

Fantastic Health & Fitness Supplement from

TARA GRIMES

Top Tips

Improving Diet, Stress and Sleep and the benefits to our digestion.

Getting Started & Sticking to it!

Fit goals for every stage of a womans life.

Top Myth Busters

Time to talk HORMONES & their influence on our diet!



TARA GRIMES
FITNESS NUTRITION LIFE

Tara Grimes - My Story

My journey as a nutrition and fitness coach is not via the common or traditional route, it has been more as a passion for sport and my own personal struggles with my weight that has led me into this career. As a mum of four kids, I have been involved in athletics since age 8. Fitness has been part of my life now for 35 years and I come from a sporting background having my father as a huge influence and support. It wasn't until I was in my 30s that I really battled with my weight.

After giving birth four times within 8 years by caesarian section, my body was badly out of shape; then my quest for slimness began. I began a strict training regime of 5-6 cardio sessions per week and decided to take part in a marathon. I began a so-called "healthy" eating plan, where I seemed to be constantly hungry and couldn't stop thinking about what I was going to eat next! The end result was disastrous, I was actually getting fatter instead of slimmer, despite my full-on regime.

I felt depressed, inadequate and ashamed of my body because it was one area of my life I couldn't get the better of. As a result, I would end up bingeing on junk food because I wasn't adequately nourishing my body or my mind. So the saying goes, "Insanity is doing the same thing over and over again and expecting different results".

So eventually, I turned my back on my old unsuccessful regimes and flipped everything I thought I knew about nutrition and training on its head; I literally went back to basics. I gave myself realistic timeframes based on bringing up a young family, set big goals, ditched the diet food and ate real food, created a plan and followed through. I fell a few times along the route but I jumped straight back up and made my way to the finish line.

After yo-yo dieting for many years I ended up butchering my metabolism, my body and my mind.

Helping Others

What motivates me every day is the pursuit of helping women feel amazing, confident and content in their own bodies. For years I have been encouraging friends and family to get involved in regular exercise. After transforming my own body, I had the experience of being able to tweak and create personalised nutrition and training plans to help my friends drop their unwanted body fat.

Dropping several dress sizes, friends of friends were amazed at their results and through word of mouth were requesting my services. So the journey of Tara Grimes Fitness began. I hold a BA (Hons) degree from University of Ulster and an MSc from Queens University Belfast, however I found myself studying again for my gym and nutrition qualifications.

It only takes a few days or weeks to become a qualified trainer, however I believe that my decades of sporting experience coupled with my personal ups and downs of my own fat loss journey enables me to connect on a very real level with others experiencing these challenges.

It's really important to understand and empathise with women when their bodies negatively change and no longer responds to certain training stimulus the way it used to. Having that real life experience has no doubt contributed to the success stories that my business has produced.

It's a privilege helping 1000s of women make over their bodies in a fairly short space of time, get in control of food, instead of it controlling them and ultimately leading happier more contented lives.

I understand the challenges regarding time, energy and family commitments. hello... I have been there! Tailoring the program for maximum fat loss around other life variables is what makes my program so successful.



Before you get started

Check with your GP before starting a diet or exercise programme, especially if you are breast feeding or pregnant. Then make sure you follow the form guides for each exercise exactly, as poor technique can lead to injury. Do a thorough warm up before each session, and be sure to cool down and stretch afterwards to prevent muscle soreness. To warm up, you should do five or 10 minutes gentle cardio exercise to raise your core temperature, followed by some bodyweight movements such as squats and lunges to get your muscles firing before you start the workout.

Mindset

Have you ever wondered why some days you just couldn't drag yourself to the gym? Or why you had lapses in willpower at 4pm on the Monday when you just started your new diet? Or why you couldn't say no to the second helping of toasted Nutty Krust and butter? It's because of negative programs in your subconscious mind which controls your behaviour.

Now I'm not saying that you can "think yourself thin" but there are scientifically proven ways to help achieve your fat loss and fitness goals by channelling your mental energies properly.

