

TRANSFORM YOUR BODY AND MIND

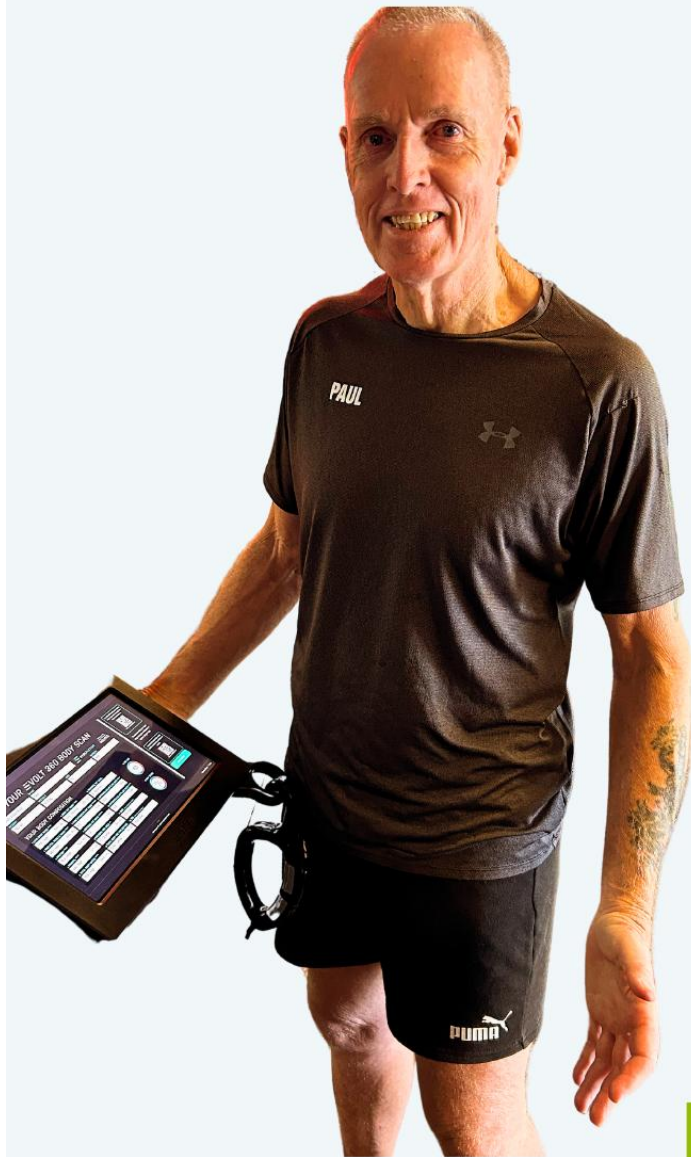
# YOUR ULTIMATE FITNESS KICKSTART GUIDE

*Achieve Your Best Self with Expert  
Tips and Motivation*

**BY PAUL RICHARDS**

**CLUB PHYSICAL**  
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# Introduction



**Paul Richards**  
CEO OF CLUB PHYSICAL

## **A Personal Journey: Finding My “Why”**

With a history of struggles typical of many wayward youth, I discovered a passion for training at the gym at the age of 23. One Saturday morning at Auckland City’s Clive Green Health Studio, I felt the beer from the night before seeping through my pores, sapping my strength and robbing me of my zest and passion for fitness. It was a wake-up call. Right then and there, I made a decision to change my life for the better.

That same Saturday night, I laced up my sneakers and went for a run up the hill near Waikumete Cemetery. As I jogged, several V8 carloads of mates honked their horns as they headed for another night at the local pub. But I had chosen a different path. That moment marked the beginning of a new chapter in my life—one driven by health, purpose, and the power of choice.

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*Embarking on a fitness journey can feel daunting, but with the right tools and mindset, success is within reach. This simple and direct guide is your go-to resource for setting achievable goals, creating a sustainable routine, and staying motivated every step of the way.*

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# Chapter 1: Define Your “Why”

**The first step** The first step in any fitness journey is understanding your motivation. Knowing your "why" gives you a clear sense of purpose and direction. It acts as a compass, guiding you through the highs and lows of your fitness journey.

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**Ask yourself** Why do I want to improve my fitness?  
What specific goals do I hope to achieve?

These questions will help you dig deeper into your true motivations, which is crucial for staying committed...

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**Action Step:** Write down your top three reasons for starting your fitness journey. Keep them visible as a daily reminder. One effective idea is to place your goals on a sheet on the inside of your toilet door. It works, we've tried it!



