



KINETIC ENERGY

YOUR BEST / FOR LIFE

WELLNESS BOOKLET

A GUIDE TOWARDS OPTIMAL HEALTH

FITNESS / NUTRITION / WELLBEING



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OUR 3 CIRCLE PHILOSOPHY

FOCUS ON NUTRITIONAL, PHYSICAL AND EMOTIONAL WELLBEING.

ARE YOU READY TO MAKE A CHANGE?

**Kinetic Energy is changing people's lives daily.
I work with people wanting to make a
change, get fit and improve their outlook.**

Daz Stephens
Founder of Kinetic Energy

I started working with clients after recognising a formula that had worked in my own life. I now help others improve their quality of life through an honest and positive approach to wellbeing, allowing my clients to not just survive, but thrive!





WELLNESS

WHAT IS IT?

- **Wellness is a choice, a decision you make towards optimal health.**
- **Wellness is a way of life, a lifestyle you decide to lead and achieve, reaching the high point for personal wellbeing.**
- **Wellness is a process.**
- **Wellness is the development of awareness, that health and happiness are possible in each moment.**
- **Wellness is a positive acceptance of yourself.**
- **Wellness is the interaction between body and mind, the appreciation for all that we do, think, feel and believe, which has an immense impact on the state of your health.**





HABIT TRACKING

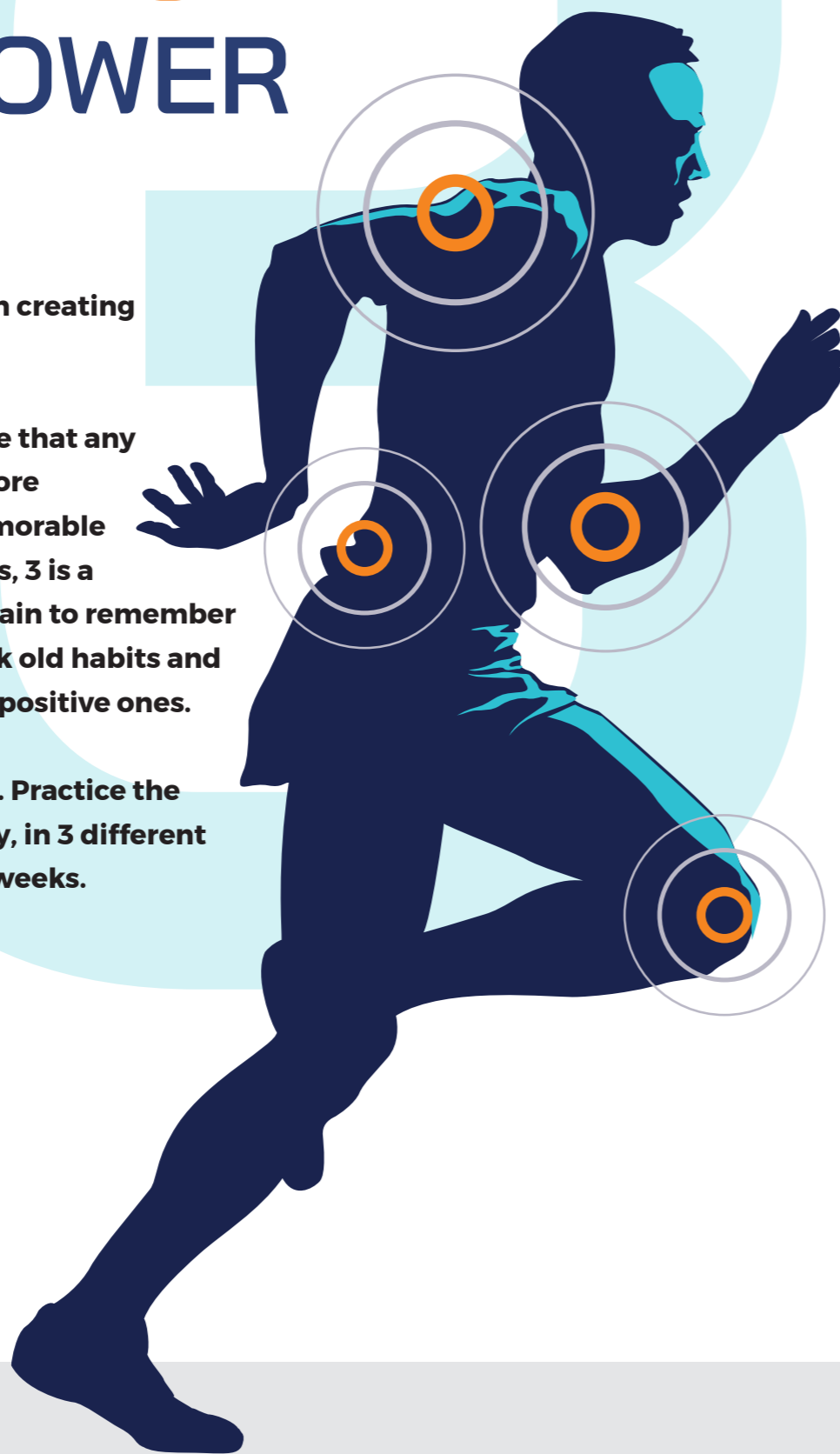
THE POWER OF 3

Why is 3 so important in creating new habits.

It is the proven principle that any message is stronger, more effective and more memorable when it comes in 3 parts, 3 is a good number for our brain to remember in order to help us break old habits and develop new and more positive ones.

So choose 3 new habits. Practice the 3 things, 3 times per day, in 3 different life areas, for at least 3 weeks.

LET'S GO FOR IT!



THE POSITIVE ROUTE TO WELLBEING

THE 5 STEP PLAN

1

CONNECT

With the people around you, family, friends or colleagues at work. Build new connections that will support and enrich you every day

2

LEARN