The number one reason for failure in losing body fat- and in life- is the lack of clearly defined written goals. Action without planning is one of the biggest causes of failure. Your subconscious mind is like the engine room in a ship and your conscious mind is like the captain steering the ship. If your instructions are coming from the captain (conscious mind) whether good or bad, the crew in the engine room will obey (subconscious mind). For example if you are constantly saying to yourself in your head, I'll always be fat or I can't lose weight, then the subconscious mind will see to it that the orders are obeyed. If you program your mind with negative suggestions often enough, it will lead you right into cheating on your diet, skipping workouts or some other form of self sabotage.

I'm convinced that the most important part of losing weight and getting in great shape is making up your mind to do it.

Here are some points to help you get to your fat loss target.

1. Be specific. Clients say to me "I want to be skinnier" or "I want to lose weight". Narrow it down, how much, by when, what dress size do you want to be?

2. Measurable. Don't go by the scales as your primary determinant of success. Use the measuring tape or body fat callipers.

3. Set big goals. I tell my clients to make their goals scare them a little, if it doesn't then it's too small. Move out of your comfort zone. Be the best you can be.

4. Write down goals. Write down what you want, NOT what you don't want.

5. Set long term and short term goals. Look at the big picture and then break it down into bite sized chunks that are manageable.

6. Deadlines. Set realistic deadlines. "Lose 14lbs in 14 days"- don't get lured by the crazy adverts promoting a quick fix. Be realistic. Usually it's not the goal that's unrealistic but the deadline.

7. Mentally visualise. Visualise your goals as if you have already achieved them. Goal setting.

You cannot hit a target you cannot see.
Zig Ziglar



Getting Started

As a personal trainer and nutritionist I believe in keeping things simple. I help a range of people get the better of their bodies, from individuals with no fitness levels and high levels of body fat to moderately fit with moderate levels body fat, the common request is "make me lean, make me fit, without it taking over my life!" I'm an online personal trainer who helps women all over the world get their ideal bodies by providing nutrition plans which fit into their life, and fitness plans that don't take over their lives. Slogging it out 5-6 times a week at the gym is not realistic or practical for normal people.

Surviving on chicken breast and broccoli is boring and not sustainable, so how do we achieve the body of your dreams without the hard slog? Well, these next 4 weeks are a little snippet of how you can kickstart your fat loss with minimal amount of time and effort. I will blast away the silly myths associated with fat loss and educate you to keep lean and healthy FOR LIFE. Don't be fooled though, there is no magic wand, it does require a certain degree of change in your lifestyle but hopefully one that you can integrate easily and forever.

Getting started

If you can see the Christmas and New Year excesses hanging over the top of your jeans then it's time for tummy slimming, thigh slimming action. Everything you need is right here: an easy to follow 4 week workout and a fad free food plan. Combined, you'll be back to your gorgeous self in no time.

Exercise

I believe that change in your physique comes largely from your daily eating habits and a little exercise, not the other way around. With this in mind I have designed all workouts that can be done at home or in any place at any time and only take 15 minutes per day, 3 times a week. No need for expensive gym memberships or expensive 1-1 private PT Sessions. This one is no different.

I believe that walking, cycling, dancing and other activities are recreations that should also be increased daily. For example, put a comfy pair of trainers on and walk to the shop instead of driving. Take up a jiving class, having fun whilst still moving. All these calories add up but we don't consider them when we make them part of our daily habits.



The food

I don't believe in complicated diet plans where you have to eat certain grams of this food type and certain grams of the other, I believe it's not realistic or practical and doesn't conform to a life long way of eating. I want to teach you how to eat real foods in adequate proportions for your body. If you think about the way our parents and grandparents ate as children, that should be a loose enough guide for us. They ate single ingredient foods, minimal processed foods that grew out of the earth, roamed freely on our fields and swam in our oceans.

In those days there was little incidence of type 2 diabetes, heart disease, cancer or other autoimmune disorders. In fact, as a child going to school I hardly remember anyone being overweight, you could probably count them on one hand, this is certainly not the case in our modern society. When you are eating real food, no crash diets, or fad food plans, you will shed fat at a healthy rate. You won't have to starve yourself or cut out entire food groups.



Whatever your age:

Fit goals for every stage of a woman's life.

Whether you are a teenager, starting to claw your way up the corporate ladder, starting a family or enjoying retirement, there is no bad age to start getting fit. You are never too young or never too old.

However, your fitness regime should be different depending on what your age and current stage of life is at.

