



# MORE THAN FITNESS

## COACHING

### NEWSLETTER



NOVEMBER 2023

# ALL ABOUT FITNESS, NUTRITION, AND WELLNESS



In a world overflowing with fad diets and quick-fix workout plans, **More Than Fitness** is here to show you that fitness, nutrition, and wellness can be enjoyable, sustainable, and, **most importantly, tailored to you.** We're not just about looking good; we're about feeling fantastic and living your best life.

## What to expect in our newsletter

**Healthy Recipes:** Discover delicious, nourishing recipes designed to tantalize your taste buds while supporting your fitness goals. From vibrant salads to guilt-free desserts, we've got your cravings covered.

**Fitness Routines:** Whether you're a seasoned gym enthusiast or just starting your fitness journey, our workout routines and exercise tips will help you stay motivated and make progress. No fancy equipment required!

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**Announcements:** Stay in the loop with our upcoming classes, bootcamps, and challenges. Join our community of like-minded individuals, learn from experienced trainers, and sweat it out together.

**Educational Content:** We're not just here to tell you what to do; we're here to teach you why it matters. Dive into insightful articles, tips, and tricks that will empower you to make informed choices for your health.

**Community Engagement:** Connect with our growing community, share your progress, and celebrate your achievements. [Click here to join!](#)

And so much more!!!

[Click here](#) to subscribe to our  
monthly newsletter



## THE COMPLETE IN 3 RULE: A RECIPE FOR BALANCED NUTRITION

Nutrition is the cornerstone of a healthy lifestyle. What you eat directly impacts your energy levels, mood, and overall well-being.

A well-balanced diet not only nourishes your body but also reduces the risk of various health issues, including obesity, diabetes, and heart disease.

To kickstart your journey towards better nutrition, consider adopting the "Complete-in-3 Rule."

### So, what is the "Complete-in-3" rule?

The "Complete-in-3 Rule" is a simple and effective way to structure your meals for optimal nutrition.

It emphasizes the inclusion of three essential components in every meal: protein, healthy fat, and fiber.

Let's dive into each of these elements and understand how they contribute to your well-being.



### Protein: *Your body's building blocks*

Protein is crucial for maintaining and repairing your body's tissues, including muscles, skin, and hair.

It also plays a vital role in hormone and enzyme production, and it can help you feel full and satisfied, reducing the temptation to snack on unhealthy choices.

Good sources of protein include lean meats, poultry, fish, beans, and legumes.

By incorporating protein into your meals, you can:

- Boost your metabolism
- Enhance muscle growth and maintenance
- Support healthy weight management
- Feel more satiated and less likely to overeat

### Healthy Fat: *The Right Kind of Fuel*

Healthy fats are a valuable source of energy and support various bodily functions. They also aid in the absorption of fat-soluble vitamins (A, D, E, and K). Foods rich in healthy fats include avocados, nuts, seeds, olive oil, and fatty fish.

By adding healthy fats to your meals, you can:

- Promote heart health
- Reduce inflammation
- Improve brain function
- Feel more satisfied and less likely to crave unhealthy snacks



## **Fiber:** *Nature's Digestive Aid*

Fiber is essential for proper digestion and can help regulate blood sugar levels. It also contributes to a feeling of fullness, preventing overeating and aiding in weight management.

Fiber-rich foods include whole grains, fruits, vegetables, and legumes.

Incorporating fiber into your meals helps:

- Maintain stable blood sugar levels
- Promote regular bowel movements
- Lower cholesterol levels
- Support a healthy gut microbiome



## **Benefits of the Complete-in-3 Rule**

By adhering to the "Complete-in-3 Rule," you'll enjoy a wide array of benefits, including:

**1. Stable Blood Sugar Levels:** The combination of protein, healthy fat, and fiber in each meal helps regulate blood sugar levels, reducing energy crashes and cravings.

**2. Better Overall Health:** Nutrient-dense meals provide your body with the essential vitamins and minerals it needs for optimal functioning, which can boost your overall health and vitality.

