

The Program Guide



Refine **YOU**



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Welcome.

to The Refine YOU Program!

Thank you for choosing this program to "Refine YOU!" I am excited that you have made the decision to invest in yourself and make the journey to become the healthiest YOU possible.



In this program you will be:

- Receiving your own customized nutrition and fitness plan with the flexibility to fit your lifestyle
- Eating the right percentage of carbohydrates, fats, and protein to reach your goals
- Working smarter not harder implementing strategic workouts
- Lifting weights to build strong lean bodies, and improve your health
- Gaining a healthy perspective on food and exercise
- Maintaining a positive mindset

This is a detailed guide for you to review and educate yourself about some key concepts that we will be using in The Refine YOU Program. This understanding will help you maintain a good mindset and lead to long term success. This program is meant to be jump start to a lifestyle change and to help you be the best and healthiest YOU possible... Mind, Body, and Spirit!

Kim Goletz



MACRO NUTRIENTS-CARBOHYDRATES, FATS, AND PROTEIN

What are Macros?

Macros stand for macronutrients. They make up the calories that we eat. There are 3 that are important in our body composition; fat, protein and carbohydrates.

Why they matter?

To have a good body composition we want less fat and more lean muscle. Looking at the scale is not where it is! Just cutting calories isn't doing to do it either. Don't get me wrong... calorie deficits will help you lose WEIGHT initially but will not give you lasting fat loss and lean muscle gain. To Improve our body composition, we need to improve the composition of what we eat.

PROTEIN

Most of us associate protein with building muscle, when in fact, proteins are the building blocks for ALL living tissue in the body. Protein IS important for muscle gain, muscle maintenance and repair. So, a diet too low in protein will inhibit muscle gain and encourage muscle breakdown. On the other hand, a diet TOO high in protein will put too much stress on your liver and other organs because your body can only store a certain amount of protein at a time. The leftover protein your body doesn't need (when you eat too much) will be stored as FAT. Therefore, getting enough (but not too much) protein can help us feel full, gain/maintain muscle, and lose fat.

FAT

Fat, in the body, comes in 2 forms. Fatty acids and triglycerides.

Fat that is floating around in our bloodstream and can be used for fuel are Free Fatty Acids. Triglycerides are the form of fat in our fat cells. Insulin is the main hormone in charge of regulating whether fat is in the fatty acid form (able to be burned for energy) or triglycerides (the storage form which is the fat that we see on our bodies).

When it comes to eating fat, NOT ALL FATS are not bad for you!

Fats help our bodies absorb vitamins, regulate hormones, help you feel full, and are a good energy source. Eating the right kinds of healthy fats in the right amounts can actually help you lose fat.

Monounsaturated fats in macadamia nuts, avocado, and extra virgin olive oil, are healthy fats and help our immune system and cardiovascular system.

On the other hand, trans fats and Omega-6 polyunsaturated fat, along with too little Omega-3 fats, can cause serious health problems like heart disease and cancer. These are found in vegetable seed oils, salad dressings, and processed foods.



MACRO NUTRIENTS-CARBOHYDRATES, FATS, AND PROTEIN

CARBOHYDRATES

Carbohydrates are a source of fuel. All the carbs you eat are eventually converted to glucose which your body goes to first for fuel. Insulin decides where this glucose goes. If you do not use it for fuel your body stores it. First, it is stored in your muscle and liver. When their storage tanks are full glucose is converted to fatty acids and stored in your fat as triglycerides (gaining fat).

The Standard American Diet is very high in carbohydrates from processed foods and are mostly "empty calories" which means there are a lot of calories from carbs and fats but very low in healthy nutrients. Eating these carbohydrates frequently will increase insulin and insulin controls fat storage. These insulin fluctuations affect your hunger and energy levels and cause those energy crashed and cravings for more carbohydrates. It is a vicious cycle. This is not healthy for our bodies or our minds! It causes us to struggle to keep energy levels up since we are so dependent on a steady supply of carbs. This can cause patterns of frequent hunger, cravings and fluctuating energy levels.

Carbs themselves are not bad for you. Your bodies need carbs, the right kinds, in moderation! Some carbs are better than others. The carbs we get from vegetables, that contain more fiber, are healthier for us than eating processed food like chips and bread.

