



THE LIFE CHANGER



YOUR JOURNEY CONTINUES

You don't need to be perfect. You need a practical starting point, habits you can repeat, and the patience to keep learning.

Make your next choice a positive one. Then build on it, one day at a time.



Ready for your next step?

Explore The Life Changer's nutrition and fitness programmes and choose the support that fits your needs.



CONTACT

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Educational content only. This guide does not replace individualized advice from qualified healthcare or exercise professionals.

Your personal action plan

Turn what you’ve learned into a routine

The best routine is one you can adapt to your work, family commitments, food preferences and recovery needs.

My next seven days





One nutrition habit I will practise



One movement habit I will practise



When I plan to exercise



One recovery habit I will protect



What may get in the way — and my backup plan

Your simple action framework



Track your habits and progress

Consistency is a form of progress.

You don't need to measure everything. Tracking a few useful habits can help you identify what works for your lifestyle.



Weekly habit tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Planned movement	☐	☐	☐	☐	☐	☐	☐
 Balanced meals	☐	☐	☐	☐	☐	☐	☐
 Regular hydration	☐	☐	☐	☐	☐	☐	☐
 Recovery routine	☐	☐	☐	☐	☐	☐	☐

End-of-week reflection



What went well?



What made my routine difficult?



What is one small adjustment for next week?



Progress is more than a number

Notice your consistency, exercise technique, energy, enjoyment, recovery and ability to maintain everyday activities. Weight or body measurements are optional and should only be tracked when appropriate for your goals and circumstances.

Warm-up, cool-down and recovery

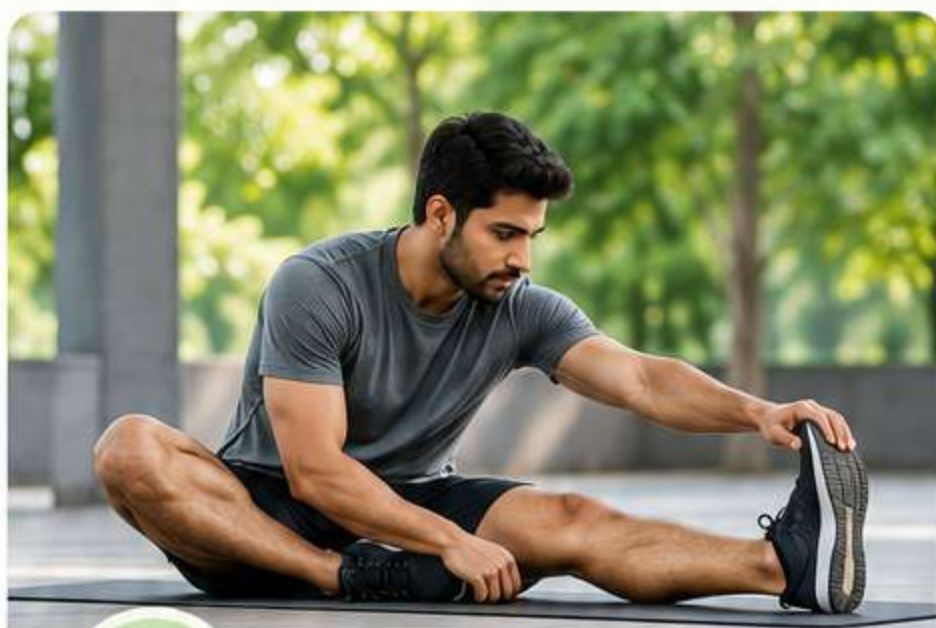
Prepare your body. Respect your recovery.

A warm-up helps you transition into exercise. A cool-down gives you time to gradually return to a comfortable resting state.



Warm-up

- 1 Start with easy walking or cycling.
- 2 Add comfortable joint movements.
- 3 Rehearse the exercise using light resistance before progressing.



Cool-down

- 1 Reduce exercise intensity gradually.
- 2 Walk slowly until breathing settles.
- 3 Use gentle stretches if comfortable; avoid forcing a stretch.

Everyday recovery habits



Keep a
consistent
sleep schedule.



