



NUTRITIONBODYMIND

THE TRILOGY OF HEALTH

The Trilogy 10 Plan

The schedule

This is the basic daily routine. You can adjust the times accordingly to suit your day.

- Wake up 7am
- Drink 1 glass of water
- Straight into 20 – 30 minutes of your chosen activity
- Breakfast
- Mindfulness – 5 - 10 minutes quiet you time. This can be always be done later in the day, but I like to get it in early to set me up.
- Mid-morning snack
- Lunch
- Afternoon snack
- Dinner
- Try not to eat after 7.30pm, this helps your body rest and do its healing when sleeping, rather than using all its energy digesting food.
- 5-10 minutes quiet you time **if not already done in the morning.**
- No screens after 10.00 pm (phones, tablets, PC/Laptops)
- Bed at 10.30pm for 8 hours sleep (that means you need about 8.5 hours of in bed time!)

You can adjust the hours to fit in with your own work/life as needed.



The Lists

The bad list - none of these... (not for ever, just 10 days!!!)

- Caffeine
- Alcohol
- Drugs (some people do, I'm talking recreational, especially Cannabis!)
- Added sugar (in our drinks, on cereals etc)
- White goods (pasta, rice, bread)
- Fizzy drinks
- Chocolate
- Fruit juice (unless freshly squeezed)
- Processed foods (nuggets, frozen chips, pizzas etc)

You don't have to give these up for ever, just for the next 10 days!

The good list - more of these...

- Sleep! Aim for 8 hours at night. Naps are good!
- Water 6-8 glasses or 1.6 litres for women and 2 litres for men.
- Fruit and vegetables. Although keep fruit to 1-2 portions a day.
- Cooked meals
- Healthy snacks (suggestions below)
- Activity. You don't have to go to the gym if you don't want to, just move!
- Mindfulness. This is simply sitting in a quiet room for 5 minutes.

The other list – have less of these...

- Phones & tablets
- Social media
- Getting worked up and stressed

The Food

This is all about easy, repeatable habit making and just finishing the 10 days. You don't need to follow a strict meal plan and do lots of prepping! Just keep the food real and healthy.

I have included a pdf book with recipes you can try out – NMB 21. This is the third download in the email you received.

You could also try some recipes from here

<https://www.bbcgoodfood.com/recipes/collection/healthy-freezable>

The general rule is that whatever you eat (your main ingredients) must be in its original state before you cook it. For example, meat is meat and not wrapped up in a kiev or pie when you buy it.

Avoid anything that has been through a process before it gets to you. Obviously, things like butter and cheese have been through a process, but it's not the same as meat being mashed up with additives and wrapped in flour and breadcrumbs, you get what I am saying.

Cook it fresh, no ready-made!

Stick to the brown's and wholes! Stay away from white bread, white rice, white pasta. Go brown or wholemeal. If you suffer from indigestion or reflux, avoid foods that might set you off such as cheese, pastry, pasta, chocolate.

Mediterranean style diets can really help get rid of feeling sluggish after eating. Grilled fish and meats, grilled or stir-fried vegies like peppers and courgettes.

I'm not going to go into the science of food in this course, you will find articles on the website (coming soon) if you are interested in all of that. All I want you to do is to eat healthy, sensible sized meals and snacks for 10 days.

If you have other healthy recipes you like and would rather cook, go ahead.

Allergies: Please be aware of your allergies if you choose to follow any recipes suggested. Some may contain items you may be allergic to. If so, don't cook/eat them! These are not prescribed meal plans, they are healthy suggestions that you can follow if you wish.

The physical activity

This is not about pumping iron and killing yourself in the gym, but feel free to do so if you enjoy that and know what you are doing. All I am asking is that you do two things.

1. **Get active** for at least 20 minutes per day.
2. **Add extra activity** and movement into your regular daily life.

We are all different, especially when it comes to mornings and getting going. But I really do suggest you do your 20 minutes or more first thing in the morning. It will give you a real boost to your energy levels and set you up for the day. If you don't, what will often happen is that you have it in the back of your mind all day and end up making excuses about why you can't fit in your exercise. I know that from experience trust me! It also kickstarts your metabolism, especially when you get active before breakfast.

What do I mean by getting active?

I'm saying "Get Active" instead of "Do Exercise" because this program is not about a full-on training plan. That can wait for another day. Exercise is not an attractive prospect for some people, and we just want to get you into a habit of doing something, as opposed to nothing.

Like I say, I am not expecting you to go and smash it out at the gym but feel free to do so if you wish. I just want you up and doing something, that is all. What I am asking is just a minimum of 20 minutes of medium intensity exercise. That is all.

My suggestion – get outside and go for a walk, run or jog, that's it! Getting outside is so beneficial to us and will set you up for the day.

If you would prefer something indoors or the weather is not on your side (although I don't mind a wet run in the morning), I have included a very basic exercise routine for you to try and a simple warm up.

Activity/Exercise

Option 1: Walk, jog, run or a mix of the three for 20 – 30 minutes

Before we start there is one rule - DO NOT TAKE YOUR PHONE!

Save this time to just enjoy being unplugged from the world, look about. Facebook and Instagram can wait!

If you want music, then take your phone but promise me you put it on airplane mode or silence the notifications and ringer.

Just get outside and get around the block. For me, getting out in the fresh air in the morning really does get me awake and energised.

