

**Designed to work with you  
around your working day**



# **SAMPLE**

A simple 14-day exercise and nutrition plan  
that can easily be incorporated  
into your working day

**Daniel Gunning & Chris Packham**

## Sample introduction

This book has been specifically developed to get people moving more and feeling better in an office based environment by offering some basic nutritional advice and exercises to help combat the effects of a sedentary lifestyle.

We all want to get a bit fitter, lose weight and improve our general wellbeing but this is not always as easy as it sounds and life can get in the way. This book is designed to encourage you to make some small changes to your office lifestyle to help achieve those goals.

**FitIn50** will guide you through a simple exercise and nutrition plan that can be easily incorporated into your working day.

We hope that you enjoy the plan.

Chris and Dan

## Full book contents include:

- Office lifestyle and what is the solution?
- How FitIn50 works
- Nutrition and healthy eating - Five step plan
- 14-day exercise plan
- Exercises - Upper & lower body, cardio and mobility
- Walking plan
- Going forward

# Nutrition

Eat this, don't eat that...how many times have we heard this over the years?

It's always different stories from different people...don't eat sugar, cut down on salt, stay away from fats...oh actually...fats are good for you. What!?! Will someone make up their mind?

**So where do we start? With the FitIn50 plan we will focus on five simple and effective recommendations.**



## Sit to stand

Sit on the edge of your chair with your feet flat on the floor and hip width apart.

Fold your arms across your chest and push through your thigh muscles into a standing position.

Slowly return to the sitting position.

During this movement ensure that your knees stay in alignment with your feet.

## Shoulder press

Start with upper arms parallel to the floor and elbows at 90 degrees.

Slowly push your arms above your head and bring your hands together so they touch in the middle.

Hold this position for one second and then slowly lower your arms in a controlled manner to the starting position.



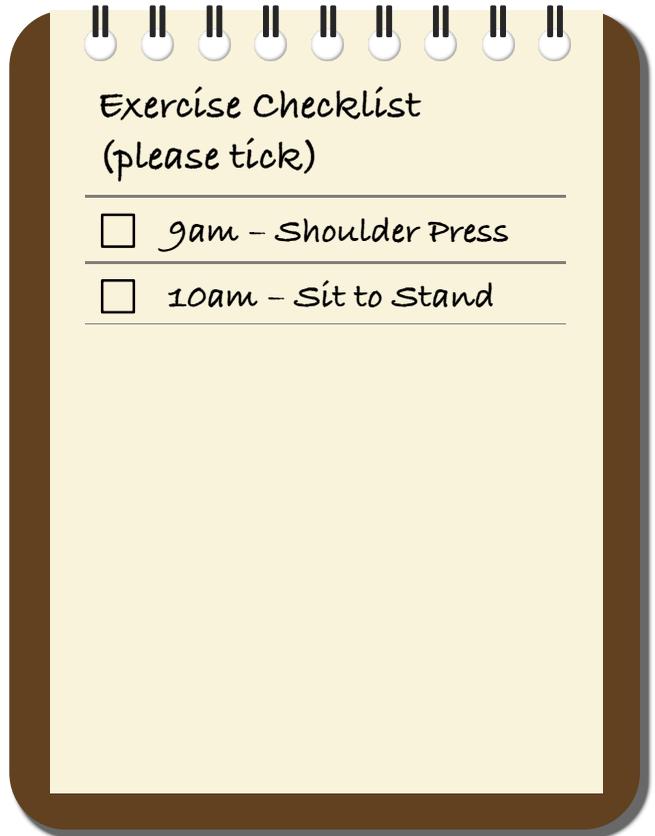
# Your work plan - Week 1



**Right then, here we go.**

It's the first day of your new plan.

Just keep an eye on the clock and spare just 50 seconds each hour to do your specific exercise.



## **Did you complete the 5-minute walk into work?**

Remember your walk into work is a vital part of the **FitIn50** plan.

Ensure that you alter your route into work to allow for the five minutes.