Try something new, ignite that old hobby, sign up to that new course, learn a new recipe. Setting a challenge will allow you to enjoy learning, increase confidence and reward yourself

3

ACTIVE

Step outside, go for a walk, cycle or swim. Activities such as gardening can be classed as a physical activity, it encourages us to be fit and mobile whilst enjoying the moment and reducing stress.

4

NOTICE

Be curious of your surroundings, notice the changing seasons, savour the moment whether at home or work. Being aware of the world around you helps you reflect & appreciate what matters.

5

GIVING

Do something nice for a friend or stranger, even a smile can make someone's day. Giving time to others and yourself can be rewarding and connects you to the community in which you live.

MONTH HABIT PLANNER



HABIT 1

DAY	1	2	3	4	5	6	7	8
	17	18	19	20	21	22	23	24

9	10	11	12	13	14	15	16
25	26	27	28	29	30	31	

HABIT 2

1	2	3	4	5	6	7	8	
	17	18	19	20	21	22	23	24

9	10	11	12	13	14	15	16
25	26	27	28	29	30	31	

HABIT 3

1	2	3	4	5	6	7	8	
	17	18	19	20	21	22	23	24

9	10	11	12	13	14	15	16
25	26	27	28	29	30	31	

LIFESTYLE NUTRITION

HOW TO MAKE IT EASIER FOR YOURSELF.

Nutrition, food, diet, or energy, whatever you want to call it and whatever way you look at it, the body needs it.

Yet it is one of the most important parts of your daily life that has never been more essential for getting it right.

But why is getting it right so difficult. Time, money, effort, internet overload of information whatever it maybe, the whole lifestyle approach must change for it to work.

Implementing changes that are sustainable, easy to maintain and done in bitesize chunks make it easier to stick to. This is key!

This is the key, can you maintain this way of eating, could you live on the cabbage soup diet forever, even the strongest of minds would struggle with this, and so why should you.

Could you live on a cabbage soup diet forever?
Could you really maintain this way of eating?
Even the strongest of minds would struggle with this,
so why should you? Make it easy for yourself!



