


MJH
COACHING

TRANSFORMATION
GUIDE
Ladies Edition



"Today is your day. To start Fresh. To eat right. To train hard. To live healthy. To be proud."

MEET YOUR COACH

About me



Hi, I'm Michael, also known as coach MJH, I am a personal trainer, strength and conditioning coach and nutrition coach.

I specialise in helping women look and feel amazing, understand their bodies whilst training and get them in the best shape of their lives.

About E-book

IN THIS EBOOK YOU WILL FIND,

TRAINING AROUND YOUR CYCLE,
TRAINING AND THE MENOPAUSE,
NUTRITION HIERARCHY,

HOW TO SET YOURSELF UP FOR SUCCESS, AND MUCH MUCH MORE

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TRAINING AND YOUR CYCLE

You've also probably heard the theory that as a woman, your menstrual cycle can affect your performance when it comes to working out. There's this new thing called 'Cycle-syncing' where you plan your workouts around the different stages of your period. Doing this might help decrease the pain and increase optimal fitness results.

- ① Day 1 to 5 - During menstruation, we are less social, less energetic, and our body goes into more of a 'self-care' mode. Listen to your body because everyone is different - if you feel like you might struggle during the first couple of days of your period, then do something light like yoga, stretching or walking
- ② Day 5 to 12 - In the first 12 days of your cycle, oestrogen is starting to build and you will start to feel your energy levels and strength increasing... This is your POWER UP phase. Use it to your potential as oestrogen is on your side
- ③ Its day 12 - 16 and this might be the perfect time to hit some personal records. Some women experience pain or discomfort during ovulation, so if that's you, stick with gentle, low impact exercise at this phase, as abdominal straining or twisting may also make ovulation pain worse. Listen to your body.
- ④ Progesterone can cause sleepiness, as it has a relaxing effect, and it can also cause ligaments to be more lax. In the late luteal phase, the rapid drop in progesterone hormone levels can give rise to fatigue, irritability, and mood swings - sound familiar? Make sure you are stretching carefully in this stage.

TRAINING AND THE MENOPAUSE

Strength training is a fantastic exercise option for women of all ages, including those navigating perimenopause and menopause. It's not about bulking up with massive muscles but about building lean muscle mass, which provides numerous advantages. Training with weight or resistance bands can help combat age-related muscle loss, boost metabolism, enhance bone density, and improve overall strength and functionality.

Cardiovascular exercises, such as jogging or swimming, are beneficial for cardiovascular health and weight management. However, strength training should not be overlooked during perimenopause and menopause.

Engaging in resistance exercises with weights, resistance bands, or body weight helps maintain and build muscle mass, which is crucial for combating the loss of muscle tone and strength that often accompanies hormonal changes.

Benefits of Strength Training for Perimenopausal and Menopausal Women.

1. Increased bone density
2. Improved metabolism
3. Enhance your mood
4. Increased energy levels
5. enhanced joint and muscle health



Nutrition

HIERARCHY OF NUTRITION

SUPPLEMENTS



MEAL TIMING



MICRO NUTRIENTS



MACRO NUTRIENTS



ENERGY BALANCE

It's a well established scientific fact, that in order to lose weight, we need to be in a negative energy balance, also known as a Calorie deficit. This means that we need to put less energy from food and drink into our bodies than the amount of energy our bodies are using each day.



WHAT ARE CALORIES?:

Calories or kilocalories (k/cals) indicate the amount of energy in an item of food or drink.

This is the energy that once digested will provide us with the fuel we need to firstly maintain normal bodily functions such as breathing, digestion and regeneration and secondly, to fuel the exercise or activity we choose to do beyond that basal requirement.

Depending on the source of the calorie it may also provide us with an array of critical nutrients such as dietary fibre, amino acids, antioxidants and dietary vitamins and minerals.

We obtain calories from three primary sources within our diets. What we term commonly as macronutrients.

WHAT MAKES UP METABOLISM?:

Metabolism is defined as the bodily processes needed to maintain life. But when you hear the word “metabolism” used today, it’s usually in reference to weight issues. You may hear someone say, “I can’t lose weight because I have a slow metabolism.”

