



**FOUNDATIONS
OF FITNESS**

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WELCOME TO YOUR PROGRAM OVERVIEW

This brief manual is a tool to help you understand the program, in it I will explain:

1. Why it is set out as it is!
2. Why the goal is to tune into your body and be led by it not your head (or I heard, I should and 'they say'!)
3. The main points to consider when making changes to your habits & lifestyle.



Hi – I'm Vicky Midwood and I want to thank you for taking the leap to creating fitness for life using my simple foundations.

I have been in the world of health and fitness since 1991. (I'll let you do the math!) My passion has switched more and more into fitness, health, nutrition, and lifestyle coaching from teaching exercise classes and one to one training over the last few years as I struggled with my own eating, drinking, body image, autoimmune issues and depression and I am passionate about helping others struggling with this too.



FITNESS:

“The ability to function effectively and efficiently, to enjoy life....”

I found out the hard way what was needed to heal myself and be free from living a life in struggle and that was to look at **all areas of fitness**, emotional, physical, mental and spiritual and now I help others do the same.

This program is about creating sustainable fitness and health for life WITHOUT falling into the trap of ‘must’ ‘should’ ‘ought to’ or the crazy idea health and fitness is only about ‘diets’ and exercise programs!

This program will lead to fitness, longevity, lack of dis-ease and the enjoyment of living each day to the max. The FOUNDATIONS of fitness are so OBVIOUS & SIMPLE that they often get overlooked!

ALL of the foundations are important, but they are presented in the order that they are as this way you will **FEEL** the benefits of creating different habits quickly, and quick ‘wins’ are what drives us to wanting to keep on going (psychology 101!).

The program is based on **habit stacking**, so we work on one foundation per week, and we CONTINUE that habit as **we slowly add on others**. What we don’t do is focus on the next habit and forget all previous ones.

It may initially sound a lot (and we know overwhelm sends us into stress and procrastination, which we most definitely DO NOT want) but as you work through each foundation of fitness, you will be pleasantly surprised at how quickly each one



becomes something you ENJOY doing and in fact look forward to each day, as well as becoming automatic almost without you realising. 😊

THE FOUNDATIONS OF FITNESS

1. HYDRATION
2. SLEEP
3. BREATHING
4. PERSONAL NUTRITION
5. MOVEMENT & EXERCISE
6. RELAXATION & FUN
7. SELF-LOVING LANGUAGE

These 7 foundations are ALL underpinned with the CORE principles of positive change for fitness for life: Curiosity, Ownership, Reinvention & Elevation along with the art of health.

The beauty of these foundations and the principles is that they are free, anyone and everyone can implement them without needing any 'special skills', they don't take ages to implement, and they are sustainable for life!

Let's look at point one of the three points this manual covers...



WHY this particular order of focus?!

1. HYDRATION, OXYGEN & SLEEP are the foundations of life itself, which is why they are the first three areas we focus on.

MOST of us just take these things for granted and don't necessarily realise that it is up to us to ensure we get **ENOUGH of ALL THREE DAILY** and ideally, we get good quality and the optimal amounts required for us as individuals.

2. ONCE these are dialled in, **it's SO MUCH EASIER** to work on the other 4 elements.

I am an advocate of simple, unlike social conditioning and social media that try to make fitness and health complicated and it's not – Go Figure!

(Btw that's why my company is called Go Figure Coaching 😊)

KISS

KEEP IS SIMPLE SIMPLE

Now let's look at point two - The AIM is to tune into your BODY not just your head.

Here's the sad 😞 truth of it - We lose the ability to listen and really hear what our body needs and wants as very young children when we get taught to 'ignore pain' and our body talking to us by presenting symptoms. We get told if we have tummy ache "Don't worry, it'll go off soon" or "take this (medicine or pill) that'll cure it"

When we get to school, we learn we **aren't allowed to move** when we need to: "Sit still, stop fidgeting"



We learn **we can't eat or drink** when we are hungry or thirsty, we have to have set times: "No eating or drinking in class, wait until...."