THE 10 RULES FOR A HEALTHY DIET

- 1 Complex, starchy carbohydrates such as bread, rice, pasta or potatoes should make up a third of your daily food intake.
- 2 Choose high fibre through wholegrains such as wholewheat pasta, brown rice or potatoes with the skins on.
- 3 Eat more dark green, leafy and root vegetables such as kale, broccoli, green beans and sweet potatoes.
- 4 Eat 5 pieces of fresh fruit each day.
- 5 Drink 6-8 glasses of water, diluted juices, herbal or fruit teas.
- 6 Eat lean sources of protein such as turkey, chicken and pork. Low fat dairy such as cottage cheese, Greek or natural yoghurt.
- 7 Eat 2 portions of oily fish a week such as salmon, mackerel, herring or trout.
- 8 Avoid processed foods such ready meals, takeaways and processed meats to limit intake of hydrogenated (trans) fats.
- 9 Limit the consumption of sugar such as those found in fizzy drinks, breakfast cereals, cakes, sweets, and pastries.
- 10 Moderate the intake of saturated fats such as those found in fatty cuts of meat, pies and biscuits.



WHAT YOU CAN DO TO MAKE A POSITIVE LIFESTYLE CHANGE?

Review your diet. Keeping a food diary can help you to identify where you can make a change.

Look at food labelling. The information provided can tell you so much. Get 'food wise'!

Eat lots of fruit and veggies daily

Cut down on saturated fat. Max 28g per day for men. Max 20g per day for women.

Reduce your daily intake of sugar. Max 30g per day. Be 'food wise'!

Eat less salt. No more than 6g a day for adults. Watch those processed foods as they hold more than you think.



	FAT	SUGARS	SATURATES	SALTS
LOW Healthier choice	3g or less	5g or less	1.5g or less	0.3g or less
MED OK most of the time	3.1g to 17.5g	5.1g to 22.5g	1.6g to 5g	0.3g to 1.5g
HIGH Just occasionally	More than 17.5g	More than 22.5g	More than 5g	More than 1.5g

All measures 100g

FOOD LABELLING

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

You have one for green and then one for amber and then one for red.

GREEN MEANS LOW

In short, the more green on the label, the healthier the choice. If you buy a food that has all or mostly green on the label, you know straight away that it's a healthier choice.

AMBER MEANS MEDIUM

Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time.

RED MEANS HIGH

Any red on the label means the food is high in fat, saturated fat, salt or sugars, and these are the foods we should cut down on. Try to eat these foods less often and in small amounts.



DAILY CALORIC REQUIREMENT PLANNER

Client Name:

Gender: Male x22 Female x21

Weight: kg

BMR calculation: kg x Male (22) / Female (21) =

BMR (Basal Metabolic Rate) is:

This is the basic figure of calories for the body to function each day.

PHYSICAL ACTIVITY LEVEL (PAL)

The below figures are multiplied by your BMR to give your Total Daily Energy Expenditure (TDEE)

- Little to no exercise or sedentary job: 1.2
- Light Exercise 1 - 3 days per week or moderately active job: 1.35
- Moderate Exercise 3 - 5 days per week, or light exercise with moderately active job: 1.5
- Heavy Exercise 5 days per week, or moderately active job and moderate exercise: 1.7
- Very heavy exercise twice per day or a highly active job: 1.9

TDEE = BMR x PAL = Calories a day.

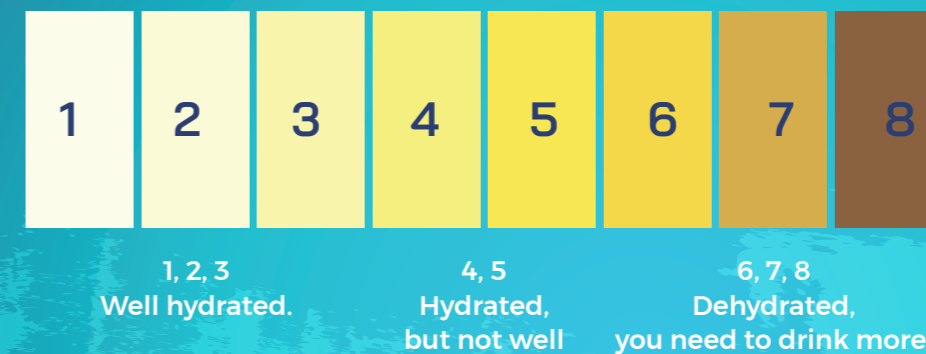
BENEFITS OF

DRINKING WATER

- 1 Healthy skin. Water makes your skin look better and healthier.
- 2 Strong brain. Water makes your brain work better. Studies show that a loss of 2% of your body fluid can cause a decline in mental function. If you're having trouble concentrating, maybe it's time for a water break.
- 3 Water helps you loose weight.
- 4 Water ratio. Your body is about 70% water, your muscles 75%, blood 90%, brain 80% and kidneys 82%.
- 5 Daily need Drinking 6-8 glasses of water a day is the recommended amount for an adult.