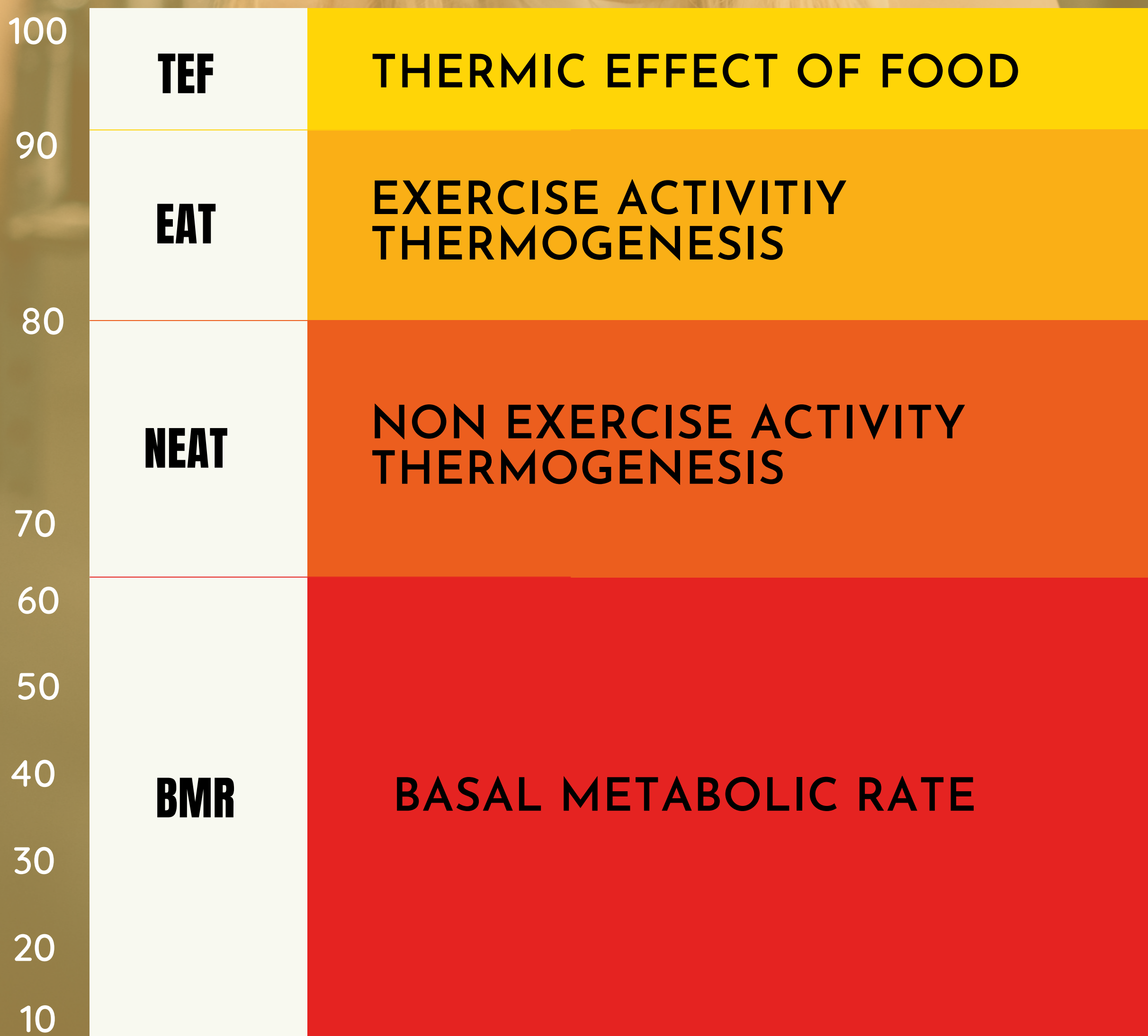
There are four main components of metabolism which you should be aware. They include:

1. RMR (Resting Metabolic Rate)
2. Activity Level
3. The Thermic Effect Of Food
4. NEAT (Non-Exercise Activity Thermogenesis)

TOTAL DAILY ENERGY EXPENDITURE



% OF DAILY ENERGY EXPENDITURE



HOW TO INCREASE YOUR METABOLISM

Pick up the pace. Add some high-intensity interval training to your regular routine. After a period of interval training, your metabolism can stay revved up for as much as a full day. For example, when you're walking or jogging on a treadmill or outside, speed up for 30 to 60 seconds, and then slow to your usual pace; repeat the cycle for eight to 12 minutes.