We get taught to "push through pain" because it 'makes you stronger', but no-one explains the difference between pain and discomfort! (Discomfort equals growth and progress, pain means STOP!)

And so our language and beliefs are now **TOTALLY SKEWED** in terms of how we relate to and really understand **HOW** our body and mind truly work together.

We get told "I want never gets" so we think its rude or 'naughty' to ask for what we WANT or need...

... and over time we just become really **DETACHED AND DIS-CONNECTED** from our true selves as we strive to **LOOK, THINK & BEHAVE** in ways other people and society decide we **should** if we want to be 'liked' 'accepted' and feel 'worthy and deserving'

When you **GIVE YOURSELF PERMISSION to RECONNECT** to yourself, your body and your personal unique wants, needs and desires that's when you really get to **FEEL FIT FOR LIFE IN ALL AREAS:**

FRIENDSHIP

FINANCES

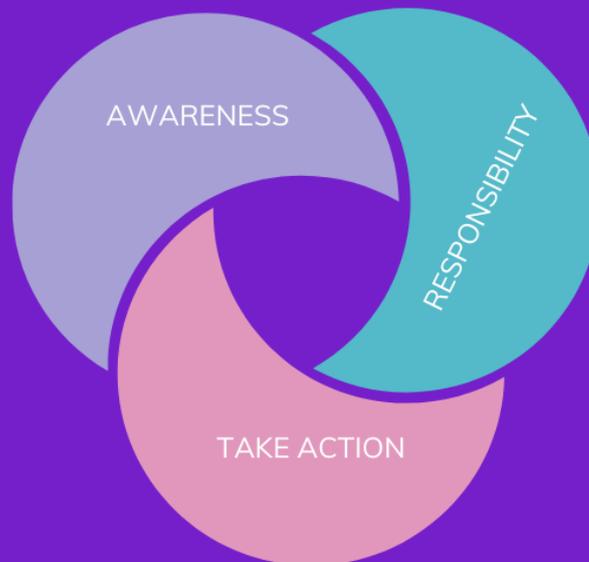
RELATIONSHIPS

BUSINESS

COMMUNITY

Finally, let's look at point three: The main points to always consider when making changes to your habits and lifestyle...

THE A.R.T. OF CHANGE



Knowing WHAT & WHY is the first part of awareness.

1. What are your **current habits and patterns** and why do you do them?
2. Why do you want to change things? What **will change enable you to do** or not do that will enhance your **quality of life now and in the future**?
3. What is the **reason or reasons** you haven't done it before?
4. What is the **first action step** you WILL take?
5. **What or who** may be an obstacle to you taking the steps you have decided to take?

These are great questions to journal on and when you have answers create sayings or cues to keep you on track with **DOING WHAT YOU SAID YOU WOULD.**

That last sentence is the key to **creating great habits and more connection and trust in yourself and your abilities**, the BIGGEST cause of low self-worth and lack of trust and belief in ourselves is BECAUSE we got *into the habit of NOT* doing what we said we would do **for ourselves**, usually because we put other people first...



NOT ANYMORE!

The Overriding **FOUNDATON OF FITNESS** FOR LIFE is prioritising YOU! Yes, you are worth it, Yes, you do deserve it and No, it's not selfish it's self-care and it's NOT as hard as you think!

HOW THE PROGRAM WORKS

WHEN: Delivered via WEEKLY one module at a time

HOW: Checklists, worksheets, short videos

ACCOUNTABILTY: Group WhatsApp Check in

OPTIONAL EXTRAS : Additional 1-2-1 coaching at a special rate

RESOURCES: Available as videos, book recommendations, Apps, talks & podcasts.

In addition to the above you can email me: vicky@vickymidwood.com with questions.

I can't wait for you to start creating the foundations of fitness for life for yourself, and to embrace the ongoing journey on self-love and discovery.

Vicky xx