Teens and early 20s: *Enjoy it while you can*

Your body is primed for making babies, yes that's right, whether you like it or not. Hormones are balanced enough so that training and looking amazing is the easiest it's ever going to be.

Metabolic rate is high particularly in late 20s, that's why it seemed easier all the years ago to keep that flat tummy whilst regularly indulging in calorific booze, and fast food.

However don't lose the run of yourself just yet, get your body primed by getting into the "habit" of strength training and regular cardio. Eat whole foods more often than processed ones. So focus on a healthy body rather than a beautiful one, this means you'll look great without even trying.



Late 20s and 30s: *Be super efficient*

This time of my life meant big changes for me and my body, career and long working days, pregnancies and sleepless nights with kids. Training & nutrition was the least of my worries, I was sleep deprived and ran on sugar and coffee fumes! I believe this is where the wheels can really fall off the wagon, so to speak. You convince yourself you'll catch up with the training, but you never do.

The secret is to make exercise part of your life, not something you will do when the time is right. It was this particular stage of life that inspired me to help other women by creating an online plan that can be followed at home by the busy, tired, stressed out woman. I provide the weekly accountability and structure to fit this around your life.

Working out at home or the office with 10-15 minute HIIT workouts and making food that doesn't take forever and cost a fortune. When you prioritise and make the time you will make it work. Check out my successful online fitness and fat loss plan, it's a brilliant way to get the body you want at a more cost effective price than 1-1 Personal Training Sessions.



Contact Me

info@taragrimesfitness.com
visit my website www.taragrimesfitness.com

Late 40s and 50s: *Feed the muscle to burn the fat*

I like to call this the "Menopot" the pot belly that women can develop as a result of the perimenopause or menopause. These hormonal changes can trigger an increase in fat around the belly. Well, lucky for you, research proves that lifting weights can prevent or slow down the increase in body fat.

The numbers of women in their 40s and 50s who attend my lifting classes have soared, the fat loss results and increased strength speak for themselves. I know I am now stronger in my 40s than I ever was at any other stage of my life. However, it's also important to stress that cardio training and eating wholefoods in correct quantities also contribute to reducing tummy fat.



Late 50s and beyond: *Push the boundaries*

Lets get this straight, lack of strength, poor flexibility, poor circulation, varicose veins and sagging skin aren't necessarily symptoms of growing older but a result of less exercise as you get older. It's not just about vanity though, your health will suffer dramatically if you do not make movement a priority as you get older.

Get fitter than ever before. Seriously! Get some strength training into your workout; aside from helping you open that jar of beetroot, it will also improve your balance, reducing your risk of falling. The biggest risk as we age is falling due to loss in strength and muscle. When the weather permits, get on a warm coat and get yourself outside for a brisk walk, brilliant for your overall health and well being.



Don't stress!

I believe that negative stress is right up there as one of the major causes for bad health and well-being. When clients come to me, a lot of them have already let stress get the better of them and their health. It's estimated that about eighty percent of doctors' visits are related, directly or indirectly to the effects of stress. Stress can suppress the immune system, it impacts our ability to think clearly and focus.

On the other hand, a deliberate relaxation of the mind and nervous system can have a distinctly positive effect on the body, mind and overall health.

Being in a relaxed state can help with the digestion of your food, it can improve quality of sleep and even help lower blood pressure, help alleviate chronic pain and boost disease-fighting genes.



Our stress hormone is called cortisol and it's essential to life. This hormone is released by the adrenal gland to help us cope with stress by freeing up fuel stores to provide us with energy when blood sugar levels get too low.

However, if stress is prevalent in your life then it increases having a detrimental effect on the body. These negative effects can include junk food cravings, anxiety, illness, low mood, increase in tummy fat and a reduction in athletic performance.

A few years ago, our society would never have embraced the "mumbo-jumbo" new age thinking relaxation techniques such as mindfulness and meditation.

It may have been a step too far from some and thought only as a pie in the sky notion for hippies and the like.

Thankfully, we have moved on, we now acknowledge the science and evidence based around the success of these techniques in improving our overall mental health and wellbeing in general.



Steps to avoid stress

Here are simple gentle practices to ensure that you get through your day without too much stress.

It is easier than you think to reduce stress levels on a daily basis. Try some of these top tips for yourself!

