



FITTER TO INFINITY

5 WEEK COACHING PROGRAM



This program is the result of my adventures as a Fitness Coach for the past 11 years. I dedicate it to every single person who has chosen to get fitter with me. I have learned from you just as you have learned from me. Thank you for making this journey special. You make me so proud every time you show up to train and get the job done!

João Pais

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HOW IT WORKS

The program has a duration of 5 weeks and includes the following:

Digital copy of the e-book Fitter to Infinity

5 Private Coaching Sessions (in-person or online) of 20 minutes each, one at the beginning of each week

1 Private Coaching session (in-person or online) of 20 minutes, at the end of week 5

It is expected that you will have unlimited access to our online workouts. If you do not have access to these, you will be given the option to purchase this access as a package which includes the above.

Additional option to add Personal Training sessions (in-person or online) with a Personal Training Pack.



Each week will be focused on a different theme: 1. To Exercise / 2. Sleep / 3. To Nourish / 4. Wellness / 5. Infinitely.

You will find the main tasks highlighted throughout the program with the infinite dot.

All the tasks included in the program are cumulative, which means that on week 2 you will be expected to continue engaging on the activities started on week 1, and so on.

At the end of each chapter you will find a sheet for planning of your weekly tasks, as well as a self-reflection sheet where you will have the opportunity to balance your week. It is important that you complete this so that we can work on them during our private coaching sessions.

End of week 5 Balance Your Week sheet has been intentionally left blank in some areas so that we can tailor according to your progress.

Instead of printing the program, you can use a notebook for the planning of your activities and self-reflection.



You can contact your Coach via email: hello@hashtagfitter.com.au



*"Life isn't about finding yourself.
Life is about creating yourself."*

George Bernard Shaw



WHERE YOUR JOURNEY BEGINS

The time to move to a #fit_r you is now.
Discover your potential. Create your best shape!

#start here

fitness (noun):

1. *the condition of being physically fit and healthy.*
2. *the quality of being suitable to fulfil a particular role or task.*

Welcome to the Fitter to Infinity health program! During the next 5 weeks, you and I are going to embark on a journey to create a fitter version of you. Each week we will focus on a different aspect of your health.

First, of course, we will address exercise, followed by sleep, nutrition, well-being and, finally, we will work together to build a fitter you to infinity. Yes, because when it comes to health there is no magic pill we can

swallow that will suddenly change it all. My goal with this program is to bring effective and long lasting change to your life. Health is possibly the most precious asset we all have and, as such, it needs to be constantly maintained and looked after.

Being fitter isn't easy. It takes dedication and hard work. It will require a strong will and the creation of new habits. You will have choices to make and you will have sweats to

break. You will get tired before you get energised. You will dread getting out of bed before you get to feel accomplished and proud. But you will also, day after day, improve and notice the difference. Your mindset will begin to shift from *Do I really have to train today?* to *I get to move my body and recharge my mind every single day!* It will also be fun and rewarding. You'll find energy you did not know you had. You will, surprisingly, find you actually have the time to be healthy, to focus on you and the ones around you, because you will make your well-being a priority.

START WITH THE WHY

Before we go any further, before you commit to any of tasks in the program, I want you to take the time to think about your why. Why are you doing this program? Why do you want to be healthier? What does being fitter mean to you?

There are a number of very quick answers you can come up with right now, but those aren't the answers that

you want. You will have to dig a little deeper than that, because it will be your why that will get you through the tough times. To give you a clearer idea of what a possible answer could be, allow me to share my personal why.

When I was a kid I wasn't much of a fitness fan. Quite the contrary, I was overweight and very shy. I wasn't keen on any type of sports because I felt I just wasn't good at it. So, I didn't really engage in physical activity for a few years. Instead I used to spend my time sitting on the sofa watching TV and eating my way through episodes of Baywatch. I didn't have much energy and I was very insecure. Other kids used to make fun of me because I wasn't as agile as they were on the soccer field and, as such, I was always the least favourite to have on your team. It was pretty awful. So, I would usually find comfort in food and, whenever possible, just stay in my safe-zone (*a.k.a.* sitting on the sofa) watching Baywatch.

Baywatch... with all those tanned and trained fit bodies running down the

beach, and I would think, in between crisp sandwiches, how I wished I was like that! Fit, able to run fast and active all day long. Until it finally clicked: a change was needed. I decided I was going to move to Los Angeles one day and become a lifeguard, just like the folks on Baywatch. And this was my turning point. Bear with me, I was only a 13 year old with lots of dreams and so much to discover. I did not become a lifeguard nor have I moved to Los Angeles, but I did end up a Personal Trainer and moved to London to pursue my dream of a full time career in fitness. What matters here is my why. I had a very strong one, that made me change my behaviour and get up to chase a dream.

I discovered I could get myself to move more when I actually made my mind up for it. I began to enjoy riding my bike, then running slowly but surely, swimming and doing aerobics and all sorts of exercise to music. I have come a long way from being that shy, chubby kid who avoided exercise at all costs to, now, leading

our workouts and motivating you to train. It has been quite a journey, one that completely transformed my life! Finding my fitness lead to finding myself and to feel empowered and live a better, healthier and happier life.

Nowadays, I keep training consistently because I want to continue to live my life to the full. I want to stay strong and healthy, I want to get better at working out and I want to age with stamina and vitality.

Now, it is your turn to come up with your why. It can be anything: being able to run 5 km or a full marathon, doing 50 press ups or lifting heavy weights. Perhaps it is feeling happier with the person you see when you look in the mirror. Possibly having more energy to do all the things you want to do. Maybe you want to age gracefully and be a super active grandparent who takes part in all the soccer games. It is your why, so let's take time to think about it carefully and write it down.

Your WHY

I am committing to this 5 week program because...

Kate Macate

Your fitness will determine how you live your life and how much joy you get out of it. This 5 week coaching program gives you the opportunity to address key lifestyle elements and reboot your health. Together, we are going to re-think exercise, sleep, nutrition, well-being and, step by step, build a #fit_r version of you. If you are ready to thrive and build the best you that you can be, let's turn the page and begin.

There is no better time to start than now.

