



# THE RESET GUIDE

A step-by-step guide  
to help get you started or restarted.

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LIFT BY LEANNE

# Hello and Welcome!

Welcome to the LIFT Reset Guide!

Congrats on taking the step to get focused on your food and fitness goals.

This little guide has been created for you for a point or points along the way when you feel you might need a little reset to refocus on your goals and give you a little LIFT!

Are you ready? Let's GO!

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# THE RESET GUIDE

## INTRODUCTION TO THE RESET GUIDE

- Starting the reset
- Focusing on Fitness
- Focusing on Food
- Track Your Progress
- Your Workout space
- Building Small Daily Habits
- Aiming for Consistency

# THE RESET GUIDE

## Starting the Reset

**Keep it simple - we don't need to overcomplicate it .**

Depending on your goal, your lifestyle - everyones workout week and food intake will look different. It's important to remember that. It's totally fine to take inspiration from this guide as well as from all the content around us daily but important to realise that carving out a lifestyle that works for YOU is the ultimate goal.

Lets focus the reset on the next 4 weeks. There is no “right” way to do it . It's Important you start off knowing what you want to achieve from the next 4 weeks. Be realistic with your expectations and don't over complicate it.

On the next page you will see a sample of what we recommend for the coming weeks along with how to balance everything and enjoy all life has to offer .

Don't bombard yourself or get stressed out about the finish line we have set. This is just the RESET phase and realistically when adopting a healthier and lifestyle there really shouldn't be a finish line at all. This isn't a quick fix or strict phase. It's the beginning of a lifestyle change. A gift to your body and mind - and the road towards becoming the best version of you.



## VALUES

Before jumping straight into this Reset Guide, it's important that you sit and take time to be clear on your values right now. Your values may change over time and that's absolutely ok. We recommend you buy a little notebook/journal for these few weeks to keep all your thoughts together. Start with writing out a list of your current values. Here are some examples:

- Health
- Family
- Work
- Fitness
- Spirituality
- Friends

Your values can literally be anything. They are yours. They are the things most important to you. Being clear on your values and enjoying the actions required to align with them is important. Identifying your values will go a long way towards helping you to focus and understand the things that are important to you and need to also find space in your life.

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## BEHAVIOURS

Now you have set your values, it's time to check that your behaviours are aligning with them. Are you acting and behaving as the person you want to be.

For example if one of your values is good health - are you doing all you can to support that?

When we clearly know our values, it helps us to become more aware of our behaviours. Sometimes we tend to not notice and are wondering why we aren't seeing results or progress.


Take out that journal and list the behaviours you think contribute to your values and the ones that maybe go against them.

## HABITS

Our habits go a long way towards making us who we are. Over the next few weeks we want to try to build new healthy habits daily to support our values. As a little exercise pick 1 -3 small daily habits that you could start to incorporate in this RESET phase.

Some habits that you could focus on creating:

- A daily time to exercise - commit to daily movement, be it LIFT classes, a run outside or simple steps.
  - A daily time to read, or even listen to some of an audiobook.
  - Time for meditation or yoga in your week
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Remember, your values, behaviours and habits play a HUGE role in your day to day life. Being fully aware of what they are (at this time) will go a long way towards success in this RESET phase.

Most of us know what values might be, but have you sat and thought and wrote down each one. Have you looked at behaviours in your life surrounding them? Have you implemented habits to support them?

Take a few moments now to have a little brainstorm of your unique situation and become empowered with the knowledge you need to get started.

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## Focusing On Fitness

For the course of the RESET we are recommending a minimum of 3 workouts per week. These can be any classes on the LIFT subscription or perhaps include a run or swim.

Here are some FITNESS GUIDELINES we recommend for the RESET phase:

### **Beginner**

2 Workouts a week + 5,000 steps a day

### **Intermediate :**

3-4 Workouts a week+ 8,000 steps a day

### **Advanced:**

4-5 Workouts a week + 10,000 Steps a day

These are just examples and NOT set in stone. Use your journal to also track your workouts, how many you completed and how you felt after each exercise session.

Remember the LIFT platform offers you a choice of hundreds of workouts. Each class allows you to follow along with the instructor and complete a full workout in timeframes ranging from 10 minutes to 45 minutes. We really do have all your fitness needs covered. So all you have to do for this RESET is commit to your classes weekly and ensure you get them done.