Eat protein and do weight training. Your metabolism increases whenever you eat, digest, and store food, a process called thermic effect of food. Protein has a higher thermic effect compared with fats and carbohydrates because it takes longer for your body to burn protein and absorb it. It's not clear how much of an effect protein has on metabolism, but studies suggest the best approach is to combine adequate protein intake with weight training, which increases muscle mass – and that also can boost metabolism.

<https://www.health.harvard.edu/staying-healthy/the-truth-about-metabolism>

CALCULATING YOUR CALORIES

The total metabolic rate is the sum of the basal metabolic rate and the power metabolic rate. First calculate your basal metabolic rate, which is easy to calculate using the following rule of thumb:

- Men: GU (kcal/day) = 1 x kg body weight x 24
- Women: GU (kcal/day) = 0.9 x kg body weight x 24

Then once you have your BMR times this number by PAL (see chart)

Exclusively sedentary/lying down - 1.2

Exclusively sedentary, little or no leisure-time physical activity - 1.4-1.5

Predominantly sedentary, walking or standing in between - 1.6-1.7

Mostly walking or standing, moderate amount of sport - 1.8-1.9

Physically demanding (occupational) activities - 2.0-2.4

PROTEIN SOURCES

- LARGE WHOLE EGG
 - MEDIUM WHOLE EGG
 - LIQUID EGG WHITE (CARTON)
 - CHICKEN BREAST
 - CHICKEN THIGHS
 - TURKEY BREAST
 - TURKEY MINCE <3%
 - MACKEREL
 - WHEY PROTEIN
 - WHEY ISOLATE
 - CASEIN PROTEIN
 - FULFILL SALTED CARAMEL PROTEIN BAR
 - FULFILL CHOCOLATE PEANUT PROTEIN BAR
- LAMB <20%
 - RUMP STEAK
 - BEEF MINCE <5%
 - VENISON
 - PORK CHOPS
 - WHITE FISH
 - PRAWNS
 - SALMON (SKIN NOT EATEN)
 - SMOKED SALMON
 - MYPROTEIN PANCAKE MIX
 - SKYR YOGHURT
 - ARLA HIGH PROTEIN YOGHURT
 - LINDAHL'S KVARG YOGHURT
 - HECK CHICKEN BURGERS
 - HECK CHICKEN SAUSAGES
 - BERNARD MATTHEWS TURKEY SLICES
- SEA BASS
 - TINNED TUNA (SPRINGWATER)
 - TOTAL 0% GREEK YOGHURT
 - TOTAL FULL FAT GREEK YOGHURT
 - 0% COTTAGE CHEESE
 - FULL FAT COTTAGE CHEESE
 - LAMB LIVER
 - SIRLOIN STEAK
 - FILLET STEAK
 - RICHMOND MEAT FREE SAUSAGES
 - QUORN SMOKY HAM FREE SLICES
 - VEGGIE KEBAB SPICED
 - BERNARD MATTHEWS TURKEY PIECES
 - TURKEY BACON
 - BACON MEDALLIONS
 - HAM
 - PRECOOKED CHICKEN SLICES
 - TINNED TUNA IN BRINE
 - PLAICE
 - HEINZ BAKED BEANS
 - TOFU
 - MOUSSAKA
 - FINNEBROGUE UNSMOKED BACON
 - VEGETARIAN CHICKEN BUCKET
 - LINDA MCCARTNEY VEG SAUSAGES