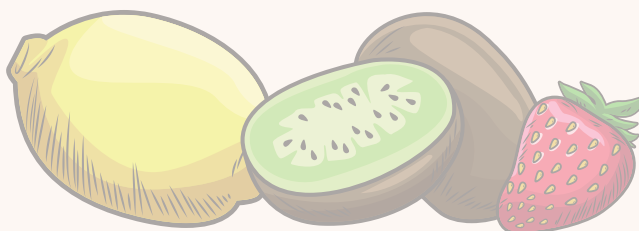
**3. Reduced Risk of Chronic Diseases:** Stable blood sugar levels are associated with a lower risk of chronic diseases such as type 2 diabetes, heart disease, and obesity.

Incorporating better eating habits into your life doesn't have to be complicated.

The "Complete-in-3 Rule" simplifies the process, ensuring that your meals are not only delicious but also nutritious.

By including a balance of protein, healthy fat, and fiber in every meal, you can enjoy stable blood sugar levels, better overall health, and a reduced risk of chronic diseases. Start today, and make your health a priority.

Your body will thank you for it!





## BREASTFEEDING AND WEIGHT LOSS

Breastfeeding is a beautiful and natural way to nourish your baby while also benefiting your own health.

For many new mothers, the question of how breastfeeding affects weight loss is a common one.

Let's explore the relationship between breastfeeding and weight loss and provide some helpful tips for achieving a healthy balance between nurturing your baby and your own well-being.

### Breastfeeding and Weight Loss

Breastfeeding is a fantastic way to help shed those extra pregnancy pounds. **Here's how it works:**

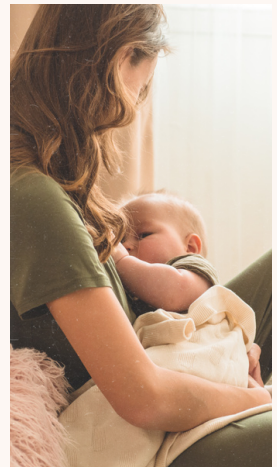
When you breastfeed, your body expends additional calories to produce milk and nourish your baby. On average, this can amount to 300-500 extra calories burned per day. This calorie expenditure can contribute to postpartum weight loss.

Breastfeeding stimulates the release of oxytocin, which helps your uterus contract back to its pre-pregnancy size. Additionally, breastfeeding can promote the balance of hormones like prolactin and estrogen, which can aid in weight loss.

Your body may use some of the fat stored during pregnancy to produce milk, leading to a gradual reduction in fat reserves.

### Tips for Maximizing Weight Loss While Breastfeeding

- It's crucial to consume a balanced diet rich in whole grains, lean proteins, fruits, fibre, and healthy fats (the complete in 3 rule). These foods not only nourish your baby but also support your overall health and energy levels.
- Staying well-hydrated is essential for milk production and can help control hunger. Aim for at least eight glasses of water daily.
- Opt for nutrient-dense snacks, such as Greek yogurt, nuts, or fruits, to curb cravings and maintain energy levels.
- Be patient and don't rush the process. Rapid weight loss can negatively impact milk supply and your own health. Aim for a gradual weight loss of 1-2 pounds per week.





- **Incorporate exercise.** After receiving the green light from your healthcare provider, introduce regular physical activity into your routine. Activities like brisk walking, yoga, or postpartum fitness classes can help you regain strength and boost your metabolism.
- **Sleep is crucial for weight loss and overall well-being.** Ensure you're getting enough rest whenever possible, even if it's in short increments.

Breastfeeding is a wonderful way to nourish your baby while also supporting your weight loss goals. By following a balanced diet, staying hydrated, being patient, incorporating exercise, and getting adequate rest, you can achieve a healthy postpartum body without compromising your milk supply or your well-being.

Remember, every mother's journey is unique, so consult with your healthcare provider for guidance tailored to your individual needs. Embrace this beautiful phase of motherhood, and take care of yourself both inside and out.



## DELICIOUS COMPLETE IN 3 SMOOTHIE

Creating a Complete in 3 smoothie is a fun and easy way to boost your daily nutrition because it ensures you get a balanced mix of protein, healthy fats, and fiber in one delicious drink. This three-component combination not only tastes great but also helps keep you full, energized, and satisfied throughout the day.



