

## Important Health & Safety Disclaimer

Please read this carefully before you begin any physical training or change your nutrition.

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- **This is guidance only:** This programme is a generalised guide for a healthy, balanced lifestyle. I'm a qualified personal trainer, but these workouts and nutrition notes **do not** form a personalised diet or training plan.
- **Your health is your responsibility:** All exercises, food notes, and breathing techniques are suggestions. They do not take into account your personal medical background, past injuries, allergies, current physical restrictions, or health conditions.
- **Get professional advice:** If you need a personalised nutrition or fitness plan tailored to a specific health condition, you must consult a medical specialist or doctor first.
- **Baseline fitness:** This plan assumes you're in relatively good physical health. It assumes you have no current injuries and no ongoing problems with your joints, bones, muscles, or internal physiology.

I respect your body, and I'll never pretend that a single downloadable programme can replace individual medical or personal training advice.

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## The Active Journey: Tuning Your Physical Instrument

### 1. What the Active Journey is About

The Active Journey is about making subtle, healthy changes to how you move your body and what you put into it. You cannot have a high-vibration life in a low-vibration body.

Each week, your physical training is linked directly to that week's mindset topic. This bridges the gap between your mental shifts and your physical training, helping you build discipline in both areas at once.

**Use Your Ultimate Life Plan:** Your personalised Ultimate Life Plan includes your fitness, health, and vitality goals. Make sure you use that master file alongside these Active Journey files to track your long-term vision.

## 2. Simple Home Workouts (Examples, Not Orders)

- ▶ **What to expect:** The home workouts in this programme are simple and similar. They change every now and again for a reason: to keep things manageable.
- ▶ **An example, not an order:** These routines are examples of what you *can* do, not what you *must* do.
- ▶ **Your Tracker:** You'll get an editable workout programme. You can delete my pre-written suggestions, write over them, and use the digital sheet to track your own reps, sets, weight, and recovery times.
- ▶ **Variety:** There are 3 different workout suggestions included to give you options.

## 3. Posture, Core & The Robot Rule

How you stand, walk, and carry your physical body is a direct reflection of your internal mindset. Because of that, we're going deep into correct posture and core stability:

- **Act like a robot:** This is one of those times when acting like a robot is celebrated. If you don't lock down your form, you'll cause yourself an injury, and that's the last thing we want.
- **'Wordy' Truth:** You'll have to put up with a few wordy descriptions of different stances and grip positions. My experience of working in a gym has seen how poor technique leads to all sorts of problems down the road if it isn't correctly established at the start.
- **The Catch:** Ultimately, I can't see what you're doing. I can't correct your form or give you a thumbs up from here. Hence the wordy descriptions.

A bit of humour is absolutely necessary when taking part in my programme. It's going to help you overcome the hard work you've decided to embark on. Good luck and get stuck in.

## 4. Science of the Session (My Training Principles)

Before and after every single physical session, I recommend following this process to protect your instrument (body):

- ▶ **Warm-Up:** Start with a short joint mobility warm-up and a light aerobic exercise to get your blood pumping. This lubricates your muscles and joints, preparing them for a higher-intensity load.
- ▶ **Cool-Down:** After the session, use a light exercise to bring that same energy back down. This slowly flushes out the toxins from lactic acid and prevents the dreaded DOMS (Delayed Onset Muscle Soreness).

## 5. Nutrition & The Toxic Audit Log

- **General guidance:** This is a generalised healthy eating guide. It's designed to give you insight into your options and help you make better daily choices.
- **No strict rules:** This is a guide for a balanced lifestyle. It gives suggestions and guidance to fuel your vision, but it is not a rigid, restrictive diet.
- **The Toxic Audit Log:** You'll also use a specific Toxic Audit Log to track and pull the plug on the negative substances and habits – like sugar, alcohol, smoking, scrolling or substances – that drain your physical energy and cloud your mental clarity.

## 6. Extra Support Files

Your Active Folder also contains additional tools to help you unwind, recover, and lower your stress levels (remember, stress blocks your ability to focus):

- ▶ **Breathing Techniques:** Simple exercises to clear your mind and alert your brain.
- ▶ **Muscle Relaxation at a Glance:** Quick guides to help your body unwind.
- ▶ **Progress Trackers:** Tools to support your physical momentum across the 12 weeks.

## 7. Joy of Movement: Mind, Music & Mr Blobby

The Active Journey is an addition to your main mindset and internal work. It's intentionally straightforward. The whole aim is to alleviate stress, get you active, and

help your mind and body focus on feel-good chemicals instead of the negative dopamine hits coming from less productive choices.

- **Your music choices:** If you can choose different music each time you exercise, that'll be great. But stay away from aggressive music that makes you want to fight someone. We're not in a war zone. If you're treating your workouts like you're about to go into battle, then you've missed the point of what this is for.
- **Drop the rage:** By all means, use music that inspires you. But anything that creates bitterness, resentment, or rage has to go. Instead, have a laugh with it.
- **Warm-Up Challenge:** For your warm-up tune, pick something from a children's cartoon or something silly you'd never usually listen to. Put your headphones on, if you're out and about and do your thing as instructed.
- **The Result:** I almost guarantee you'll struggle not to smile at how absurd it is in that moment. You'll be listening to Mr Blobby or a nursery rhyme while everyone else is in serious beast-mode around you.

Like I said – have a laugh with it. When the joy has gone from life, we must put it back in somehow. All I'm saying is try something you don't normally do, and then get stuck into your main workout.

## 8. Fuel, Habits & The Truth About Substances

Remember that you are what you eat. Everything we put into our body has an effect not only on our physiology, but our moods, our energy levels, and our ability to stay positively focused.

- ▶ **Reality of Substances:** I talk about substances in the toxic audit because they're a massive part of many people's daily or weekly lives. This is especially true when it comes to habits and how we handle stress or deal with a feeling we don't like.
- ▶ **Disclaimer:** I insist you read the **Moderation/Obliteration** file because it covers whether you need to seek professional assistance.
- ▶ **My Stance:** I'm not here to tell you to stop doing what you do. Nor will I say that it's fine and risk-free. Most of you will agree that substance issues aren't typically the root cause of our habits, and modern services are waking up to this fact.
- ▶ **A Fine Line:** I tread carefully with this subject from personal experience and learned knowledge. I advocate for professional support or intervention where necessary or appropriate, and this my friends, is a responsibility of yours.

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*I'm not here to judge. But I won't under any circumstance enable a bad habit that can lead to poor mental, emotional, or physical health – especially when my own difficulties almost killed me.*

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