Include rest
between
demanding
sessions.



Eat regular,
varied meals.



Drink fluids
throughout
the day.



Adapt training
when tired,
unwell or
unusually sore.



Listen to your body: Ordinary muscle fatigue is different from sharp pain, dizziness or chest discomfort. Stop activity and seek appropriate help when symptoms are concerning.

Exercise technique illustrated

Learn the movement before adding resistance.

01 Squat

Legs



START



MOVEMENT

- 1 Stand with feet around shoulder-width apart.
- 2 Bend at the hips and knees, lowering only as far as comfortable.
- 3 Push through your feet and stand upright.

02 Push-up

Chest



START



MOVEMENT

- 1 Place hands slightly wider than shoulder-width.
- 2 Bend your elbows and lower your chest in a controlled way.
- 3 Press back to the start position.

03 Bent-over row

Back (wings)



START



MOVEMENT

- 1 Stand with feet hip-width apart, holding a dumbbell or water bottles.
- 2 Pull the weights towards your torso, keeping your back straight.
- 3 Lower slowly to the start position.

04 Biceps curl

Biceps



START



MOVEMENT

- 1 Stand tall with a dumbbell or water bottles in each hand.
- 2 Curl the weights towards your shoulders.
- 3 Lower slowly to the start position.

05 Triceps dip

Triceps



START



MOVEMENT

- 1 Place your hands on a stable chair or bench.
- 2 Bend your elbows and lower your body down.
- 3 Press back to the start position.

06 Shoulder press

Shoulders



START



MOVEMENT

- 1 Stand tall with a dumbbell or water bottles at shoulder height.
- 2 Press the weights upwards until your arms are straight.
- 3 Lower slowly to the start position.

07 Glute bridge

Glutes



START



MOVEMENT

- 1 Lie on your back with knees bent and feet flat on the floor.
- 2 Lift your hips until your body forms a straight line from shoulders to knees.
- 3 Lower slowly to the start position.

08 Plank

Core (abs)



START

- 1 Rest on your forearms and toes with a straight body line.
- 2 Keep your core engaged and hips level.
- 3 Hold for a comfortable time, then rest.

09 Reverse lunge

Legs



START



MOVEMENT

- 1 Stand tall with feet hip-width apart.
- 2 Step one foot back and lower until both knees are bent.
- 3 Push through your front foot and return to the start position.



Safety note: These are technique examples, not a required workout prescription. Use a comfortable range of motion and suitable resistance. A qualified trainer should demonstrate and adapt movements where necessary.

Your weekly workout structure

Train with a plan. Progress with patience.

This sample structure introduces regular movement and basic gym-based strength training. It is a general example, not a prescribed workout for an individual.

01

Strength fundamentals

Practice basic movement patterns with suitable instruction and manageable resistance.

02

Light movement

Walking, easy cycling or another comfortable activity.

03

Recovery

Rest, sleep and comfortable everyday movement.



Example week

Day		General activity idea
	Monday	Strength technique session
	Tuesday	Comfortable walk or cycling
	Wednesday	Rest or gentle mobility
	Thursday	Strength technique session
	Friday	Comfortable walk or another enjoyable activity
	Saturday	Optional light recreational activity
	Sunday	Rest and review the week



Start below your limits and increase activity gradually when comfortable. If you are new to the gym, ask a qualified trainer to demonstrate and check your technique. Stop if you experience chest pain, faintness or unusual severe breathlessness and seek appropriate medical help.

Food preparation and smart swaps

Make the healthy choice easier

Planning a few meals ahead can help you stay consistent without spending every day deciding what to eat.



Prepare a few basics

Cook a grain, prepare a bean or lentil dish, wash vegetables and keep convenient protein options ready.



Choose practical swaps

Replace some highly processed snacks with fruit, curd, nuts or roasted chickpeas when these suit your needs.



Build simple reminders

Keep water accessible and plan meals around your work, commute and training schedule.

Your weekly preparation list

- ✓ Choose several breakfasts, lunches and dinners.
- ✓ Check what you already have at home.
- ✓ Make a shopping list.
- ✓ Prepare ingredients safely and refrigerate perishable foods promptly.
- ✓ Keep one convenient backup meal for busy days.