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## Focusing On Food

### MY FITNESS PAL

Whether you are choosing to count calories or not - we would like recommend to download the MY FITNESS PAL app. For the period of your RESET we simply want you to make the best choices you can using foods you like and enjoy. By using the MY FITNESS PAL app you can quickly learn the quality of the foods you reach for, their macronutrients and their calories. In doing this for a few weeks, you will possibly encounter most or all of the foods you tend to reach for on an every day basis and therefore will get a greater understanding of how they are supporting your goals.

Here at LIFT we don't provide meal plans - because quite simply, we would rather you choose foods you enjoy. However if calculating your macros is something you'd like to try, then take a look at our ["Calculating Your Macros"](#) Guide (here in our GUIDES section) by LIFT trainer Claire Byrnes.

### Drink Plenty of Water

Aim to drink 2 Litres a day.

**TOP TIP** Why not treat yourself to a fancy new water bottle to help you easily keep track of your intake.

# SAMPLE FOOD LIST

As we mentioned - providing meal plans is not something we tend to like to do here at LIFT. Instead we want to give you ideas to create a menu that you love! Here we have included a simple food list/shopping list and also a sample menu that you might find inspiration in. Don't forget there are also Breakfast, Lunch, Dinner and Snack recipes in the FOOD section of our Members Zone.

PROTEIN	FAT	CARBOHYDRATE	FREE FOODS
Chicken	Avocado	Sweet Potato	Broccoli
Turkey	Seeds	Quinoa	Onion
Minced Turkey	Nut Butter (no added Sugar)	Wholegrain Rice	Garlic
Haddock	Raw Nuts	Basmati Rice	Asparagus
Salmon	Olives	Couscous	Cauliflower
Tuna (fresh or tinned)	Olive Oil	Wholewheat Pasta	Peppers
Crab	Coconut Oil	Potatoes	Mushrooms
Lobster	Oily Fish (salmon)	Bread	Spinach
Shrimps, Prawns	Chia Seed	Rice Cakes	Kale
Hake, Halibut		Corn Cakes	Celery
Lean Steak		Fruit	Courgette
Eggs		Root Vegetables	Cucumber
Turkey bacon			Lettuce
Lentils			Chilli's
Beans, kidney beans			Aubergine
Chick Peas			Peas
Hummus			Tomatoes
Cottage Cheese			Cabbage
Greek Yogurt			

# SAMPLE MEAL PLAN

## BREAKFAST IDEAS:

- 1: Omelette (1 Full Egg+2 Egg Whites) cooked with FREE FOODS
- 2: Scrambled Eggs (2 whole Eggs) and 1/2 Avocado
- 3: Steak (lean) + 1/2 Avocado + Spinach
- 4: Protein Smoothie
- 5: Porridge Oats with toppings
- 6: Wholemeal toast and 2 Eggs
- 7: Wholemeal Bagel with bacon medallions, 1 egg, Spinach and tomato.
- 8: Fresh Fruit and Greek Yoghurt

## LUNCH IDEAS:

- 1: Free Foods salad with protein source + Greek Yoghurt dressing
- 2: Egg white Omelette with Free Foods + 1/2 Avocado
- 3: Leftover dinner!
- 4: Sandwich/wrap with protein source + and free foods

## SNACK IDEAS:

- 1: Protein powder and yoghurt
- 2: Green Tea + 1 piece fruit + Handful raw nuts (optional in the case of nut allergies)
- 3: Low Sugar Protein Bar (see info at end of leaflet)
- 4: Greek yoghurt and fresh fruit
- 5: Corn Cakes/Rice Cakes with Almond butter and 1/2 banana OR Humous

## DINNER IDEAS:

Protein Source + Healthy Carb + Vegetables |

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## Tracking Your Progress

### HOW TO TRACK YOUR PROGRESS WEEKLY:

There are three simple tools you can use to track your progress throughout the course of your RESET. Keep data in your journal with a date stamp each time you collect it.

#### 1: Weigh In

We are all aware the scales is not the be all and end all for meeting goals, but it is a handy tool. If you feel like taking a little record of a weigh in weekly, do so and record it in your journal. But if you are inclined to get hung up on the idea of weighing in, please don't. It doesn't tell the full story, and no one should feel defined by a number.

#### 2: Measurements:

Taking body measurements is also a very motivating tool. Three simple measurements are:

Waist - passing the tape over the belly button

Hips - passing the tape around the widest point of the glutes

Bust - passing the tape over the nipple line

#### 3: Progress Pictures

You can also opt to take BEFORE and AFTER images.

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## Your Workout Space

When trying to get motivated at home, it can be tough to have a space without any distractions. Here are our top tips for your home workout space.

