



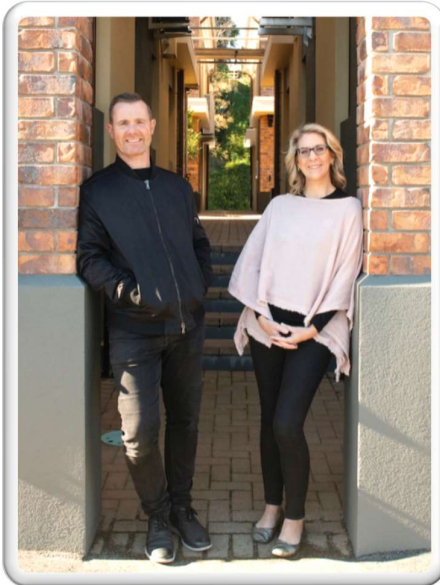
JENNINGS
HOLISTIC HEALTH COACHING

BOXING BOOTCAMP TRANSFORMATION CHALLENGE



www.jenningshealthcoach.com

Welcome to the Boxing Bootcamp Transformation Challenge!



This manual is a quick guide to give you an overview of the program. During our zoom session we will outline more indepth instructions and I'll answer any questions you have remaining.

This program is not to be sent on to anybody not a part of the program. This is our family income and our intellectual property. Please respect this.

Let's discuss the program. Here's what we are going to cover:

Setting Your Target

Measuring Your Progress/Before & After Pictures

Understanding Your Adrenal Stress Quiz Results

Carbs Are Not Forbidden

Animal Protein

Restoring Gut bacteria

Water Intake

Bowel Movements

Building Your Sleep Routine

The Three Day Diary

Measurements

Recovery

Cheat Meal

Setting Your Target

What is your goal for the six weeks? Weightloss? Sleep better? Gut Health? Be Specific and write this down. Your

journey starts with a clear achievable target.

Complete this sentence – “After six weeks I want to have achieved....

If your stress is too high, this will affect your results. And this is why we need to take an adrenal stress quiz first.

First Things First - Learn Your Level and Take the Adrenal Stress Quiz

There are 4 levels of Adrenal function. Here they are summarised in this table.

You will need to take the Adrenal level quiz to find out where you sit on the table below. Once you have taken the quiz, then you can find out the specific course of action to turn the corner and move back toward the Thriving level. (You should have downloaded the Adrenal Quiz when you downloaded this E-book).

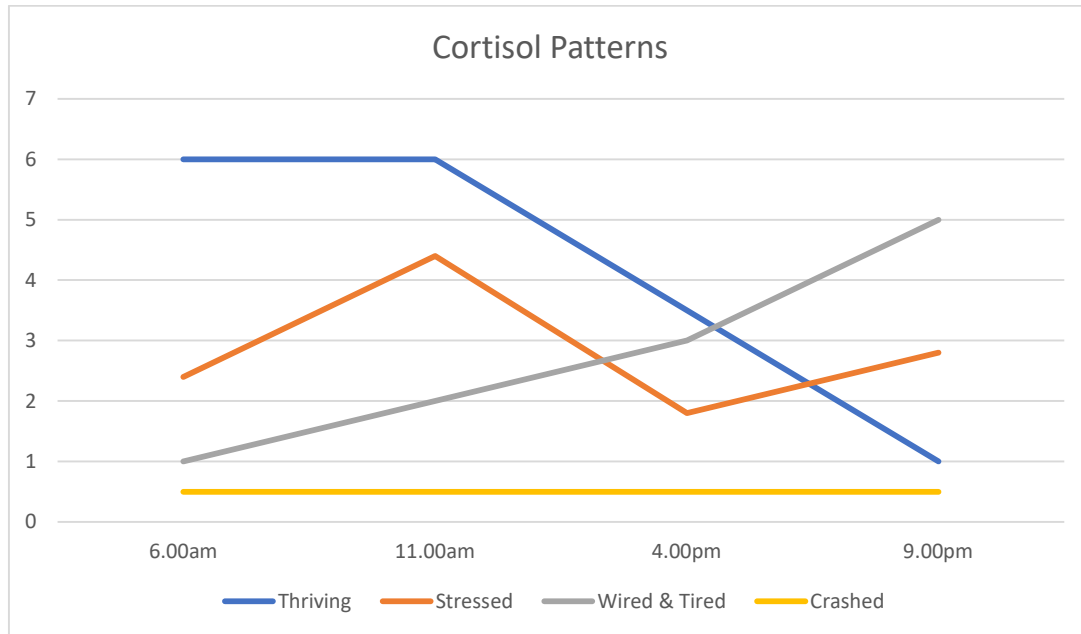
	Thriving	Surviving		
		Stressed	Wired	Crashed
How You Feel	Enthusiastic	Edgy	Overwhelmed	Exhausted
How Other people seem to you	Engaging	Too slow	Incompetent	Demanding
Your Sleep Is	Deep and restful	hard to fall asleep	hard to stay asleep	Unrefreshing
Your mental function is	Sharp and focused	Fast and scattered	Erratic	Unable to generate ideas
Best Type Of Exercise	Any, have fun	Strength training	Cardio	Yoga

