

MOVEMENT PERFORMANCE

»»» **COACH**

5 Top Tips for Busy Dads



Become the best version of yourself!

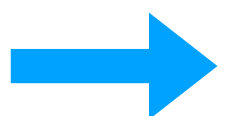
Struggling to get in shape with a busy job and family life in full swing?

Want to find out how you can finally ditch the typical 'Dad too busy to exercise' excuse and make some lifestyle changes that will help you get in the best shape of your life and be a better role model for your kids?

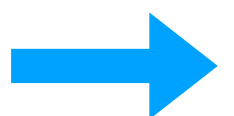
Read on...

It is scientifically proven that you can lose fat and build muscle in various ways - from just using your bodyweight to having a pair of dumbbells, resistance band or a bike and much more.

Th excuses however, still roll in. I understand! Being a business owner and working endless hours in a day, I know how challenging it can be to find time to exercise and follow a healthy nutrition plan - but working on your health and fitness is an investment not only for your physical appearance, but also to improve your overall health and wellbeing, your mental health, confidence and so much more.



Working with busy dads on a day to day basis, and seeing the struggles they face on a day to day basis, to juggle their jobs, their family and have enough time to focus on themselves, I've put together this simple guide to help you out too. So you don't need to worry about how to get started, but can focus implementing these small changes in your lifestyle which can help you achieve your goals.



Training & Exercise

Changes in your weekly routine can have an impact on your training schedule. Working longer hours to make up for that holiday you've got booked in, entertaining the kids as they're off from school, attending social events or simply going out for a meal with your family or colleagues. All this needs to be taken into account when planning your training.

The best way to stay on track with your training is to plan your work and social calendar and slot in training sessions in your schedule to ensure you're still working towards reaching your goals. Whether it's training for a run in a couple of weeks or hitting the gym to stay in shape and build lean muscle.



1. Training & Exercise

Set aside some time (even if its a quick 30min session) a couple of times a week, but having it “booked in’ will make you more likely to stick to it. Training with a friend or getting the kids to join in for a bodyweight workout is is also a great idea to get things done. The plan might change over this period of time, but at Movement Performance Coach I work closely with my clients to ensure they always have a plan so they can adapt according to the situation on a weekly basis.



The 30min Bodyweight Workout

Squat

Push up

Lunge

Pull Up

Beg: 10rep on each

Int: 15rep on each

Adv: 20rep on each

Complete 4 rounds and perform 50 jump rope skips
between each round

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2. Be an Active Dad



Try out different activities



Getting Active with the kids... a few ideas

Spending quality time with you kids is priceless. Make the most of a good day to go out on your bikes as a family or use the time for a 1:1 bonding session with your kids to have a game of basketball or football in the park. This will help them improve in the sport they love whilst being active with their dad. Alternatively, why not try out a new activity, like SUP or perhaps climbing.



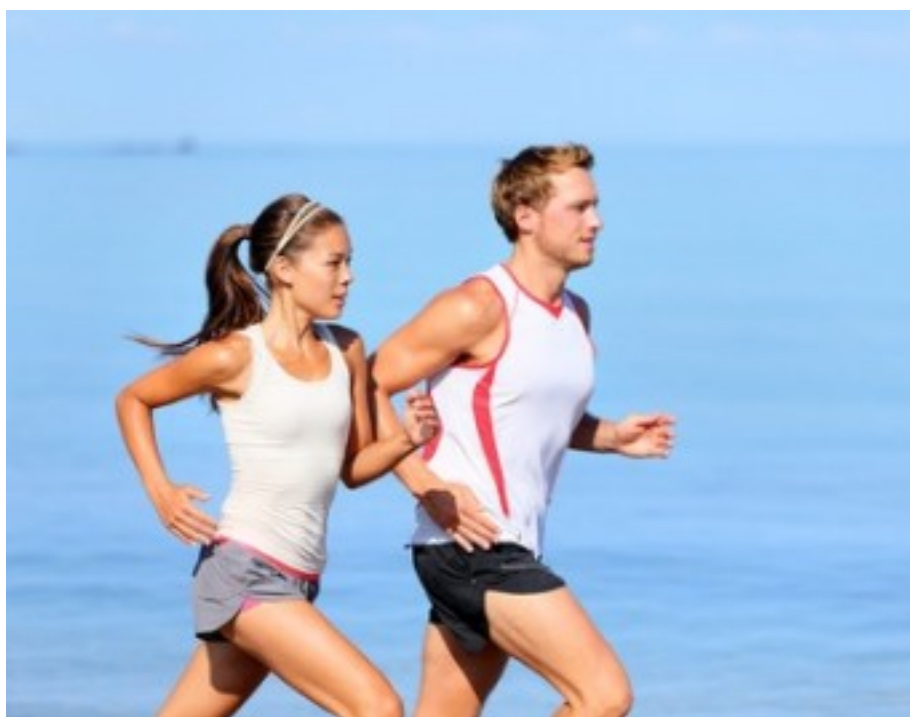
3. Importance of NUTRITION

Nutrition is one of the most important aspects you need to focus on to enhance your training, performance and overall health and wellbeing.

Small gradual changes can go a long way, and you'll soon start seeing the benefits of having a well balanced diet alongside your training.

Gaining lean muscle can be challenging but it is possible if you eat properly and have the right amount of carbs, proteins, fats, fruit and vegetables.