### Set up your space

Whether it's in the sitting room, the spare room, the garage or the attic – if you are serious about making home workouts a part of your routine, it's vital that you choose the space you will use wisely. Make it the “workout zone” for the time you choose and set it up with everything you need. You want to be able to have a space that you like- no one wants to workout in a cramped, dark corner! Pick a room, maybe a spare room, where you will be able to move a few things around to make a designated workout zone for yourself.

### Invest in Creating an Atmosphere

After you have chosen the space it's time to create a great workout atmosphere. Think about what inspires you most when working out and mimic it. A fresh coat of paint or some cool posters or pictures are just small things you can add to your space to motivate you to use it more. Sometimes actually - SPACE - is all that you need. A space that is enjoyable to be in will really motivate you to get through your workouts. If you're doing a gentle class like yoga or pilates – get an essential oil diffuser or a candle to set the tone. If you are taking part in a more energetic class – get yourself a nice speaker to hear the music or even a TV to cast the workouts to a bigger screen.

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## Your Workout Space

### Keep it Warm and Clean

Another small tip is to keep that space tidy and warm! Yes you're sure to warm up pretty fast with a workout but it can be off putting to have to start if you're feeling the chill! Similarly – you will be more inclined to get in the zone to workout if you are using a space that is tidy and prepared.

Investing in some storage boxes where you can store your equipment when not in use is also a great shout! Easily taken out to set up and just as easy to tidy away once you're done.

### Invest in Equipment

It may be daunting thinking about all the equipment you will need and the amount of money you will spend. But the good news is you don't have to break the bank to successfully stock up on home workout essentials. Start small with a mat, a few options on dumbbells (a lighter set and a heavier set) and maybe some resistance bands. You can always build from there. A few places that stock great home workout equipment are McSport Apollo Fitness , Fitness Equipment Ireland, and D8 Fitness.

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## BUILDING SMALL DAILY HABITS

### Commit to a Timeframe

One of the proven ways to help a new habit to stick is to, instead of thinking about keeping the habit for a whole year, commit to a time frame taking one day at a time. If you think too far ahead, you might burn yourself out just by thinking about it. This 4- week reset is perfect to help you kickstart your motivation.

### Stay Consistent

The more consistent your habit the easier it will be to stick. If you want to start exercising, try going at the same time, to the same place. When cues like the time of day, place and circumstances are the same in each case, it is easier to stick to.

### Do it for Yourself

Don't worry about all the things you "should" have as habits. Instead, choose your habits that support your goals and the things that motivate you. There will always be a million reasons not to do something; but when you do something for yourself, then there will be no reason not to do it.

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## BUILDING SMALL DAILY HABITS

### Take Baby Steps

The danger of relying on motivation alone to form a new habit is that you don't have a backup plan for when you're not in the mood. Really, the only way to make a habit stick is to turn it into automatic behaviour. You can do this by taking baby steps! The idea here is to create a micro-commitment where it's impossible to fail. It's more important to stay consistent and not miss a day to hit a specific milestone! This is why taking it a day at a time is so important; not only will it take you out of the big picture so you don't overwhelm yourself, it will help you pace yourself and build you up to the goal you want!

### Plan A Reward

You are far more likely to stick to a new habit if it is rewarding or satisfying. In some cases your "why" might be enough but it won't hurt to put a little reward in place.

After 30 days of doing {habit} I will treat myself to {reward}.

Take a few moments now to think about the habit you are introducing and apply some of this advice to them.



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## AIMING FOR CONSISTENCY

### Work on Increasing Your Willpower.

If we could bottle and sell willpower it would be a very good business! Willpower requires daily effort. When it's cold and rainy, getting out for the steps might seem like more of a chore. Set short term goals and take it one day at a time.

### Get Plenty of Sleep

With different schedules this is harder to achieve for some. But prioritising your sleep when you can is important. Put the phone down, don't take it to bed and avoid the endless hours of scrolling we can fall into mindlessly instead of catching some zzzzzz's . Being well rested massively contributes to your ability to stay consistent with your goals.

**TOP TIP** Place an "App Limits" timer on your phone which limits the amount of time you can spend on certain apps or a "Downtime" daily which won't allow you use the phone during certain hours.

### Give Yourself Time to Change Your Mindset.

Change won't happen overnight so don't beat yourself up if you dance forwards and backwards a little. Take this time to work on you and keep coming back to it if you need to.

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## A FINAL WORD

We hope you've managed to take some inspiration from this guide at a time where you might need a little pep in your step.

Remember, we all need a little reset from time to time. And while these tools might not be new to you, maybe a gentle reminder of the basics is all you need to get you back on track and feeling 'YOU' again.

A little LIFT in the right direction.