Sample daily meal options

Flexible choices, familiar foods.

Use these as meal ideas, not mandatory portions or a fixed diet. Choose options that suit your appetite, preferences, budget and any relevant dietary restrictions.



Meal	Option A	Option B
 Breakfast	Oats with milk, nuts and banana	Eggs with whole-grain toast and fruit
 Mid-morning	Fruit with plain curd	A small handful of nuts and fruit
 Lunch	Rice, dal, vegetables and curd	Rice, fish or chicken, and vegetables
 Afternoon	Roasted chickpeas or boiled eggs	Yogurt with fruit
 Dinner	Chapati, chickpea curry and vegetables	Rice, fish or chicken, and vegetables

Make your meal routine work for you

- ✓ Choose a range of foods over the week.
- ✓ Include protein-rich foods at regular meals.
- ✓ Use cooking methods you enjoy, such as steaming, grilling, baking or sautéing.
- ✓ Keep convenient options available for busy days.
- ✓ Change the menu when a food doesn't suit you.



Hydration

Drink fluids regularly and adjust for heat, activity and individual needs. Do not force excessive amounts.



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Build a balanced plate

Simple nutrition. Everyday ingredients.

A balanced meal can combine carbohydrates for energy, protein for body maintenance and recovery, vegetables and fruit for variety, and fats from suitable food sources.



Energy-giving foods

Rice, chapati, oats, potatoes and other grains or starchy foods.



Protein-rich foods

Eggs, fish, chicken, milk, curd, beans, lentils and chickpeas.



Vegetables and fruit

Choose a variety of colours and types across the week.



Sources of dietary fat

Nuts, seeds and suitable cooking oils in amounts that fit your needs.

A practical meal-building formula

Include a source of protein, a grain or other energy source, and vegetables or fruit where suitable. Adjust quantities to your appetite, needs, preferences and professional advice when relevant.



Know your starting point

Start with awareness, not pressure.

Before changing your routine, identify what is already working and what you want to improve.

My lifestyle snapshot



My main goal

Build strength



My current activity

Light activity



My preferred setting

Gym



My food preference

Nonvegetarian

Your weekly habit checklist



I made time for planned movement.

☐



I included varied protein sources in my meals.

☐



I ate fruit and vegetables regularly.

☐



I drank fluids regularly throughout the day.

☐



I allowed time for sleep and recovery.

☐



I noticed what made my routine easier or harder.

☐



Remember

Your starting point is information, not a judgement. Missed workouts and imperfect meals are opportunities to adjust your routine—not reasons to give up.

Welcome to your healthier lifestyle

Small steps. Stronger habits. Lasting progress.

A healthier lifestyle isn't built in a single workout or one perfect meal. It develops through everyday choices that you can repeat.

This guide helps you create a practical routine around three foundations:



01 Nourish

Build balanced meals from familiar foods and a variety of protein sources.



02 Strengthen

Learn basic strength movements and practice good technique.



03 Recover

Make room for sleep, rest, hydration and consistency.

Your starting principles

- ✓ Begin with a routine you can maintain.
- ✓ Choose foods that suit your preferences, budget and culture.
- ✓ Learn exercise technique before increasing resistance.
- ✓ Track habits and how you feel, not just numbers.
- ✓ Adjust gradually instead of trying to change everything at once.



A note about this guide:

It provides general educational guidance. It is not a diagnosis or an individualized medical nutrition or exercise prescription. Seek qualified advice for health conditions, persistent symptoms, or restrictions affecting exercise or diet.



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12-PAGE PRACTICAL GUIDE

YOUR HEALTHIER LIFE STARTS HERE

Healthy Lifestyle & Strength Guide

Build better habits. Eat balanced meals.
Move with purpose. Become stronger,
one day at a time.

A practical guide to everyday nutrition,
gym-based strength fundamentals and
sustainable healthy routines.

NUTRITION • MOVEMENT • CONSISTENCY • WELL-BEING