## Chapter 2: Setting SMART Goals

Setting goals is a crucial part of any fitness journey. To maximize your chances of success, it's essential to set SMART goals: Specific, Measurable, Achievable, Relevant, and Time-bound.

### Effective goals are...

- **Specific:** Clear and detailed.
- **Measurable:** Trackable progress.
- **Achievable:** Realistic based on your current fitness level.
- **Relevant:** Aligned with your "why."
- **Time-bound:** Set with a deadline.

**Example goal:** *"I will complete a 5K run within three months by running three times per week."*

### Action step:

Set one short-term and one long-term goal today.

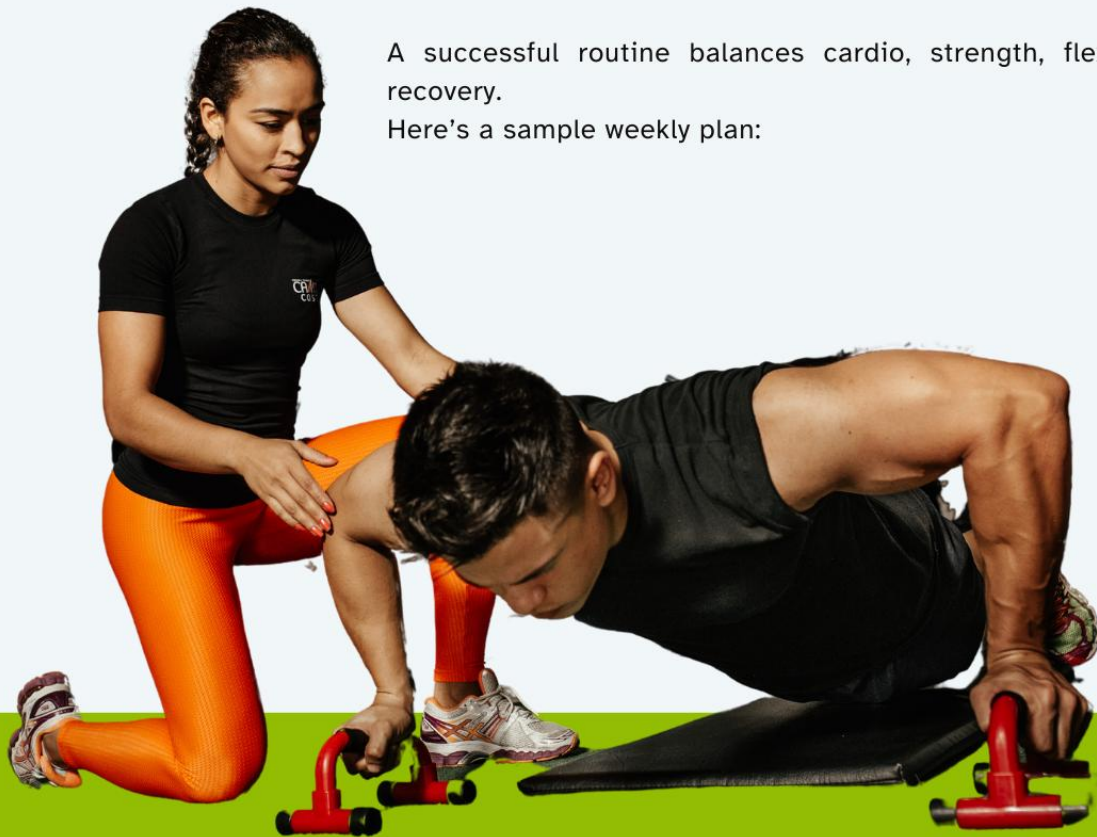
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*A goal without a plan is just a wish. - Antoine de Saint-Exupéry*

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# Chapter 3: Building Your Routine



A successful routine balances cardio, strength, flexibility, and recovery.

Here's a sample weekly plan:

**M**

**Monday**

Cardio (30 mins)

**T**

**Tuesday**

Strength Training (upper body)

**W**

**Wednesday**

Active Recovery (Yoga/Pilates)

**T**

**Thursday**

Cardio (45 mins)

**F**

**Friday**

Strength Training (lower body)

**S**

**Saturday**

Flexibility and Mobility

**S**

**Sunday**

Rest or light activity (eg. walking)

## Action Step:

Action Step: Plan your first week of workouts using this template. The actual plan might vary. Check the latest GROUPX timetable for YOGA, PILATES, BARRE and other classes.