So a diet low in calories may cause some weight loss initially, since you are in a calorie deficit, but this is very hard to maintain. When you do not pay attention to the types of calories you are eating, you may not be fueling your body appropriately. If all the calories you are eating are unhealthy calories, you will feel sluggish, tired, and hungry all of the time. You must eat the correct composition of fats, protein, and carbohydrates to target fat loss while keeping your body feeling good, and energized. Additionally, if you feel like you are constantly depriving yourself you will not stick to a program. It is just a quick fix but in the long run you may gain it back plus more.

The goal is to enough calories, and getting enough of these macro nutrients to fuel your body appropriately. This will allow your body to function optimally. This will also allow you to reach your health and fitness goals.



THE NUTRITION PLANS

The nutrition portion of this program is by far the most important. This will involve keeping track of what you are eating and counting macro-nutrients (macros). The three macro-nutrients (macros) are fats, carbohydrates, and protein. To change your body composition, you have to change the composition of what you eat, not just cut calories. To learn how to eat to reach your goals and for lasting results you have to keep track of what you eat, at least initially. This allows you to learn how much food you should be eating and help you to choose the right foods to reach your goals and then maintain these results.

You will be filling out an assessment that will allow me to place you in the appropriate nutrition program. There are many nutrition techniques that can be used to help each of you reach your goals and this will be determined by your goals, your level, your activity, your history, and other information gathered from your assessment. All plans in The Refine YOU Program will utilize food tracking using the My Fitness Pal App. All plans will be "macro based" which means that you will be aiming to hit a certain amount of carbs, fats and protein. But, the technique and the numbers will be different and customized for each person in the program. You will be given the plan that fits your goals, your level, and that is the most attainable for you.

After you fill out your assessment, you will receive an email with your customized plan. This email will include your calorie goal which will need to be changed in the My Fitness Pal App, as well as your macro goals which will also need to be changed in the App. The macro goals you will be given are in percentages. After these are set, you will not be looking at percentages, you will be looking at grams of carbs, fat, protein, and fiber.

Please take the time to go through the modules in prep week which will walk you through this process. The modules will take you through two video tutorials on how to get your settings into the App and how to use the App. Keep in mind that changes can, and will, be made as needed with these macro goals or the technique used. You may start out with a certain plan, and this might need to be adjusted during the program.



NUTRITION

No matter which plan you are assigned to, you will be given macro nutrient (macro) guidelines to follow every day. You will be shown how to put these in My Fitness Pal (a free food tracking app), you will be keeping track of all that you eat in this application and trying to stay within the numbers given to you. You will be given specific detailed instructions on how to do this, a guide on what you should eat, and a recipe library with hundreds of recipes to help you with this process.

Eating the right macro nutrients is the most effective way to target that stubborn fat and lose it, maintain or gain muscle, and fuel your body appropriately to keep you energized and feeling good.

If your goal is weight loss, keep in mind that losing around 1-3 pounds per week is considered "healthy" and that does not take into account strength training. With strength training, you will become more lean but you may not lose as much weight. This is because the more muscle you have, the more you will weigh. This program focuses on building healthy bodies and maintaining healthy lifestyles which correlates to a body with less fat and more lean muscle.

You will be walked through your program step by step and will be given detailed clear instructions on The Refine YOU Program client website as well and many other guides and tools.



FOOD OVERVIEW

The Refine You Program will provide you with a Nutrition guide. This guide will give you all the information you need to choose the right foods to hit your goals. This program does not give you a meal plan or tell you exactly what to eat. I do provide a one week example with a grocery list but ultimately the foods you choose to eat are up to you. This is crucial to long-term success.

Think about this, if you are give exactly what to eat every single day or you have meals provided for you to eat every single day, what happens after the program is over? How will you know how to maintain this on your own? Secondly, what if you don't like the foods that you are to eat? What if you have certain food sensitivities or food preferences? What happens when you want to go out to eat or if you go on vacation?

The Refine YOU Program will help you learn how to choose the foods YOU like to eat. It will also teach you how to work in the occasional treats with no more food guilt!

