

THE FIVE KEY PILLARS TO ACHIEVE COMPLETE HEALTH & FITNESS SUCCESS

TEAM FORTITUDE

LIFESTYLE



There are 168 hours in a week.

Many people focus all their effort on their time in the gym, when in reality, most of your time is spent outside of the gym. If you train in the gym three times per week for an hour each time, then what are you doing for the other 165 hours? If what you're doing **outside** the gym doesn't align with what you're doing **inside** the gym, you could be going completely off-track and not even know it.

Be as active as you can, go for a twenty-minute walk on your lunch break, get 7-9 hours of quality sleep per night, get outside as often as possible, learn new activities and do things that push you outside of your comfort zone!

Strength training is king.

For pretty much any health & fitness goal, strength training is going to help you achieve it. Many people make the mistake of focussing on aerobic exercise as first port-of-call. Whilst aerobic exercise does have huge benefits, strength training will give you more bang-for-your-buck.

Strength training actually changes the shape of your body, helps you perform daily tasks with ease and keeps you strong enough to remain injury-free!

To drastically improve your general health, fitness and body composition: strength training 2-4 times per week and aerobic training 1-2 times per week is the perfect formula.

TRAINING



NUTRITION



Think "practical", not "optimal".

Quality nutrition will play a huge role in maximising your results. However, many people make the mistake of setting unrealistic expectations from the very start and set themselves up for failure. Don't be one of these people!

In order to be successful, you must be able to adhere to whatever you set for yourself and you must enjoy the food you eat! Things do not have to be perfect, but you **must be able to stick to it**. We don't get 0% or 100% in exams, we get A's, B's, C's etc. Think of your diet exactly the same.

Eat fewer calories on a daily basis, eat more protein on a daily basis, and eat as many fruit and vegetables as you can! And, when you feel you want a treat - enjoy it in moderation!

You cannot solve a problem with the same level of thinking that created it.

There is no point in struggling in silence. Seek help. There are many people out there who would love to see you succeed, the hardest part is just taking that first step into reaching out and asking for help.

Here are three key mindsets that you need to have in order to dramatically improve your health, fitness and confidence:

1. In order to achieve results you haven't achieved before, you must do something you have never done before.
2. If you can find a way to enjoy the process and not just focus on the end goal, your chances of success are drastically increased.
3. Don't dwell on things you may have done that weren't part of your plan - accept it, learn from it and move on.

MINDSET



PEER-GROUP



Surround yourself with like-minded people who want to see you succeed.

This one is hugely overlooked. The power your peer group has over your actions is massive. If you spend a lot of your time with people who don't have similar goals to better themselves, how much harder is it going to be for you to change your actions?

This is a huge part of the success people have here at Fortitude. The huge wealth of support everybody receives from their peers and coaches.

Your peer group can have great influence over your actions. To give yourself the best chance of success in your health and fitness journey - surround yourself with people who have similar goals, values and want to see you **win!**

"Our mission is to change perceptions, remove intimidation and improve the quality of the gym-going experience."



Fortitude, Unit 1 Whitecross Business Park,
Church Road, Lydney GL15 5EB