioxidant, works with vitamin E	Keshan disease, muscle pain/degeneration, cataracts, low sperm, fragile red blood cells, heart damage	Nail and hair brittleness and loss, nerve, muscle, liver damage, nausea	Seafoods, organ meats, other meats, grains, veg depending on soil content
Sodium	Maintains normal fluid and electrolyte balance, assists nerve impulse transmission, muscle contraction	Muscle cramps, mental apathy, loss of appetite	Edema, acute hypertension, increased calcium excretion	Table salt, soy sauce, MSG, all processed foods.
Zinc	Part of insulin, helps many enzymes function, DNA repair, taste perception, immune function, wound healing, sperm	Failure to grow (kids), dermatitis, loss of taste, poor healing, sex retardation	Fever, nausea, vomiting, dizziness, uncoordinated, anemia, heart disease	Protein-containing foods, some grains and vegetables

SUPPLEMENTS

Supplements are here to fill the gaps where we can't always get everything from whole foods. Some supplements are highly individual, so I always recommend working with your doc for basic bloodwork before taking any new vitamins or minerals. Generally speaking, a multi-vitamin, fish oil, and greens are usually a safe bet that you're good to take because they're at a general level for most of the population, but it's always good to have that basic bloodwork done, just in case!



1st Phorm is a company that I fully trust and recommend.

Micro-factor is an overall awesome one-daily pack. Always look for capsules, never hard press tabs: your body cannot fully digest and process the contents as well as capsules.

Full-mega is top of the line fish oil with that great ratio of Omega's that you need!

Opti-Greens is by far the BEST green supplement in my opinion! This is an awesome boost of nutrients, probiotics, enzymes, and more! Improved digestion, allergies, and acid reflux are just a few things it can help with!

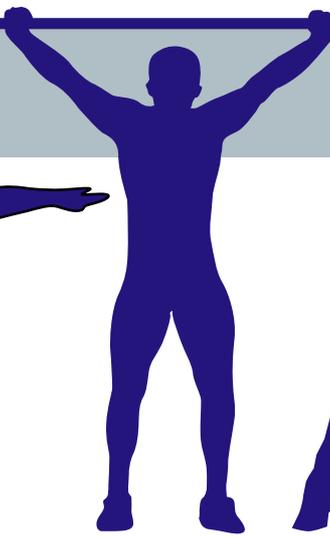
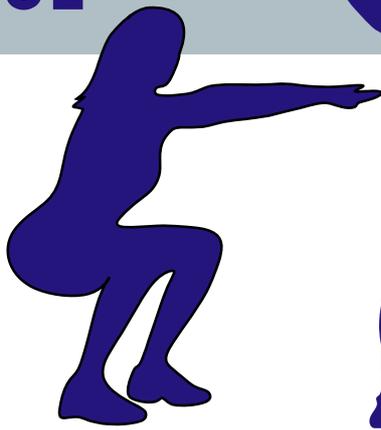
Level-1 is meal replacement (awesome in coffee!) and a really good way to hit your protein goals. It's easier to digest than some brands and ALL of the flavors are amazing!

Use www.1stphorm.com/inspired to support our warrior coach, Stephanie! [Click on photos for links!](#)

Phormula-1 and Ignition are for post-workout: the insulin spike to shut muscle breakdown off and to start repairing the muscles. This is isolate protein, which is quicker to digest and gets in the muscles faster, for less muscle soreness.



EXERCISE



You need a balance of strength training, cardio, and yoga/stretching. Each is important and has its benefits. **ONE full rest day (besides some simple walking/stretching!) is a requirement!** Over-training does way more harm than good! REST!

I see so many folks ONLY doing cardio, and that is missing a huge piece of the puzzle. The body needs resistance training to not only build muscle and increase metabolism/fat burning, but strength training also helps with bone density and preventing osteoporosis later in life! Strength = strong bones AND muscles!

How much time should you spend working out? Do you have hours and hours to spend in the gym or doing grueling workouts?! Probably not (unless that is your thing, then go for it!) ;) But: **I recommend 30-45 minutes a day for strength and cardio both.** If you need to break your cardio up into 2 sessions, you can! You don't have to spend hours and hours breaking yourself down to a pile of sweat on the floor. You do need to elevate your heart rate for cardio sessions and you do need to put some resistance training on those muscles! It's all about balance: you have to find time for what works with your schedule-- BUT you also have to MAKE the time! Consider your workouts "me time" and know that you're bettering yourself so you can show up better for those you love!

Speaking of scheduling your workouts in: treat it just like any other appointment! Just "figuring it out as you go" is not a good policy and a very easy way to get off track, really quick! You've made the commitment, show yourself you can do this! You wouldn't just bail on a meeting with your boss, so why would you bail on yourself and the commitment you've made?

The workout plans in the app are not mandatory, but can be used if you don't already have a workout plan in place. Please know that you have to listen to your body and make any modifications to keep you safe! Always reach out if you need help figuring out a particular exercise or if you have questions on your form. This is what I'm here for!

Whatever activity you choose to do, make sure it's something you ENJOY! You will be way more likely to keep up with something that you enjoy, so take some time and find what you love to do! Explore and have fun with it!