Is it easy? This is not a quick fix. "Easier" would be those strategies that are not realistic long-term. Those would be those programs and strategies that cut everything out of your diet, those that are super restrictive on the foods you can eat, those that depend on multiple shakes for meals, or depending on frozen meals for you to eat. For a program to be a realistic long term solution, you need to learn how to eat the right foods and still be able to eat the foods you like to eat, go on vacation, go out to eat, and have birthday cake on your birthday. You need to be able to enjoy and live life. This takes a bit of time, trial and error, and patience to learn how to make the right choices.

In general, you will be avoiding refined grains (processed food, bread, chips, crackers, wheat). These are unnecessary in our diet for fiber or nutrients. We can get all the fiber that our bodies need from whole grains, fruits, and vegetables.

Refined grains are made up of Lectins, Gluten, and Phytates which cause mild to severe inflammatory reactions in our bodies. These reactions can affect our thyroid, digestive tract, immune system, and liver. Gluten is the one we hear about the most but they are all unnecessary and can be harmful. If we cut refined grains and processed food out of our diet, it decreases our risk of problems such as diabetes, heartburn, hypertension, and helps us get rid of pesky stubborn fat.

Dairy products should also be limited. They commonly contain hormones, pesticides, antibiotics, GMO's, and are very inflammatory to your body. They also contain a high amount of carbohydrates and lactose that can cause sensitivities.



INTERMITTENT FASTING

Unless you are already intermittent fasting, Intermittent fasting in this program begins week 3 only if you are ready, and if this is appropriate for you. Most clients in the program implement this technique, but it is optional. Intermittent fasting can sometime provide an extra boost for fat loss, it can promote hormone regulation, and is good for your overall health.

I require that you be comfortable in tracking your food and consistently hitting your goals before trying intermittent fasting. The reason for this is, if you are unable to get your carbs, fats, and protein in a full day, you are unlikely to do this in a shorter period of time.

For those who are breastfeeding, I typically do not recommend intermittent fasting unless you are sleeping well and feel comfortable trying.

We will not be participating in intermittent fasting until our bodies are ready and have made the switch from being carb-dependent to being fat-dependent for energy. Attempts to start intermittent fasting when your body is still dependent on carbs for energy will result in blood sugar declines. This will make your body unable to burn fat efficiently. Your body will react to fasting by STRONG cravings for food, especially carbs, and activate your body's stress response which will trigger your body to store calories as fat. Some signs that you are fat adapted (no longer dependent on carbs for energy) will include: being able to wake up and function well for several hours without eating, stable energy levels during the day, and stable energy during workouts. We start this the beginning of WEEK #3.

Exception: Those who are already intermittent fasting, you may continue.



MY FITNESS PAL

This is a free application (app) that you will need to download to your phone. We will be utilizing this app to keep track of what you are eating. **If you don't keep track of what you are eating, this program will not work.** You will also learn how to plan your meals ahead of time and so you can make the right choices during your day. By the time you reach your goal, you will become accustomed to the foods you should be eating and used to keeping track of your nutrition.

One of my goals with this program is to get you comfortable and in the habit of making good lifestyle choices. This will lead to a lifestyle of maintaining a healthy body, mind, and spirit!

Keep in mind that the settings that I will give you are a guideline and not set in stone. We all have different metabolisms and process food differently. What will work for one person may not work for another. What I recommend initially will work for most people, but you need to listen to your body and be in good communication with me on energy levels and hunger levels. It is normal to feel a bit run down the first 2 weeks or so because our bodies are making a switch from being carb-dependent to fat-dependent.

You will see that there is a free version and premium version for this app. You only need the free version. The premium version is not needed for success but can offer more convenience. I do not use the premium version but some of my clients think that it is worth the cost.

You will be given an instructional video on how to use the app and how to put in your calorie, carb, protein, and fat goals that you will be given.



CARDIO

We have been taught that that the more calories we burn the more weight we will lose. In actuality, 80 percent of what we look like depends on choosing the right nutrition and the remaining 20 percent is exercise, sleep, and other factors.

At low intensities our bodies burn fat for energy. At high intensities our bodies burn glycogen for energy. Participating in high intensity programs all the time may lead to our body craving calories and elevating cortisol levels. While high intensity workouts might help with maintaining body composition in the short term, doing this too much over time can work against us.