The chart below indicates how your cortisol flows throughout the day at each adrenal level of function.

Peaks indicate higher blood sugars and vice versa. Our optimal goal is to be at the thriving stage as often as

possible. This is where we can easily manage our bodyweight, we sleep properly, our immune system is

strong, our appetite is controlled and our moods are stable.



1 – 15 Thriving

16 – 30 Stressed

31 - 45 Wired & Tired

46+ Crashed

1. **The Stressed Level:** This is like a reaction to a loud noise or your child crying. It could be nerves while public speaking or social anxiety. Anyone can move very quickly between the thriving stage and stressed stages.
2. **The Wired and Tired Level:** At this level the stress is lasting. Your body is putting a lot of its resources into resisting the stress, so it is less able to maintain health. Your Adrenals are

making lots more Cortisol and their daily rhythm has been disrupted. At this level you may feel a combination of urgency but with weakness at the same point. This is why this level is called “wired and tired”.

3. **The Crashed Level:** Also known as exhaustion. This is where the stress does not let up. Symptoms persist. Your adrenal glands have been producing so many extra hormones for so long now that it can't produce enough for the daily needs of your body. At this level of stress, diseases like high blood pressure, high blood sugars, allergies, digestive problems and depression can get a foothold. Exhaustion is typified by a feeling of weakness and collapse.
4. **Thriving is also listed above:** This is the optimal level we need to be functioning at most of the time to lead a healthier lifestyle.

What is your score? _____

How the Adrenals control your weight

In the last few years scientists have found that Cortisol is made not just by the Adrenal glands but also by the brain, the liver and visceral fat – the fat that surrounds your internal organs around the gut. Recent studies have found that heavier people clearly have more cortisol in the whole body, versus the cortisol levels that are in the blood alone.

Your Adrenal Fat Switch gets turned on, and this happens thanks to a group of enzymes that make adrenal hormones that cause you to store fat.

The Challenge will help you turn that Fat Switch 'OFF' using certain foods, the timing of carbohydrates and other fitness and relaxation solutions.

Reset the Adrenals and Reset Your Weight

Weight gain is not simply all about too many calories coming in, and not enough being burned as once thought.

When we are stuck in survival mode, it changes what happens to the food we eat and what foods we prefer to eat.

As mentioned earlier, your adrenal glands control many functions like blood sugar levels, inflammation, bodyweight, electrolyte levels, sleep & waking patterns, fight or flight response, and hormone regulation.

The more work they have to do for any of these jobs will mean that your adrenals will have a hard time controlling your bodyweight and producing oestrogen during menopause to maintain normal hormonal balance.

Right let's look at the nutrition principles.

Carbs Are Not Forbidden

Neither low carb nutrition and high carb nutrition ideas are the answer to help regulate your hormones and improve Adrenal function.

- Low Carbs lead to poor sleep – Recent research has found that participants on a controlled low carb diet took longer to fall asleep as opposed to a moderate carb intake group.
- Low carbs lead to higher cortisol levels – If your carb intake is too low, your cortisol will rise. It does this because when your body's functions need carbs as a fuel source, cortisol will stimulate the liver to release energy into the blood stream. This rise in cortisol can mean two things – poor sleep and extra fat storage.
- Low carbs can raise blood sugar levels – an unexpected finding when monitoring diabetics identified that people on a very low carb diet had higher blood sugar readings than moderate carbohydrate subjects. True for both diabetics and non-diabetics. Why? Because when blood sugar levels drop too low and your organs need energy to maintain function, Cortisol is released to stimulate a release of blood glucose by the liver and muscles to fuel this demand. The result is that you have less energy and your blood sugar levels are raised more than if you had a meal with healthy carbs!