This can still be done, with a bit of planning and being sensible with overall food choices. The idea is to enjoy meals out, still have a couple of drinks on a weekend or getting a takeout, but not going overboard.

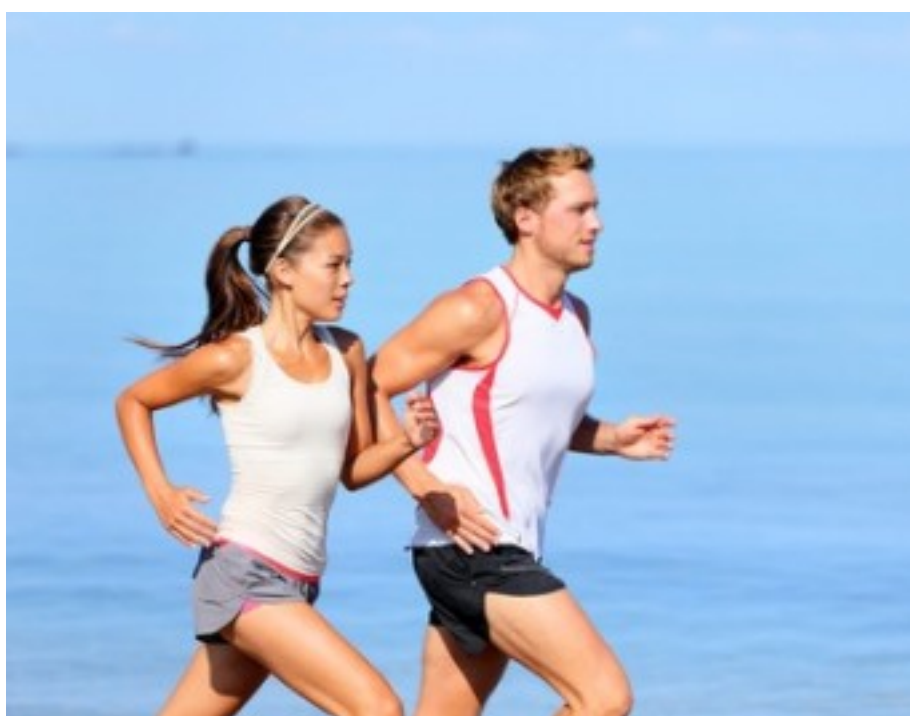


Movement Performance Coach NUTRITION

At Movement Performance Coach, each client has their own 1:1 nutrition analysis, and we create a plan that suits their lifestyle, whether it's minimal food prep time, eating on the go, or being vegan.

We teach each client how to build their meals, to include foods they enjoy so they never feel like they're missing out.

We review this on a weekly basis, to ensure that they are well fuelled up to conquer the day ahead by having the right balance of protein, carbohydrates, fats, fibre, vitamins and calories to reach their goals.



4. Things to AVOID

1. **Processed foods:**
junk food, high sodium ready meals, greasy take outs, high fat salad dressings and dips



2. **Sugar overload:**
white sugar, fizzy drinks, sugary sweets



3. **Limit alcohol** intake and be sensible with consumption, especially cocktails that are high sugar



5. HYDRATION is key!

Start off the day with a pint of water to re-hydrate after a full nights sleep

Aim to drink a minimum of 3L each day.

Limit intake of fizzy sugary or diet drinks

Only consume sugary drinks (like Lucozade or fruit juice) pre/during high intensity sessions where additional glucose is required for performance.

I would recommend WATER as your main source of hydration. If you need to switch it up you can add some fresh orange or lemon juice to it.

If you exercise in the heat, hydration needs to increase before, during and after your training session or run.

TIP: *If you're out drinking try having a glass of water between drinks (whether these are alcoholic or not), especially if you're on holiday in a warmer climate as this will prevent dehydration.*



IN A NUTSHELL...

ENJOY YOUR LIFE

BE MINDFUL

BE SENSIBLE

AND YOU'LL STILL HAVE THE BODY YOU
WANT WITHOUT HAVING TO GIVE UP ON
THE THINGS YOU ENJOY!!



Need some extra help?

If you want to find out more how I work closely with dads who want to lose weight, get leaner and fitter so you have more energy when you're playing football with the kids send me an email and I'll be in touch with all the info



Your health and wellness journey starts here

Email me:

info@movementperformancoach.com

FINAL THOUGHTS...

This is part of a series of guides that I will be publishing.

In these guides, I will be covering various aspects of what it takes to take your performance to the next level, look good, feel confident, have a good base fitness level, improve your overall energy so you can become the best version of yourself and a better role model for your kids... this series will have you covered.

Stay on the lookout for more info by following my social media links below

IG: @MOVEMENTPERFORMANCECOACH

CLIENT FEEDBACK

- ↓ 3 stone weight loss
- ↓ overall body fat
- ↓ 4" waist (40-36)
- ↓ 10k run time (3min30sec)
- ↑ muscle mass
- ↑ muscle definition
- ↑ confidence



(Click on the image to hear Steve's story)

... and a new wardrobe off the back of that!!

WELL DONE STEVE 👍

If you're ready to change your life today, get in touch!

It starts with a message

@movementperformancecoach

If you want to find out
how I can help you
reach YOUR GOALS
check out my website

www.movementperformancecoach.com

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