Cortisol is a hormone released by our adrenal glands and it is responsible for regulating our energy levels as well as organ function. It is released, in response to stress, to convert amino acids to glucose for our bodies to use for energy, our "fight or flight" response. This could be in response to physical or emotional stress. Tapping into high intensity workouts too often or too long (chronic cardio) without enough rest stimulates our bodies to elevate cortisol. Excess cortisol has destructive effects on the body. It can break down muscle tissue, suppresses our immune system, and causes us to store fat especially in the abdominal area. Elevated cortisol also causes injury due to chronic inflammation and our testosterone and growth hormone levels to drop. This has negative effects on our energy and sex drive. Consistent high levels of cortisol also can trigger an increase in appetite, can cause high blood pressure (hypertension), and elevated blood sugar (hyperglycemia).

It is important to do enough cardio for the cardiovascular benefit but not too much to activate our body's stress response and affect our cortisol. Managing our cortisol by a reduction of that "chronic cardio" can help us get rid of that excess fat, the stubborn kind! It will also improve our sleep and energy levels which in turn will improve our mood.

Working efficiently and effectively!

Working smarter not harder!

The Refine YOU Program will be providing you with these types of cardio workouts. Your level will be given to you depending on your client assessment.



HIIT

HIGH INTENSITY INTERVAL TRAINING

Your cardio workouts may involve HIIT. HIIT stands for High Intensity Interval Training. It is a method of training that alternates between high intensity exercise and low intensity exercise or complete rest. These types of cardio workouts provide the best bang for your effort. They allow for a higher quality workout in a shorter amount of time and also provide other benefits.

Studies have shown that HIIT, compared to steady extended exercise, is far superior for fat loss. You burn more calories during a HIIT workout than steady state cardio. So, 15 minutes of HIIT is better than 30 minutes of the same intensity on the elliptical. HIIT cardio can also improve your metabolism which will allow you to burn more calories when you are at rest.

If your workouts contain HIIT, you will be given detailed instructions on your HIIT workouts and how to do them. There is a lot of flexibility on what you can do. Your HIIT cardio workouts will vary depending on what is convenient for you and your level. You can choose to do this on the elliptical, boxing, running, a bike, or in a pool. You will be pushing as hard as you can for a certain amount of time then resting or going easy for a certain amount of time. For example, a warm up of 5-10 minutes stretching and going easy on the elliptical, then HIIT: 20 seconds on the elliptical as hard as you can then 20 seconds easy, doing this off and on for a given time.

You will also be provided with choreographed HIIT workouts that can be done anywhere as another option for you as well.

A given rule is that during the high intensity portion of your workout you should be breathless at the end of the "sprint" and should not be able to carry a conversation

During the high intensity portion of your workout, your heart rate will be in the anaerobic (sugar burning) zone. After the high intensity portion is over, you will have 20-30 minutes of cool down keeping your heart rate in the aerobic (fat burning) zone.

You are able to substitute your favorite classes into The Refine YOU Program. The workouts are flexible. However, I recommend that you follow the overall structure of the workouts, the duration of workouts, and the number of days you exercise.



STRENGTH WORKOUTS

There are different levels of workout plans as well as a men's version. Your plan will depend on your client assessment. If you are not currently exercising, you will be placed in a more beginner level. If you currently exercise routinely you will start at a more advanced level. These levels are not set in stone. If you feel you they are too easy, we can move you up a level. If they are too difficult, we can move you back down a level. If any of the exercises given bother you in any way, please let me know and I can give you a modification. (example: forward lunges bother your knees then I would change these to reverse lunges or static lunges)

Regardless of which level you are in, each week you will be given a home version and a gym version for your strength workouts. Keep in mind that the home workouts can also be done at the gym. All groups will have 2 cardio days and 2-3 strength days.

You will be given detailed workout sheets for each day of the workouts. Each week's workouts will be posted on the Client Portal Website. You will be given days 1-7 of workouts. These days are interchangeable and do not have to be done in order. The days you workout can be done ANY DAY that works in your schedule. The only thing that I recommend is to avoid 2 strength days back to back.

Each strength exercise in the workouts will have a link to a video demonstration of that exercise. You will also have access to an exercise library with YouTube videos demonstrating each exercise. For example, if you are looking for a different leg exercise, you can just go to the Leg Exercises and find another one. If you have a TRX and would like a full TRX workout, you can visit the TRX Exercises and do all TRX exercises. In addition, you may join Refine YOU's YouTube channel and look up the exercises by simply typing it in.