CARBOHYDRATE SOURCES

- COUSCOUS
 - BROWN BASMATI RICE
 - RICE (COOKED WEIGHT)
 - MICROWAVE RICE (250G POUCH)
 - WHITE POTATO
 - SWEET POTATO
 - SWEET POTATO WRAPS
 - MCCAIN HASH BROWN
 - PIZZA EXPRESS VEGAN ARTICHOKE PIZZA
 - WARBURTONS BAGEL THINS PROTEIN
 - ENGLISH MUFFIN
 - TILDA PURE STEAMED BASMATI RICE
- TORTILLA WRAPS
 - OATS
 - GLUTEN FREE OATS
 - QUINOA
 - GENIUS GLUTEN FREE WHITE BREAD
 - BAGEL GLUTEN FREE (GENIUS)
 - JACOBS NATURAL RICE CAKES
 - JACOBS SEA SALT RICE CAKES
 - MISSION DELI WRAP
 - CRUMPET
 - AMOY MEDIUM NOODLES
 - PASTA OR SPAGHETTI
 - TILDA WHOLEGRAIN BASMATI & WILD RICE
 - GRANOLA
 - FAJITAS
 - BOLOGNESE SAUCE
 - BUN
 - RYVITA CHIA AND BUCKSEED
- JACOBS DARK CHOCOLATE RICE CAKES
 - JACOBS YOGHURT RICE CAKES
 - RICE KRISPIES
 - COCO POPS
 - LENTILS
 - EDAMAME SOYA BEANS
 - KIDNEY BEANS
 - WARBURTON'S BAGEL THINS
 - FLATBREAD
 - WEIGHT WATCHERS WRAP
 - WARBURTON'S WHOLEMEAL MEDIUM BREAD
 - ACTIVIA LOW FAT YOGURT VANILLA & GRANOLA
 - OATCAKES
 - APPLE
 - BANANA
 - BLACKBERRIES
 - BLUEBERRIES
 - CRANBERRIES
 - GRAPEFRUIT
 - KIWIFRUIT
 - ORANGE
 - PINEAPPLE
 - RASPBERRIES

FAT SOURCES

- PEANUT BUTTER (WEIGHED)
- ALMOND BUTTER (WEIGHED)
- WALNUTS
- CASHEWS
- ALMONDS
- PECANS
- OLIVE OIL
- COCONUT OIL
- AVOCADO
- BUTTER
- LINDT 70% DARK CHOCOLATE
- CHEDDAR CHEESE
- REDUCED FAT CHEDDAR CHEESE

ALCOHOL SOURCES

- CHAMPAGNE 90KCAL
- LIGHT BEER 120KCAL
- VODKA SODA 100KCAL
- WINE 175ML GLASS 130KCAL
- GIN AND TONIC 140KCAL
- REGULAR BEER 239KCAL
- MARTINI 170KCAL
- MOJITO 200KCAL
- MARGARITA 240KCAL
- WHISKEY/SPIRIT AND DIET COKE 60KCAL
- MIXED FRUIT CIDER 330KCAL
- PORN STAR - 224KCAL



SETTING YOURSELF UP FOR SUCCESS

1 TRACK YOUR CALORIES:

Now you know how many calories you need to consume each day to achieve your fat loss goals initially, you need to monitor your intake.

Step 1 - Download "MyFitnessPal" onto your phone.

Step 2 - Go to "Settings", then "Goals" and input your calorie target from above.

Step 3 - Whenever you eat, weigh your food and log it into MyFitnessPal and try to hit your targets each day. If you stick to the target, you will lose weight.