Laugh

Hearing someone laugh heartily makes me smile. Studies prove that when people watch funny videos that make them laugh out loud it reduces cortisol.

Stay away from mood hoovers

Remove yourself from toxic people. You know the old saying, "Lie down with dogs, get up with fleas" You become your surroundings.

Make sure your environment is full to the brim with people who lift you up and elevate your mood, not trail it to the ground.

Do the little things

Try the 'do it now' approaches. I know that when my to do list grows, my anxiety levels increase and I tend to procrastinate more. I do anything rather than hit the most important thing on my list. It may seem silly and petty however being able to physically cross off half your list after little concerted effort can lower your stress level exponentially.



Listen to music

Listening to your favorite music can not only increase your ability to work out better it also accelerates recovery and can have a calming effect on the brain, lowering cortisol.

Avoid refined carbs and eat anti-stress foods

Yes, believe it or not you don't have to dive head first into a loaf of Knutty crust to seek comfort and solace. There are a range of delicious foods that can help reduce cortisol and provide comfort in a healthy way.

Dark Chocolate, salmon, almonds have been proven to lower cortisol in scientific studies. Stress eating and bingeing on processed foods create double trouble in that it increases cortisol and triggers food intake so that you overshoot your energy needs.



Reduce Your Stress

A common theme I see amongst those with high stress levels is a lack of results when trying to change their body. Stress holds us back from being the best that we can be. In a very similar way to poor sleep, it can put the brakes on progress, even if training and nutrition are spot-on. Of course, we all suffer stress at some point in our lives. We are involved in regular stressful life situations, including exhausting work schedules.

Stress is a burden on the body, and if it becomes chronically elevated and prolonged, we can end up massively fatigued and run down. That's when it can put a halt to any body composition changes. What we don't always realise is the potential damage stress is doing to the inside of our bodies and how it affects our health.

How can I personalise this habit?

Assess the stressful areas of your life. Family, friends, career and money issues can all be stressful issues at times, and it's important to manage these as much as possible. Find the root cause(s) of stress and then put a simple daily habit into place to reduce, manage or eliminate them.

I highly recommend practicing the art of daily meditation for this habit. It is one of the most effective ways at reducing overall daily stress levels.

Other habits could be taking more regular breaks at work, getting more exercise in daily, or socialising more with friends and family.

Remember to relax, laugh, sleep and have sex as much as possible, as these reduce stress levels in the body. Reduce the main stressors in your lifestyle and remember not to take life too seriously all the time.

How can I make this habit easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.



Improve Your Sleep Routine

Why?

Understanding the power of sleep and how to get as much high quality sleep as possible is one of the healthiest things you can do. We can all relate to how loss of sleep can take its toll on our energy, mood, decision-making and ability to handle stress.

Sleep should therefore be your top priority.

Many people try to sleep as little as possible, but just as exercise and nutrition are important to look and feel your best, so is sleep. No other activity delivers so many benefits with so little effort. Sleep has a direct correlation to the quality of your waking life.

How can I personalize this habit?

Take a look at your current sleep routine, especially how many hours of sleep you get on average per night. Do you sleep 5 or 6 hours per night? Or 7-8 hours? What about on weekends?

At what time do you get to bed each night?
How would you rate the quality of your sleep? Choose one key area to focus on and make a daily habit to improve it.



Let's get clear on water!

I take my lead on all things nutrition & fitness on evidence based research, however there are occasions when sometimes my work with real clients and their experiences go against all of this. There is so much conflicting information out there regarding nutrition, fitness and yes, even water intake. Firstly, let me give you an insight into the scientific research on water and secondly, what I find from my every day experiences with my clients.

The usual mantra for water guidelines is 6-8 glasses a day. This derived from a study done in the 1940s in the US and one that a lot of the health care and fitness industries still endorse.

However further studies suggest that this is a load of nonsense and that there were no scientific studies or data to support this. What always struck me was, what size are these glasses? Are they small paper size cups or are they large drinking tumblers? Who knows. No specifics.

We are all unique, therefore our requirements for water varies. I find this with my clients also. Depending on exercise regime, height, weight, sodium intake, these variables affect how much water the body requires. If you are dehydrated, then thirst is usually your first sign. Excessive fatigue, dizziness can be signs that your body needs more water.