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*Success in fitness comes not from what you do occasionally, but from what you do consistently. Create a workout plan, stick to your schedule, and watch your dedication transform into results.*

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## Chapter 4: Nutrition Basics

Fuelling your body is just as important as exercise. Follow these guidelines:

- **Prioritise Whole Foods:** Focus on lean proteins, complex carbs, healthy fats, and plenty of vegetables.
- **Stay Hydrated:** Aim for at least 8-10 cups of water daily.
- **Plan Ahead:** Meal prep to avoid unhealthy choices when you're busy.
- **Balance Your Plate:** Ensure each meal includes a mix of macronutrients to keep your energy levels steady.
- **Listen to Your Body:** Eat when you're hungry, and don't skip meals, as this can lead to overeating later.
- **Limit Processed Foods:** Reduce intake of foods high in sugar, salt, and unhealthy fats.
- **Mind Your Portions:** Be mindful of portion sizes to maintain a healthy weight.
- **Enjoy the Process:** Experiment with new recipes and flavors to make healthy eating enjoyable.

**Action step:** Prep at least three meals for the week ahead.



*"Fuel your body with the right nutrients, and you'll unlock the strength and energy to conquer any challenge. Nutrition isn't just about eating; it's about nourishing your potential."*



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## Chapter 5: Staying Motivated

- ✓ **Find a workout buddy:** Accountability is a powerful motivator.
- ✓ **Celebrate milestones:** Reward yourself for hitting key achievements.
- ✓ **Track progress:** Use photos, journals, or apps to see how far you've come.
- ✓ **Get yourself a MYZONE belt:** Celebrate and track your effort, every workout
- ✓ **Join a GROUPX class:** Be 'lifted' by your presenter and the company of others
- ✓ **Attend X45:** Up the intensity and enjoy the challenge
- ✓ **Engage a Personal Trainer:** Even if its for just one session a fortnight

**Action step:** Choose one way to track your progress starting today.





# Chapter 6: Overcoming Obstacles

Challenges are inevitable, but they're also opportunities to grow:

- **Time Constraints:** Opt for shorter, high-intensity workouts.
- **Plateaus:** Change up your routine to keep your body guessing.
- **Lack of Energy:** Prioritise sleep and listen to your body.
- **Mental Barriers:** Be wary. Your mind will often trick you into believing that you don't have the energy to work out. Yet, by pressing on and completing it, you will almost ALWAYS feel 'on top of the world'!
- **Injuries:** Focus on proper form and technique, and don't hesitate to modify exercises as needed to prevent strain.
- **Motivation:** Set realistic goals and celebrate small victories to stay motivated and committed.
- **Support System:** Surround yourself with a community that encourages and supports your fitness journey."

**Action step:** Identify one potential obstacle and brainstorm a solution.



*Barriers and obstacles in fitness are not roadblocks but stepping stones. Each challenge you overcome builds your strength, resilience, and determination, turning setbacks into powerful comebacks.*

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# Employee Chapter 7: The Importance of Rest and Recovery

Rest is when the magic happens. Prioritise:

- **Sleep:** Aim for 7-9 hours per night.
- **Active Recovery:** Include low-impact activities like stretching or walking.
- **Tools:** Use foam rollers, massage, or infrared saunas for muscle recovery.
- **Recovery Spaces:** The Recovery Room (at Club Physical) offers you a dedicated space with the latest cryotherapy fit-out for the ultimate 'rejuvenation' experience.
- **Consistency:** Establish a regular sleep routine to help your body recover.
- **Mind-Body Practices:** Incorporate practices like yoga or meditation to support overall well-being.
- **Monitor Your Progress:** Keep track of your recovery to ensure you're giving your body the time it needs to heal and grow.

**Action step:** Schedule at least one recovery-focused activity this week.



*Rest isn't a luxury; it's a necessity. It's during rest that your body repairs, your mind rejuvenates, and your spirit revives. Embrace rest as a vital component of your journey to strength and wellness.*





# Conclusion

Your fitness journey is unique to you. Stay patient, embrace the process, and remember: progress, not perfection. By following the steps in this guide, you're setting yourself up for long-term success.

Tina Richards, Club Physical's General Manager loves to say "80% of success is just showing up!"

## Bonus: Free Resources

- **Workout Log Template:** Track your exercises and progress with a complimentary Programme Card (available at Club Physical reception).
- **Meal Prep Guide:** Tips for efficient and healthy meal preparation.
- **Playlist:** Energising songs to keep you moving.

Download these resources at [www.clubphysical.co.nz](http://www.clubphysical.co.nz)

**Let's kickstart your fitness journey— one step, one rep, one day at a time!**

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*Fitness is not just about the physical transformation; it's about the mental and emotional strength you gain along the way. It's a journey of self-discovery, resilience, and empowerment that enriches every aspect of your life.*

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