- 3 c. of spinach
- 1/2 c. of frozen blueberries or raspberries
- 1 scoop of protein powder
- 1/2 serving of hemp seeds
- 6-8 oz. of water or unsweetened vanilla almond milk

Blend and enjoy!

## HEALTHY ON-THE-GO SNACK IDEAS

Eating healthy on the go can be a challenge, but there are many nutritious snack options that are convenient and portable. Here are some healthy options to keep in stock.

- **Fresh Fruit:** Fruits like apples, bananas, oranges, and berries are easy to carry and require no preparation.
- **Mixed Nuts:** A handful of mixed nuts, such as almonds, walnuts, or cashews, provides a satisfying and healthy snack.
- **Greek Yogurt:** Opt for low-fat or non-fat Greek yogurt and add some fresh fruit, protein powder, or honey for extra flavor.
- **Hummus and Veggies:** Pre-cut vegetables like carrots, cucumbers, and bell peppers go well with a small container of hummus.
- **String Cheese:** Cheese sticks or cheese cubes are a good source of protein and calcium.
- **Hard-Boiled Eggs:** These are a great source of protein and can be prepared in advance.
- **Rice Cakes:** Top rice cakes with almond butter and fruit, avocado, or a small amount of cheese for a quick and easy snack.
- **Cottage Cheese:** Single-serving containers of cottage cheese can be a high-protein snack.



## CHALLENGES COMING UP

### 4-Week **Fit & Fab** Total Body Bootcamp

November 6th - December 4th

🌟 Get Ready for the Ultimate Transformation with the **Fit & Fab** Total Body Bootcamp! 🌟

Ladies, it's time to unveil your inner strength, embrace your power, and shine like never before! Welcome to the **Fit & Fab** Total Body Bootcamp- This 4-Week Bootcamp designed exclusively for women. This is your golden ticket to a healthier, fitter, and stronger you!

👩 **What's Included with the **Fit & Fab** Total Body Bootcamp?** 👩

🌟 **2x Weekly Virtual In-Class HIIT Workouts:** Sweat it out with our experienced trainer right from the comfort of your own space. No need to hit the gym; we'll bring the energy to you!

💪 **Your Workout Plan:** This ensures you're on the right track even outside of class, keeping you motivated and on the road to success.

🦋 **Weekly Challenges:** Test your limits, conquer new heights, and earn well-deserved bragging rights!

📋 **Levels & Modifications Cheat Sheet:** No matter where you're starting from, we've got you covered. Our cheat sheet will help you adapt and excel!

📊 **Fitness Results Tracker:** Watch your progress unfold as you work your way to a stronger, more confident you.

📏 **Measurement Tracker:** Track those inches melting away, one week at a time!



👩 **Private Facebook Group:** Join our exclusive community of inspiring women who will support and cheer you on every step of the way.

🍏 **Nutrition Tips:** Our program isn't just about workouts; we'll show you how to make nutrition work for you, ensuring lasting results!

**But that's not all;** you'll also have direct access to our trainer for all your questions, modifications, and ongoing support. We're here to help you from the inside and out!

Don't miss out on this incredible opportunity for personal growth, health, and happiness. The **Fit & Fab** Total Body Bootcamp is your chance to shine and become the best version of yourself. Are you ready to accept the challenge?

Registration is now open

You do not want to miss out! [Click here](#) to get notified when enrollment starts!



**FIT & FAB 4-WEEK BOOTCAMP**

DESIGNED EXCLUSIVELY FOR WOMAN OF ALL FITNESS LEVELS

REGISTRATION IS NOW OPEN

Based on our 3-point formula to get you focused inside of class and out! It combines virtual in class HIIT workouts, outside of class DONE-FOR-YOU workout plan, and nutrition based weekly challenges.

**STARTS: 11/6/23**

USE CODE **NWSL20OFF** FOR A 20% DISCOUNT



## 21-DAY SUGAR SHAKEDOWN CHALLENGE

☀️ Join the **Sugar Shake Down** Challenge! ☀️

Are you ready to kick sugar to the curb and unlock a healthier, more fabulous lifestyle? Say goodbye to the sweet stuff and hello to a better you with our 21-Day **Sugar Shake Down** Challenge!