You don't have to beat any records, if you are walking just make sure it is a brisk walk. The type of walk you do when trying to catch the bus before it pulls away, but you don't want to run in case you miss it and look silly!!! We have all done that haven't we? Just get the heart rate up slightly this all.

Option 2: If you really don't want to leave the house for any reason, I have included the most basic of indoor workouts. You will find them on the pages below.

It is simply designed to get you moving and in the habit of doing something active in the morning. The workout plans will come next. There will be free exercise plans as well as full paid programs to follow on the website. For now, just get moving!

Option 3: If you know what you are doing with other exercise such as the gym or home workouts, then please feel free to do that. I have deliberately not set a gym or full workout with this 10 day plan because the aim is to simply start creating good habits that make you feel better.

Mindfulness

5-10 minutes per day

Again, I would suggest the morning, but it can literally be done at any time of the day.

My suggestion would be to use the Headspace app. It's free to use and you can set the length of time you wish to follow.

Or you can just do the following.

Set a timer or alarm for 5 or 10 minutes time, or however long you wish to do this for. Sit or lay down comfortably in a room where there are no TVs or radios playing.

Close your eyes, take deep breaths in through the nose and out through the mouth. Notice your breathing, listen to it. Count down in your head along with your breaths from 20, and imagine your body getting more and more relaxed with each breath. The aim is to get into a state where you are physically and mentally relaxed, with as little thoughts as possible. That's it!

As you try to relax your thoughts may go a little wild and noisy. You might find yourself thinking about work, or home, or the shopping you need to remember (or some really weird stuff you won't want to repeat ha ha!).

IMPORTANT! Do not get annoyed or fight the thoughts! Its ok and natural for this to happen. If you notice you are thinking about lots of things just acknowledge them, put them aside and if need be start counting down again. Do not get stressed about it! You will get better at this the more you do it too so don't worry.

A word of advice!

If you are doing this in the mornings and you have places to be and things to do, maybe don't do it lying down. We don't want you falling asleep!

Summary

Now you see, this is so simple, and the aim is to do one thing only, that's to make you feel better! You will feel better for cutting the bad stuff out, better for getting in the habit of doing just moving for a shorty while each day, and you will feel better for actually completing something.

For the next 10 days, forget about fitness or fat loss, just follow these rules and give yourself a kickstart you need.

Enjoy!

Kelvin

www.nutritionbodymind.co.uk

hello@nutritionbodymind.co.uk

Progress Chart

Print this sheet and fill it out each day so you can see your changes.

Score each column with a number between 1 and 5 (1 is the worst, 5 is the best) and add them up in the Totals column.

	Energy 1 = very tired 5 = energised	Mood 1 = low / irritable 5 = very positive	Sleep 1 = insomnia 5 = very restful	Stress 1 = very stressed 5 = very relaxed	Total
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					

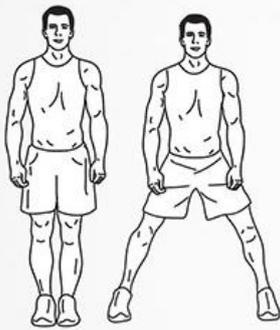


NUTRITIONBODYMIND

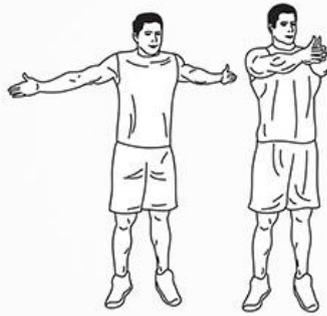
THE TRILOGY OF HEALTH

SIMPLE WARM UP

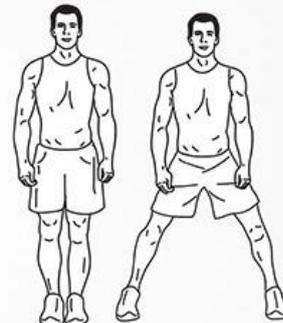
Repeat each exercise
for 20 seconds



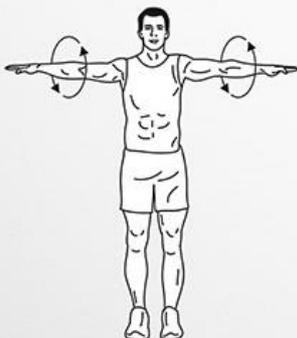
half jacks



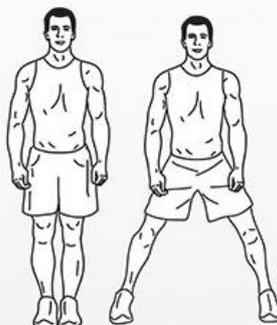
chest expansions



half jacks



arm rotations



half jacks



torso rotations

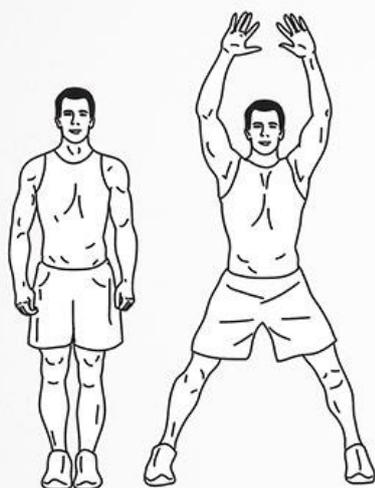


NUTRITIONBODYMIND

THE TRILOGY OF HEALTH

BASIC INDOOR WORKOUT

Repeat 3 to 5 times



20sec jumping jacks

one jump squat

done

