

be fit and ffabulous, your time is now

Be fit and ffabulous, your time is now.

Being fit is being ffabulous, making yourself fitter is a challenge that requires focus, consistency and effort, are you ready?

Being ffabulous is being connected to both your inner and outer strength, and your inner and outer beauty, let's face it, a well toned and muscular inner Truth radiates an external health and happiness. This will maintain your fabulousity for life. So get to it, start training, start eating well, live a dream, and Be FFabulous.

You have hopefully noticed that ffabulous has been written as a double ff, this is not a typo. With an extra F a boy or girl can add an expletive or an extra adjective to really emphasise the point, do you get the point?

Don't just be fit and fabulous, be fit and fantastically fabulous, be fit and ferociously fabulous, be fit and famously fabulous, or be fit and f***ing fabulous.

ATTENTION: THERE IS NO FAST TRACK TO FITNESS FABULOUSNESS

All success, which is to say, success in all areas of our lives is a result

of vision, guidelines, application, consistency, and good old fashioned effort; and perhaps a little luck too.

Let's look at fitness planning for successful training. It's best to map out a four week block, this will give you the essential daily commitment that you need to achieve your fitness goals. Write your training schedule in your diary as this will ensure that your fitness programme is as equally important as work, family responsibilities, and the sundry of other very important things to do. Try not to break the promise to yourself that you are fabulously focused on fitness forever.

Fitness is your body's capacity to sustain itself during strength training and cardiovascular endurance, while being supple and flexible at the same time. Apply the **FITT** principle to your training, this will ensure that you are being continuously stimulated and always increasing your health and fitness potentials:

FREQUENCY

INTENSITY

TYPE

TIME

Plan your strength training schedule, allow for a minimum of two structured full body strength sessions per week. Map out your power-walks, jogs and runs, aim for a minimum of 30 minutes to one full hour of cardio work, and repeat twice a week. Keep in mind that if you aint sweating, then you aint going hard enough. Don't forget to regularly stretch and connect with your ffabulously finely tuned body.

CHEW THE FATS

In conjunction with a ffabulous fitness routine one also needs clear guidelines around food planning and essential nutrients for optimum health. Good fats and Bad fats are in most of our foods; take time to learn the difference between them. You will quickly understand how the body processes these essential nutrients and thus make healthy food planning as easy as chewing the fat with a ffabulous friend.

Fats in a nutshell, by the way nut fats are good for you, are divided into the Good and the Bad, let's start with the Bad or Low Density Lipoproteins (LDL's) such as saturated fats in meats, dairy and eggs, also, trans-fats which are found in pre-packaged biscuits, cakes, pastries, and crisps etc are high in LDL's. High levels of LDL may cause a build up

along arterial walls which creates the plaque like deposit that is called 'atherosclerosis', this may cause a potential stroke or heart attack, best to avoid that, don't you think?

The Good fats are called High Density Lipoproteins (HDL's) these guys form a part of our Essential Fatty Acid dietary needs; essentially named as our body requires them for healthy functioning and cannot produce them within the body itself. Yes, some fats are good for us, and our body requires them for organ insulation, metabolic processes, nervous system health and cognitive functioning.

A diet balanced with foods such as leafy green vegetables, nuts, seeds, cold-water fish like sardines, mackerel, herring, trout, poultry, grains, shellfish, avocado, and lean cuts of meat (this list is not exhaustive), will be suitably sated with fabulous freshness.

One must understand that triglycerides are stored body-fat, think of body-fat as coal in a coal-bucket and ask yourself, do I burn my daily coal or do I store it for the fire that will never burn big enough?

Foods high in fat are kinda obvious, the fact they usually taste great is nature's

nasty little paradox, so be aware of all pre-packaged foods, dining out, and of course take away.

Look at food as coal in the bucket of life that is the fuel for your fire of fatty desire.

A balance of the Good and Bad, as in all areas of life, creates an appetising recipe for fabulous feelings from our foods. So chew the fats every day as your body does in fact need them; be proactive and read up on healthier food options, we live in a time of abundance, the choice is yours.

CALORIFIC FLUFF

Every body needs them as they are our energy system and assist our body to move and burn, yet so many people eat them until their waistlines bulge over their belts, it's all calorific fluff.

Empty calories go into the body and do not have any nutritional content, these, not so fabulous foods are cakes, crisps, alcohol, soft drinks, deep fried foods, biscuits and lollies. Alcohol as a substance is high in energy and yet doesn't have any nutritional value, check this out:

gls red wine (125ml) 85cal

gls white wine (125ml) 85cal

pint beer 200cal

pint stout 175cal

vodka, gin, whiskey (30ml) 60cal plus mixer

Be fabulously focused in pursuit of meaningful calories found in healthy foods such as unsalted nuts, seeds, low fat options, clean proteins, fresh fruit and vegetables home cooked meals, and a moderate alcohol consumption.