Are the 8 glasses a day a complete myth?
In all honesty who actually drinks 3 litres of clear water a day?
Should we let thirst be our guide?

Because of our climate we find it harder to drink cold water in the winter, we prefer warmer drinks.

Tea, coffee and herbals teas being the drink of choice. I personally find that clients who do drink on average 2-3 litres of water a day perform better athletically, have enhanced recovery, greater energy levels, happier disposition, clearer skin and lower body fat. Learning to drink water is a habit worth considering.



Why is consuming enough water important?

The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at the right pace.

As a result, it metabolizes less fat, therefore fat remains stored in the body and for most people weight loss comes to a halt. Drinking enough water is also the best treatment for fluid retention.

When the body gets less water, it sees it as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

Learning to drink water is a habit worth considering.



How to lose belly fat fast

As a trainer my most common request is "make my tummy flatter". Now, it's impossible to spot reduce fat but let me share with you the extremely successful tricks I use to get my clients their confidence back so they can wear tight clothes and bikinis again without having to wear big pull in knickers or go on fad 10 day diets.

Are you training regularly and eating well but still struggling to get rid of the soft and squidgy belly despite your best efforts? Then let me fast track you by giving you some tips to lose that belly forever.

Train your entire body, prioritising legs

The less muscle you have in your lower body is an indicator of an increase in tummy fat. As you lose muscle through incorrect training or low calorie dieting, you can gain more belly fat.

A recent study found that putting the focus on legs training early on in your workout increases growth hormone, which leads to fat loss around the tummy. Obese candidates lost more fat on their belly following intense workouts due to the high release rate of growth hormone.

Try the following

Squats followed by a chin up or lat pull down. Then do step ups followed by bench press.

Finish with split leg squats followed by military press. Lift a fairly heavy weight and do it until you can't lift anymore.



Tara's Golden Rules

Stay away from diet foods. Low fat, fat free, diet reduced fat. They are packed with sugar and chemicals. They will elevate your blood sugar levels, increase your cravings for more junk food and offer you zero nutrition with your calories.

Eat a lower carb, high-protein diet.

Eat protein that is a good quality. A high quality protein intake will create more leanness around your waist and tummy. These are found in eggs, animal protein and whey protein powders.

When you eat protein you feel fuller for longer. The hormone that reduces your hunger is heightened, which leads to eating less food. This is in contrast to eating a diet high in carbohydrates. Also, eating protein can help build muscle easier and the more muscle you have the more calories you burn at rest, helping reduce that tummy fat.



How to lose belly fat fast

Interval Training

I always seem to mention this each week in my articles, however I feel Intervals are neglected and misunderstood. The mass population seems to think intervals are for "fit people". Interval training has been tested on kids, elderly, obese, people with metabolic disorders, pregnant women, people recovering from heart attacks, cancer patients or those suffering with depression. So stop making excuses and start now! This type of training with intermittent burst releases growth hormone which is a fat burning, muscle building hormone. All which will torch that belly fat fast!

If you are brand new to this, start by doing the following; walking really fast for 3 minutes and walking slow for 2 minutes, alternate and as you get fitter increase your intensity, time and intervals. Advanced intervals trainees can try all out 10-30 seconds sprints, cycles, rower, cross trainer or weights.

Tara's Golden Rules
You gotta lift to lose. If you're looking to get seriously toned and lean, don't waste your time doing all your exercise on cardio based activities. Learn how to lift weights correctly and incorporate that into your weekly training.



Stop making excuses and start now!



Get some ZZZ's

The less sleep you get, the higher your body fat will be, particularly tummy fat. Bad sleep habits lead to a disruption in your circadian rhythms and this affects your hormone levels. Your all important growth hormone is of paramount importance in avoiding belly fat and this is released at night when you sleep.

So a lack of growth hormone and an increase in your stress hormone called cortisol offers a double whammy, both preventing you from getting that flat tummy.

Try my 6 week online plan which incorporates strength training and interval training, that I demo on video and you can follow. It also includes an easy to follow nutrition plan which will slim your tummy down in no time.

Quote **BELTEL20** to get 20% discount off the online plan now, and say goodbye to wobbly belly fat forever.

BELTEL20