🔗 **Purpose:** Let's uncover where sugar is holding you back from reaching your health goals and make a lasting change. No need to cut out all carbs – we're all about a low glycemic, nutritionally dense approach to eating for good!

### 🔍 The Challenge Breakdown:

**Days 1-7:** Become a Sugar Sleuth  
Uncover the hidden sugars in your diet, learn how to spot them, and understand their impact on your health.

**Days 8-21:** Follow the 14-Day Sugar Shutdown  
Transition away from sugar with expert guidance and support, making delicious, sugar-free choices.

**Day 21:** Step into Your New You  
Celebrate your achievements and embrace the fabulous new you!



### ☀️ What to Expect:

No need to give up sugar forever! Just commit to 3 weeks and watch how fantastic you look and feel.

Weekly group coaching and support to keep you motivated and on track.

Carbs included in your journey towards a healthier you.

Don't miss out on this life-changing opportunity to break free from the sweet stuff and welcome a more vibrant, healthier you.

Join our community of women on the same mission, and let's support each other as we transform our nutrition together!

Ready to say "sayonara" to sugar and "hello" to a fabulous you? Sign up now and let's embark on this exciting 21-Day Sugar Shutdown Challenge together! 🍌🍏🚀



### Your 21 Day Sugar Shake Down Challenge includes:

- Direct Access to our Trainer for all your Questions and Ongoing Support.
- Challenge Work Book
- Challenge Tracker Sheet
- Day 1-7 and Day 8-21 Success Cheat Sheets & Guides to help get set up for the tasks ahead
- Recipe Guide & Sample Meal Plan
- Getting Started Checklist & Goal Setting Workout Sheets



**CLICK HERE TO SIGN UP**  
**AND JOIN**





# ALL ABOUT FITNESS

Whether you're a seasoned fitness enthusiast or just starting your journey to a healthier you, we've got you covered.

**Here are some fantastic fitness tips to help you reach your goals:**

**Mix it Up:** Don't get stuck in a workout rut. Vary your exercises to keep things interesting and challenge different muscle groups. Try a new class, join our 4-week bootcamp, switch up your routine, or explore outdoor activities to keep fitness fun.

**Set Realistic Goals:** Setting achievable fitness goals is crucial for your motivation. Start small and gradually increase the intensity as you progress. Tracking your progress can help you stay on the right path.

**Prioritize Nutrition:** Remember, you can't out-exercise a bad diet. Fuel your body with a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Proper nutrition is the foundation of a successful fitness journey.

**Stay Hydrated:** Hydration is often overlooked but essential for optimal performance. Drink enough water throughout the day, especially before, during, and after your workouts.

**Strength Training:** Don't neglect strength training. Building lean muscle can boost your metabolism, improve your overall fitness, and help protect against injuries. Make sure to include it in your weekly routine.

**Consistency Is Key:** Results may not be immediate, but with consistency, they will come. Stay committed to your fitness journey, and you'll see progress over time.



# ALL ABOUT FITNESS

## TABATA TOTAL BODY WORKOUT

Tabata is an effective addition to a fitness routine due to its high-intensity, time-efficient nature. It involves short bursts of intense exercise followed by brief rest periods, promoting cardiovascular fitness, fat loss, and muscle endurance. Tabata workouts can be completed in just a few minutes, making them accessible for busy schedules, and they have been shown to boost metabolism and improve overall fitness levels when incorporated consistently.



Each exercise will be its own circuit/round! Each circuit you will do the exercise for 20 seconds rest for 10 and do that a total of 8x. Move on to the next circuit.

Total of eight circuits completed = 32 minutes. Make sure you start with a dynamic warm up and end with a nice cool down

High Knee Clap Under Knees

Russian Twist

Butt Kicks

Push Ups

Overhead Press

Squats

Lower Leg Lifts

Alternate Glute Bridge

**Warm up before each workout with 5-10 minutes of light cardio (e.g., jumping jacks, jogging in place).**

**Stretch for 5-10 minutes after each workout to improve flexibility and reduce muscle soreness.**

**Focus on proper form and technique to prevent injuries.**

Use resistant bands and weights to make the workout more challenging!