Food may be broken down into the macro-nutrient groups of carbohydrates, protein and fats, these all have a calorie content that is measured in calories per 1 gram as follows:

carbohydrates 4

protein 4

fat 9

alcohol 7

It's important to identify what these food groups are in real terms.

Carbohydrates are; fruit, vegetables, pulses, legumes, juices, bread, pasta, rice, quinoa, noodles. Proteins are literally the building blocks to the body, and they fill you up, this means less food going in with lower calories per gram. All animal products are protein (plus fat too, so watch it!) such as red meat, dairy, seafood, poultry, legumes, pulses, dhal and rice creates a vegetarian complete protein. And lastly fats, you know all about fats as you chewed them above, be aware that fats are the highest form of caloric intake per gram.

When calories and their expenditure are observed from a movement perspective think of **ENERGY IN=ENERGY OUT**. Ask yourself how much have you eaten today, and what macro-nutrient group are they from? Then calculate this with the amount of movement you have or have not exerted.

Calories are an integral building block to your nutritional life, be proactive in your understanding of caloric fluff and the caloric essentials.

MOISTURISE, BATHE AND BOTOX

We all know that true beauty shines from within, so let's moisturise our soul, bathe our thoughts in positivity, and botox those demons.

It's time for a beauty revolution, so tune in to those replenishing connections and moisturise your soul, give your inner being a huge dollop of re-hydrating goodness.

Developing a daily ritual of meditation or prayer enables one clarity amongst the craziness of the day. Take out five minutes, close the door to distractions, flick the phone on silent, sit in a relaxed position, take a deep breathe in and peacefully **BE**.

The loud inner voices will settle down to a whisper as your breathe connects your body to your mind. Relax your face, drop the tension away from your shoulders, and surrender to a few moments of calm, do not attach anything to those scattered thoughts, maintain a focus on slow and deep breathing. You may wish to use a mantra, colour visualisation, prayer or a devotional dialogue, or quite simply sit and Be with breathe.

Our soul is given expression with love, emotional affection, creative expression, and for some, by living a spiritual practice.

Bathing oneself in positivity is integral to a fiercely fabulous life. Being positive is not masking underlying pains with a fake smile, perhaps a psychotherapist

may assist the lifting of the veils to your unspoken truths. Positive living is about constructing a healthy life, enabling ones goals and plans, and nurturing your emotional well-being. Positive people are a fabulous influence in our personal life and professional life alike, be clear, as clarity creates the certainty that like mindedness embraces.

So many of us allow the demons to take over our thoughts and oft times our actions, Botox them today.

We all have a devil inside, those evil eyed things that make us say or do that which we know is not good for us. Keeping the nasties at bay is made easier by injecting honest actions and affirmations around oneself and one's desires.

Accept self responsibility; it is an adult privilege.

Freeze the negative, anti-gravitational pull to the dark side, observe your behaviours around anger, victimhood, unresolved pain and negative identity. Look at drugs, alcohol, egocentric excess, and erotic addictions for what they truly are, an anaesthetic. Be courageous and maintain a dignified, sobre focus, have integrity with Your self and the world around you.

Botoxing negative thoughts and behaviours may confront certain people of your intimate circle, honour You at all times, no matter what others may say. You will awaken to a fresh, shining smoothness over time.

Effort and care are required to look after one-self, we all have to bathe and moisturise our minds just as much as our body. The spirit soars higher when the body and mind are clean and clear.

Famously fabulous people have a twinkle in their eyes, a smile in their heart, and an openness to their life experience, when applied over great cheek bones, stunning!

Just don't do it.

Relaxation is as important as everything else. Light a candle, play some ambient music and take a long bath, have a massage, a facial, walk in the park, visit a local art gallery and feel what is being created by todays talent, take a meditation class, go to church, hang out in a bean bag and watch your favourite movie.

Just don't do whatever You don't have to do.

Chill out, and create a sense of calm, honour and connection, the list is endless.

So there you have it, the Secret to being Fit and Fabulous. Make the commitment to a regular exercise plan, be aware of foods and their content, take care of your body, action a dream or goal and stimulate your mind, meditate, hang out and do nothing, your soul thing will lift higher as a fantastically fabulous You lives your F***ing Fabulous life.

Jarod is a personal wellness coach who lives and works in London.