CHECK YOU URINE

Are you dehydrated?



TOP 10

Hydrating Foods

- 1 Cucumber
96% Water
- 2 Water Melon
96% Water
- 3 Pineapple
95% Water
- 4 Lettuce
96% Water
- 5 Tomatoes
94% Water
- 6 Blueberries
95% Water
- 7 Celery
95% Water
- 8 Melon
92% Water
- 9 Oranges
90% Water
- 10 Pears
89% Water

FOOD DIARY



	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	SUPPLEMENTS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

FOOD DIARY



	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	SUPPLEMENTS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

SNACKING

ARE YOU GETTING IT RIGHT?

Snacking is essential for good health. However, as with good health understanding the role that snacking plays in our daily routine and habits is key to its success and ours.

As much as snacking promotes good health through nutrition, all too often the exact opposite happens as snacking has the power to derail the whole process. By making smarter swaps or even making your own snacks, this is the start to building new and positive habits towards healthy eating.

Smarter swaps are key to successful habits!

Give new habits a chance by being prepared. Your body and mind will reward you in the end.



Homemade Almond and Raspberry snack bars

Ingredients

The base:

120g ground almonds, 2 tbsp of coconut oil melted, 1 tbsp water, pinch of salt.

Filling:

150g frozen raspberries, 90ml maple syrup, 1 vanilla pod.

Topping:

120g walnuts or sliced almonds, 80g fresh coconut, 90ml maple syrup, 4 tbsp coconut oil.

Method

Simmer all filling ingredients in a pan for 10 minutes. Preheat oven to 180C. Line a 20x20cm baking tin.

Blend all topping ingredients in a processor, press into the tin and bake for 12 mins.

Blend all topping ingredients in the processor, keeping a coarse texture. Spread the filling over the base, then spread the topping mixture on top and bake for a further 15 mins.

Allow to cool and cut into 16 bars. Store for up to 4 days or chill for a week.

TIP

Almonds are a good source of calcium. Great for healthy bones and teeth!



STRESS

THE NORMAL PART OF LIFE

Stress at the basic level is the bodies response to an event or situation that requires a response. It is the reaction to this response that ensures our survival.

What contributes to stress depends on the individual as does the response.

Stress can become a negative when we face continuous challenges without the mechanisms of relaxing, hobbies or time out.

Understanding your stress level is important as is the way in which you deal with it.

Managing your stress is essential for good health and promoting positive mental wellbeing.





BE ACTIVE

From walking, gardening, cycling, swimming, dancing even washing the car, the body is being active. Movement of the body is essential for good physical and mental health as well as reducing the risk of many lifestyle illnesses and conditions.

Build a healthy heart and a strong body.

1 min of vigorous exercise is the equivalent to 2 mins of moderate exercise in health terms. All adults should break up periods of being sedentary with light activity Activity trackers such as Fitbit watches are a great way to help motivate and concentrate the focus.

Weekly exercise recommendations

Adults age 19-64

Either A

At least 150 minutes of moderate activity such as cycling or brisk walking every week as well as strength exercising on two or more days a week.

Or B

75 minutes of vigorous aerobic activity such as running every week and strength training for two or more days.

Or C

A mix of moderate and vigorous activity every week such as two 30 minute runs plus 30 minutes of brisk walking (equates to 150 minutes of moderate aerobic activity) plus strength training two or times a week.



RESISTANCE TRAINING

STRONGER BODY AND MIND

Increases lean muscle mass.

Strengthens muscles including the heart, tendons and ligaments.

Maintains bone density, keeps joints strong.

Increases self esteem.

Nutritional

Improves your metabolism.

The more muscle we carry, the more calories we burn.

Body is able to store more energy.

The more energy we have, the more productive we become.

Brain health

Stress release is the natural production of endorphins.

Through the growth of new cells, the brains brain memory function improves.

Reverses the ageing process.