## ABOUT ME

My name is Tarah, I'm a certified Personal Trainer, Group Fitness instructor and Fitness, Nutrition and Wellness Coach.

I'm excited to share my story with you. With three amazing daughters, two adorable granddaughters, and a loving husband who's been my rock for 16 wonderful years, my life is full of beautiful moments that go beyond the surface- If there's one thing life has taught me, it's that we are so much more than our appearances.

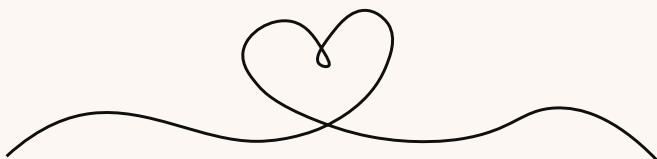
Let's dive into a little more of my story. From a young age, I've experienced the struggles of body image and weight management. As a pre-teen and into my early 20s, I was often labeled as "too skinny," leaving me battling accusations of having an eating disorder. The pain of those accusations cut deep and really messed with my mindset as a young woman. It was a time of confusion and frustration, as I desperately tried every avenue to gain weight, only to find nothing that worked.

Around the age of 24, a breakthrough arrived—I started gaining some weight, and for the first time, I began to appreciate the body I was in. But life had more surprises in store, at age 26, the greatest blessing of all arrived – my first daughter. As life bloomed within me, so did the numbers on the scale.

From there, I embarked on a rollercoaster of diets. The cycle of yo-yo diets became my reality, promising quick fixes but delivering short-lived results that took a toll on my health and mindset. It was in 2021 that I had an epiphany- Real change, the kind that lasts, isn't about drastic measures or overnight transformations. It's about embracing the power of small, consistent steps and trusting the process.

Through this incredible journey, I've uncovered a passion I never saw coming: fitness, nutrition, and overall wellness. The joy of discovering how our bodies can thrive when treated with kindness, ignited another fire inside me. And as I walked this path, I couldn't help but notice the incredible power of women supporting women. This realization led me to find my purpose—helping women embark on their health and wellness journeys, just as I have.

So, ladies, join me as we embrace the ups and downs, celebrate the victories and learn from the challenges. Together, we'll rewrite the narrative of health, weaving in self-love, empowerment, and lasting well-being. Remember, it's not just about fitness – it's about becoming the happiest and healthiest versions of ourselves.





## Getting Certified:

Are you passionate about fitness, nutrition, wellness, and ready to take your career to the next level? Whether you're aspiring to become a certified or would like to be more educated, Fit Chicks Academy has got the roadmap to your success.

[Click here to check them out!](#)



## Products I love and use daily:

Protein Powder: LadyBoss Lean  
[Check out this short video on why I love adding Lean into my daily routine.](#)

I love LadyBoss Lean protein powder for its unbeatable combination of taste, quality, and health benefits. Not only does it satisfy my sweet tooth with all the different desserts, shakes, and baked goods you can make with it, but it also helps me reach my fitness goals by providing a convenient and nutritious source of protein. With a blend of essential nutrients and a focus on supporting women's health, LadyBoss Lean is more than just a protein powder – it's a versatile, tasty, and empowering addition to my daily routine.

## Products I love and use daily:

Greens: [Clean Simple Eat](#)  
Collagen: [Clean Simple Eats](#)  
Pre Workout: [Clean Simple Eats](#)

I absolutely adore Clean Simple Eats (CSE) greens, collagen, and energy drinks for their incredible combination of health benefits and delicious flavors. The greens blend offers a quick and convenient way to boost my daily vegetable intake, providing essential nutrients and antioxidants. Collagen supplements have worked wonders for my skin, hair, and joint health, making me feel and look my best. And when it comes to their energy drinks, I can't get enough of the natural, sustained energy they provide without the jitters or crashes, great for a pre workout drink. CSE products have become an integral part of my daily routine, helping me achieve my wellness goals with ease and enjoyment.

Ketones: [Prüvit](#)  
Electrolytes: [Prüvit](#)

These exogenous ketones provide my body with a quick and efficient source of energy, helping me feel more alert and focused throughout the day.

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