

LES MILLS



YOUR SMART START

Fitness Guide

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“Your path to long-term fitness relies on starting slow, building steadily and enjoying it.”

— Dr. Jackie Mills MD

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WELCOME

Ready to start your fitness journey?
This guide will help make the road smooth and successful.

All too often, people start exercising with great intentions, only to drop out a few months later. It often comes down to three factors:

- No fun
- No time
- No connection

LES MILLS is here to help you understand the science behind motivation so you can move past these obstacles to find long-term fitness success.

You can expect...

- A guide to goal setting and tracking
- Workout suggestions
- A template for your workout plan
- Nutrition and rest support

This is the ultimate way to get into a great routine without a huge time commitment.

Let's do it!



THREE SECRETS TO A SMART START

Enjoyment

When you start out it's more important to focus on enjoying your workouts than worrying about how hard you're working. Look for exercise options that are fun and feel good. Remember to focus on what you can do – not what you can't.

Routine

Get into the habit of working out by starting off slowly, and actively manage the duration and intensity. Trying something new can be intimidating, so make use of digital fitness options to build confidence. When you stick with it, exercise soon becomes as automatic as brushing your teeth.

Social Support

Adding social elements to exercise is important. Training with a friend, joining an online support group or attending group fitness classes is a great way to reinforce your new habit.



TICK OFF THESE KEY THINGS

1 Congratulate yourself for taking this first step!

2 Check out the goal section and have a go at setting your own.

3 Try your first workout – you'll find some fun exercise suggestions in this guide.

4 Read through the nutrition support and start thinking about the foods that work best for you.

5 Read the information about recovery and start making time for restorative activities.

SET YOUR GOALS

Goal setting is key to staying on track and achieving your goals. Make sure your goals are **SMART**;

- **Specific**
- **Measurable**
- **Achievable**
- **Realistic**
- **Timebound**

We recommend starting off by setting a goal that will help you form a habit. For example, “I want to get up early three times per week and work out for 30 minutes, and during the weekend I’ll go for a walk”.

What if you skip a workout?

Don’t worry about it! There’s no need to make up the time by fitting in an additional workout. The most important thing is to get back into the flow and keep enjoying yourself.

Is weight loss a good goal?

It’s more important to track how you feel than what the scales say. Healthy habits happen when you feel good physically and emotionally. If you would like to weigh yourself, do it once a week, at the same time of day. But be aware that there are lots of factors that influence body weight and scales aren’t the best indicator of success.



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TRACKING GOALS

It's a good idea to break your goal into weekly blocks. Print out the six-week goal planner and ahead of each week write down what you want to work.

Be honest about how you are feeling before and after exercise. Share with like-minded friends and reflect regularly – this will boost your chances of success.



MY SIX-WEEK GOAL PLANNER

WEEK 1	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	
WEEK 2	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	
WEEK 3	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	
WEEK 4	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	
WEEK 5	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	
WEEK 6	Goal:	
	Activities Completed:	
	Check-in: How do you feel?	

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FIND WORKOUTS THAT YOU ENJOY

While exercise isn't restricted to the gym, there are some hugely popular classes that are worth trying when you're starting out. All are available in-club via live or virtual, or at home via the LES MILLS+ app.

Try online workouts

If a live group class doesn't appeal, ask about your club's digital workouts, or use the LES MILLS+ app to access a range of short beginner workouts with low impact options.

And don't forget – you don't have to do a full class. Feel free to leave when you feel like you've done enough.

Gradually adding duration to your workouts will have you doing full classes in no time.

CARDIO

Great for endurance and heart health.

BODYCOMBAT™

High-energy, martial arts-inspired, non-contact workout where you punch, kick and strike your way to fitness.

FLEXIBILITY

Reduces chances of injury and increases mobility.

BODYBALANCE™

Yoga-based class that will improve your mind, body, and your life. It will strengthen your entire body and leave you feeling calm and centred.

STRENGTH

Training builds lean, athletic muscle and improves bone health.

BODYPUMP™

Full-body weights workout that is for anyone looking to get strong and confident – fast.

LES MILLS CORE™

Exercises the muscles around the core of your body, providing the vital ingredient for a stronger body.

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FOLLOW A PLAN

Take control of your workouts by planning a fun schedule that you enjoy.

Schedule your workouts in one-week blocks, the same way you would an important meeting. The best time to do the workouts is whenever works best for you – this will help you be consistent.

You can do the workouts either live at your club or online. If you need some workout inspo, check out the schedule (page 11) of a newcomer who likes cardio and stretching.

Design your own plan

Now have a go at designing your own plan (page 12). It's a great idea to print this page and use it to tick off your progress – it will help you stay on track!