SHIFT WORK

GETTING YOUR NUTRITION RIGHT

Shift work is demanding on your body and time. Healthy eating is important to help you feel your best day and night. With these healthy tips and hints you can make healthy eating easier.

Shift work Top Tips

Choose foods that are easy to digest such as rice pasta, breads, fruit and vegetables as they provide a sustained slow release of energy.

Working shifts is an added stress to the body. When under stress and tired the body is 30-40% more likely to crave high palatable foods such as takeaways and processed meals.

Reduce the volume of food you eat overnight.

Focus on smaller meals and snacks.

Snacking on protein based foods for satiety.

Avoid spicy and fatty foods.

Avoid high sugary foods such as chocolate, cakes and biscuits.

Avoid caffeine, energy drinks or other stimulants after midnight.

Have a light snack or meal before bed. Carbohydrates and protein such as scrambled eggs on toast, Greek yoghurt or fruit are great as they provide the body with something to breakdown while you sleep.

Hunger is often a trigger that awakes us during the sleep period.

Shift work Getting your nutrition right

FOODS FOR A BOOST

Foods rich in protein and low in fats help to keep you alert.

These foods include:

Poultry, lean beef, tuna, salmon, eggs, beans, legumes, low fat cheese, low fat yoghurt, rice, almond milk and nut butters.

FOODS TO HELP YOU SNOOZE

Foods high in carbohydrates and low in fat can help you sleep

These foods include:

Whole grain bread, high fibre cereal, brown or white rice, whole wheat pasta, whole grain crackers, low fat muffins or fruit such as oranges or bananas.

FOODS EASY ON THE STOMACH

Protein rich foods like yoghurt and peanut butter and carbohydrate rich foods like bananas, whole grain toast, soda crackers and whole grain low fat muffins.

Avoid fried, high fat or spicy foods as these are hard to digest and can cause digestive issues.



SLEEP

WHY WE SLEEP

Sleep is absolutely essential for life. Insufficient sleep reduces our learning, memory and cognitive abilities. It can also cause brain impairment and increase the risks of numerous diseases from cancer to diabetes.

On the other hand, sleep boosts our mental, emotional and physical health and other capabilities in ways that no amount of drugs or medical interventions can provide.

Most people in modern society are sleep deprived, and don't even realise it. The majority of us operate at sub optimal levels due to sleep deprivation.

Understanding and unlocking the transformative power of sleep is the key to essentially improving our physical and mental health.

TIP

A good sleep routine is essential to good health!.

TOP SLEEPING TIPS

Sleep at regular times

Make sure you wind down

Make your bedroom sleep friendly

Keep a sleep diary

Reduce blue light effect from mobile phones prior to bed

Reduce your caffeine intake

Move more to sleep better

Reduce stress and worry



CHICKEN & MANGO STIR FRY

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour. Peel the mango and cut the flesh into strips.

Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for approx 3 minutes. Add the mango and mix,

Cook for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for approx 2 minutes until the sauce thickens, mixing often.

Serve with rice (not included in nutrition information per serving).



Serves: 4

Prep: 10 mins

Cook: 10 mins

Nutrition per serving:

308 kcal

9g Fats

31g Carbs

29g Protein

Ingredients:

- 1 lb (450g) chicken breasts, cut into strips
- 1 tbsp buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp ginger, grated
- 2 tbsp coconut oil

For the Sauce:

- 3 tbsp of rice vinegar
- 3 tbsp of water
- 5 tbsp of soy sauce
- 2 tbsp honey

CHOCOLATE CHIA PUDDING

Blend all the ingredients in a high-speed blender or food processor until most of the chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars, or small bowls, and top with frozen raspberries.

Store in airtight containers for up to 4 days. Serve cold.

Note:

If you are not using protein powder you will need to add 2 additional tbsp of xylitol.



Serves: 4

Prep: 10 mins

Cook: 0 mins

Nutrition per cookie:

307 kcal

16g Fats

34g Carbs

14g Protein

Ingredients

- 1 cup (170g) chia seeds
- 3 cups (700ml) coconut milk
- 1 scoop (25g) vanilla protein powder (optional)
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 1/4 tsp. espresso powder
- 2 tbsp. cocoa powder
- 2 tbsp. xylitol
- 1 cup (125g) raspberries, frozen



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