Instead we'll look at healthy carb options, portion sizes, and how to cycle them through the day to help keep everything running smoothly. We'll get to this soon.

Circadian rhythms are fixed – This will help you sleep better and allows your liver to help you control your weight.

Fats & Protein

A low fat diet is what we will aim to focus on. These are the fats I recommend – Olive oil, Nuts & Seeds, Avocado, coconut milk, coconut yoghurt. But they must be used sparingly. As we move through the weeks we will tweak your nutrition plan to suit you.

As far protein goes I'm a big fan of animal and vegetable protein. However, be careful not to overconsume meat.

- Keep meat & fish to **one palm size per day** for your animal protein portion.



- Low fat non-animal protein sources include pea protein powder, nuts & seeds, legumes, spirulina (2 tsp), ½ avocado

Restoring Gut bacteria - Add Raw Spinach or Kale to Your Diet

Restoring potent probiotics in your gut are best delivered through raw spinach & kale. Then feed those good bugs with lots of fruits & veges. This combination will increase the colony of good bacteria in your gut. Also, this will:

- Improve elimination (bowel movements)
- Reduce cravings for bad food
- Increase energy (the bacteria helps you digest food, so you use less energy)
- Improve your moods
- Stimulate the liver to detox more efficiently and remove fats
- Boost your immune system
- Help to flush out bad gut bacteria that makes you crave salt, sugar & fat
- Help you sleep better

Most people I work with are in a state of what we call dysbiosis or gut flora imbalance. But we can easily restore these bacteria. Add a generous helping of raw organic spinach in smoothies or salads.

Water Target

Your goal is to drink between two and two and a half litres of water per day, not including exercise fluids.

Add the juice of ½ lemon to every 500mls of water. Lemon juice will:

- Produce bile acids to digest fats
- Raise hydrochloric acid to digest food
- Provide good source of calcium
- Aid detoxification



- Boost the immune system
- Aid the absorption of iron

Your goal is to “pass” clear fluid each day during urination. This is a good sign of optimal hydration. If you become dehydrated you are likely to feel fatigue, mentally sluggish, pass hot yellow coloured urine and possibly feel hungrier than normal.

Bowel Movements/Daily Elimination

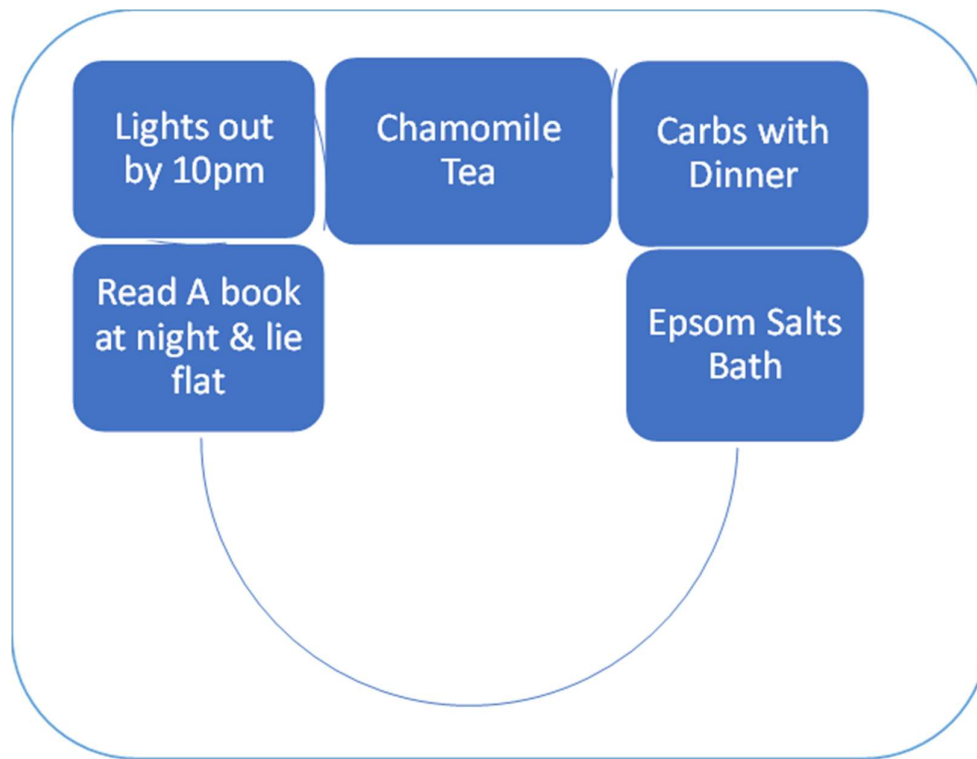
The goal is to eliminate daily. This is a major key to your progress. Don't panic if you miss a day, sometimes it takes time to get the body moving waste out efficiently. There are many reasons why constipation can happen. If your bowels have been irregular for some time, then it can take weeks until the microbiome settles into a routine.