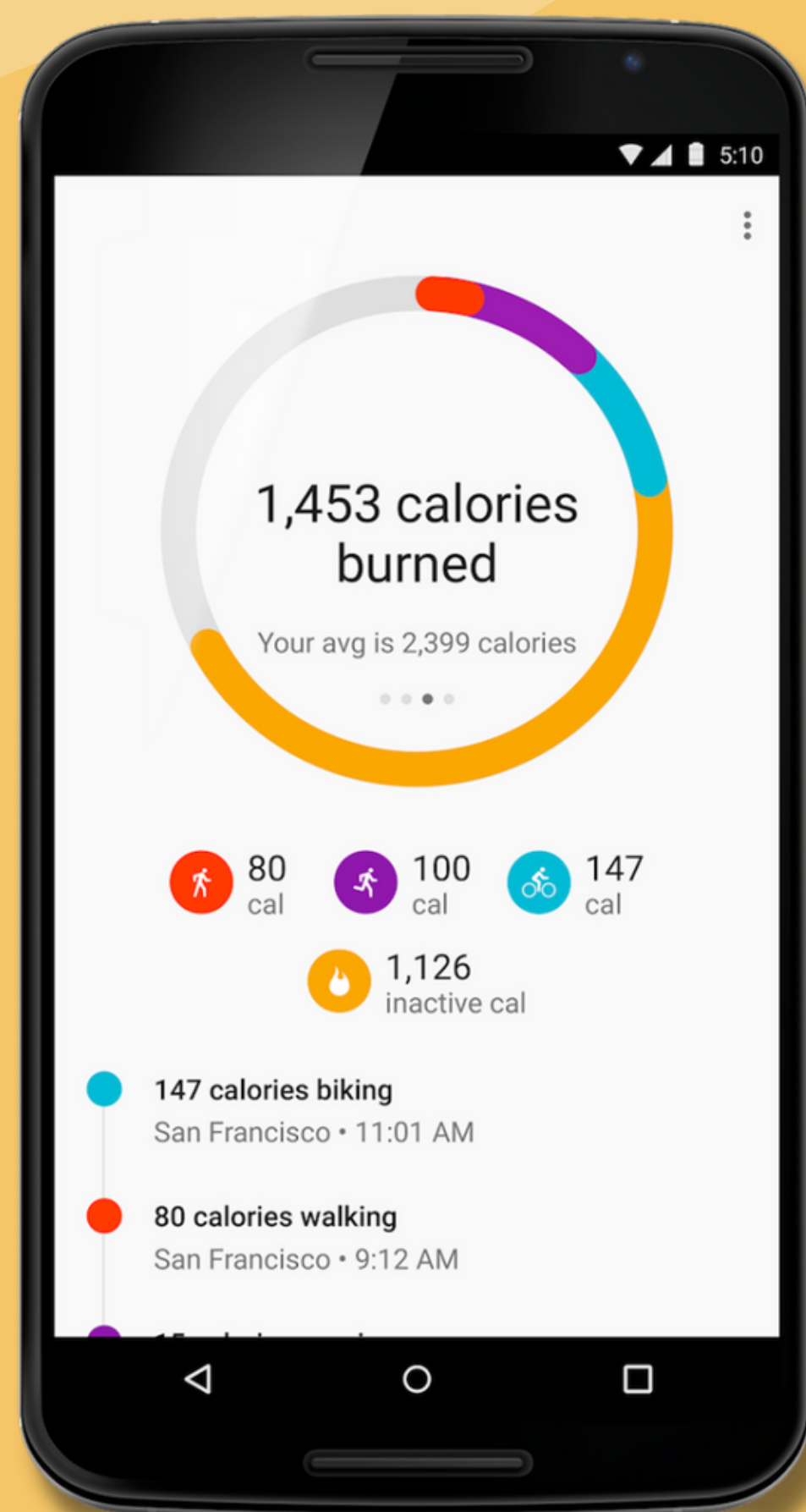


GIVE YOURSELF A "BUFFER":

If your calorie target is 1600 from the above equations, transform this into a range.

Try to hit 1400-1700 a day. If you aim for just 1600 each day, you are walking on a tightrope, if you go under you did good, if you went over you did bad.

Take away that added stress by giving yourself a range to hit, that way you won't feel guilty if you don't hit the exact number and you will still hit your goals



3 FACTOR IN WEEKENDS:

Work out a weekly calorie target to allow yourself social events out without derailing progress or feeling guilty about what you've eaten so you get to enjoy life. If your target is 1600 a day, work out 7 days worth $1600 \times 7 = 11,200$ calories per week.

Now, if you know at weekends you like to socialise and enjoy things a little bit more, plan ahead and reduce your weekday calories so you can enjoy the weekends whilst staying in your calorie deficit. This means your bank account calories for the week is 11,200.

You can split this up however you like. You may decide Monday-Friday you eat 1300 calories a day which means over 5 days you have eaten 6,500 calories out of your 11,200 allowed. This means on Saturday and Sunday you have 4,700 calories left.

So days you are socializing more (Saturday and Sunday) you can have 2,350 calories instead of 1600 which allows greater flexibility to enjoy the foods you love and have some drinks whilst still making progress and not feeling guilty!

SUMMARY

- Times your daily calorie target by 7 to work out a weekly target
- Plan ahead for your weekly events and borrow/lend calories according to your Calorie Bank account you have just worked out
- Look at the bigger picture by looking at things over a weekly and monthly
- schedule rather than daily

SIP SIP

- Drink 1 litre of water per 25kg of bodyweight as a minimum each day.

HIGH PROTEIN DIET

- Protein – Protein should amount to around 30% of your total calorie intake each day.

MOVE MORE

- Try and move around and walk more throughout the day.
- Simple things like walking 10,000 steps per day can add an extra 500 calories burnt to your day in under an hour.

RESISTANCE TRAIN

- • Try to workout 3-4 times per week for around 40 minutes to focus on building muscle.
- The more muscle you have, the more calories you will burn with each movement and at rest, which will ultimately make fat loss far easier for you in the long run.





**START YOUR
JOURNEY TODAY!**

[CLICK HERE](#)