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOAL:

Get up early three times per week and work out for 30 minutes, and during the weekend go for a walk.

WEEK	1	FLEXIBILITY E.G. YOGA ON LES MILLS+	CARDIO E.G. SH'BAM ON LES MILLS+			OUTDOOR WALK	
WEEK	2	FLEXIBILITY E.G. BODYBALANCE LIVE OR ON LES MILLS+		CARDIO E.G. BODYJAM LIVE OR ON LES MILLS+		OUTDOOR WALK	
WEEK	3	FLEXIBILITY E.G. BODYBALANCE LIVE OR ON LES MILLS+	CARDIO E.G. BODYCOMBAT ON LES MILLS+			OUTDOOR WALK	
WEEK	4	FLEXIBILITY E.G. BODYBALANCE LIVE OR ON LES MILLS+		CARDIO E.G. BODYCOMBAT ON LES MILLS+		OUTDOOR WALK	OUTDOOR WALK
WEEK	5	FLEXIBILITY E.G. BODYBALANCE LIVE OR ON LES MILLS+		CARDIO E.G. SH'BAM LIVE		OUTDOOR WALK	OUTDOOR WALK
WEEK	6	FLEXIBILITY E.G. BODYBALANCE LIVE OR ON LES MILLS+		CARDIO E.G. BODYJAM LIVE		OUTDOOR WALK	OUTDOOR WALK

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JOIN A COMMUNITY

There's no doubt that some days will be tough, but science shows that you're much more likely to stick with regular exercise if you have support around you.

Partner up with a friend, follow your club Facebook page, or join the LES MILLS+ group – it's where you'll find plenty of motivation and expert advice.



THINK ABOUT YOUR NUTRITION

How's your relationship with food going? Have you ever explored the type of eating that works best for your body?

There aren't any hard and fast rules around diet while training – everybody responds differently to food. What's important is to bring awareness to what you're eating so that you make choices that leave you feeling good, happy, satisfied, and energized.

Some starting steps

- Eat lots of fruits, vegetables, whole grains, and low-fat dairy products.
- Include lean meats, poultry, fish, beans, eggs, and nuts in your diet.
- Minimize refined sugar and alcohol.
- Limit saturated fats, trans fats, salt, and added sugar.

When exercising

- Make sure you hydrate before working out.
- Learn what food gives you energy e.g. many people prefer a meal of complex carbohydrates about 1-2 hours before training.
- Try to eat a small meal within 30 minutes of completing your workout that includes both carbohydrates and protein.

Want some extra nutrition guidance?

Head over to LES MILLS+ and check out the Les Mills Fuel Reset, it's a six-week guided learning experience with weekly focuses, recipes, a nutrition journal and tips and advice.

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REST AND RESTORE

The true benefits of exercise take place when your body is in recovery. So, you must rest between workouts and have at least one rest day per week. Insufficient recovery can reduce the effectiveness of your training.

Here are some great holistic activities to consider:

BODYBALANCE

This new generation yoga class will improve your mind, body, and your life. It will strengthen your entire body and leave you feeling calm and centred. You can experience BODYBALANCE in-club via live or virtual, or at home using LES MILLS+.

LES MILLS WELLNESS™

Calming practices such as breath training, meditation and yin yoga are the perfect complement to your physical workouts. Start experimenting with these different practices by adding some sessions to your weekly routine – it can make a remarkable difference to your sense of wellbeing. LES MILLS WELLNESS is exclusive to LES MILLS+.

LES MILLS STRETCH

A carefully curated combination of equipment-assisted stretching designed to increase your range of motion and relax your muscles. This workout is exclusive to LES MILLS+.

FINAL CHECKLIST

Five things you need to start a happy, healthy relationship with exercise:

1 Find workouts that you love.

2 Plan your exercise.
Plan in one-week blocks, but don't worry if you miss a workout!

3 Start slow.
Take options to modify intensity and impact.

4 Find a workout buddy.
Be accountable by encouraging a friend or partner to join you.

5 Reflect regularly.
Take note of achievements and think about what you want to work on in the week ahead.

DISCLAIMER:

Consult your physician or a medical professional before starting a workout plan and follow his or her advice. If you choose to exercise, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury, particularly if you have a history of health problems or any previous injuries. Do not follow this plan if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back and neck) problems or injuries. Read and follow all safety guidance provided as part of the guide.

If you are injured, we recommend consulting a medical professional before starting exercise. We don't recommend starting anything new if you are pregnant. While exercising during pregnancy can be beneficial for you and your baby, pregnancy is not the time to strive for new fitness goals or increase exercise intensity.