Some reasons why constipation occurs:

- Bad food choices/poor diet
- Stress related constipation
- Your microbiome is out of balance (called dysbiosis)
- Dehydration
- Low Hydrochloric acid
- Unhealthy liver

Get Your Sleep Sorted

During the video coaching session I'll touch more on these points.



Measuring your progress

- You will need access to bodyweight scales for this program. You can measure everyday or just once per week if you like. Personally, I like to measure my weight each day. It's very important that you learn to interpret the scales as bodyweight can jump around for various reasons, including stress, menstrual cycles, excess carb consumption, constipation and poor sleep.
- I also recommend you use your mirror to gauge your progress visually. Take a before pic on your phone.
- Try on your swimwear or skinny jeans and see how they fit.

The Three Day Nutrition Journal

Keep an eating diary for three days. Write down everything you eat on a piece of paper and bring it to class or email it to me. I will check over it for you and will make sure you have got your routine sorted.

Recovery

Use the Epsom salts bath as recovery between exercise sessions (two to three per week). Walking is also a great way to recover from your workouts or bike riding. This increases blood flow and feeds the muscles quicker which will prepare you for the next workout and reduce soreness.

Cheat Meal

Have a cheat meal once per week – I suggest you make this a red meat night. Have one hand sized piece of meat each week. This will reboot the metabolism and reduce hunger helping you to stay on track during the week. A cheat meal is really important to help you stay the course. You will gain some weight with the cheat meal, but note that its only water and food weight. Guys can gain up to about 1kg of weight and women about 500gr over the weekend. This is normal and you will lose this weight again plus extra during the week.

Take a before pic. You'll regret it if you don't.



Sample Meal Plan

First Thing in The Morning on an empty stomach

500ml of lemon water (juice of half lemon) or celery juice then wait 15 to 30 minutes.

Breakfast – Banana Blueberry Smoothie

1/2 x large banana, 1 cup of blueberries, rice milk to taste. Blend until smooth. Sprinkle a pinch of cinnamon over the top.

Repeat lemon juice between meals & snacks.

Mid-Morning and Mid-Afternoon Snacks

Piece of Fruit or handful, vege sticks & hummus

Optional afternoon snack is a fruit smoothie as above (or fruit ice cream - 1 handful of frozen strawberries & banana blended until thick like ice cream. Alternatively just put some frozen fruit in a bowl and eat as a finger food.

Lunch

Salad or Soup Vege or dairy free pumpkin soup

2 to 3 cups of vege soup

Or Vege salad with ½ palm of animal protein such as a chicken salad. Use hummus, lemon juice and olive oil as dressings. Use unlimited foods like carrots, tomatoes, lettuce, cucumber etc.

Dinner

Roast Chicken with Roast Veges, greens and gluten free gravy

½ palm Skinless chicken (roast chicken if easier), ½ cup roast potato/kumara/pumpkin, boiled veges and gluten free gravy. Or for a vegetarian option replace chicken with about 4 roast falafels.

- Add a walk in each day, and follow the pre bed routine
- Avoid fatty foods
- Aim for 2 to 2.5ltrs of lemon water per day

End Note:

If you would like some exercise advice please ask at our zoom session. If you get stuck just email me at steve@jenningshealthcoach.com.