Do the best that you can for the workouts. If you cannot complete every single set at first just try to do one set instead of both and work your way up. Again, If you find that the workouts are too basic or too advanced for you please let me know and we can do some adjustments.

For the Home Versions of strength workouts all that is required is 3 sets of dumbbells (light, medium, and heavy) and a bench or chair. There is an optional piece of equipment you can purchase to add variety to your workouts. It is called the TRX Suspension Trainer. Click here or go to www.refineyou.co/products to learn more and for product recommendations. For some exercise sets there will be a dumbbell option and a TRX option. It is a great thing to have if want one piece of equipment that will give you a full body workout. This will add more variety to your home workouts with the dumbbells. The gym version has more variety because there is more equipment available to use at a gym.

You are able to substitute your favorite classes into The Refine YOU Program. The workouts are flexible. However, I recommend that you follow the overall structure of the workouts, the duration of workouts, and the number of days you exercise.



PRODUCTS AND SUPPLEMENTS

There are no required supplements or products to be purchase for The Refine YOU Program.

Many of my clients ask about my preferences so I share products and supplements that I have used. To view my recommendations, just visit www.refineyou.co/recommendations

My suggestion (not requirement) on supplements is to make sure you are taking good quality supplements. Make sure they do not contain fillers, binders, coloring, waxes, preservatives, and harmful chemicals. They will be listed under "inactive" or "other" ingredients.

I do recommend that you take a good multivitamin with vitamin D/antioxidant

Taking an Omega-3 supplement is beneficial to protect us against cardiovascular and neurological disorders and reduces inflammation in our bodies.

Probiotics are important to maintain gut health. Maintaining healthy bacteria in our gut is important because our gut tells our bodies how much fat to store and controls our metabolism. Some of us need these daily, others need them occasionally.

I also recommend taking a BCAA (branch chain amino acids) supplement during, or after your strength workouts specifically if you are really sore. Some contain a good amount of caffeine so keep an eye on this. They aide in muscle recovery after a workout.

I do not push specific brands. All I can do is share what I use, only because many clients ask. You can make your decisions from there.



FACEBOOK

You do not have to be on Facebook in this program. However, it is a good resource for me to communicate with you and a good place for accountability and support from those who are going through this with you.

You will be receiving an email with instructions on how to join the group. Please do so when you receive this email. On these group pages I will be posting information and tips frequently.

This will also be the place where you will pose your questions to me and how to stay accountable. Prior to sending me a direct message, please consider posting your question on the group page by tagging me. This way everyone in your Facebook group can benefit from your question and my answer. They may have the same question and haven't had time to ask.

Of course, if your question is personal in nature please contact me in private.

Some of the guides and all of the workouts will be posted on the group page as well as the website. You can find these documents on the Facebook group page in the files tab.

Each day I ask that you post on the group page under that day's post (or email if you are not on Facebook) a screen shot of your macro nutrient numbers in My Fitness Pal. This is so I can monitor your progress and make sure you are consuming enough calories. The Facebook group will be a good source of support and accountability for you. I give you the tools and the guidance but it is up to you to follow through to get the maximum results.

If you do not want to be in the Facebook group please email me and let me know and we can communicate via email.

Be sure to follow me on Facebook at <https://www.facebook.com/refineyou1/>

Instagram at <https://www.instagram.com/refineyou/>



PREP WEEK

I am so excited the program and I hope you are too! The first week of the Program is Prep Week. Prep Week is worked into the program for you to gradually review all the information given to you. This is not the start of the actual fitness and nutrition program. This will be 7 days after the start of Prep Week. I feel that it is beneficial for you to have enough time prepare, review the workouts, get grocery lists ready, and get meals prepped for your first week. This will allow for a more smooth transition and, more importantly, the right mindset. This will also allows more time to have your questions answered, if any arise.

This guide is a very broad overview of the techniques we will be using in The Refine YOU Program. I give a lot of information for a reason... for you to learn why you will be using these techniques, and why they work. This better understanding will help you with long term success after you have reached your goal. Don't worry, there will be more detailed, clear information given to you during prep week and plenty of tools to help you along the way.

During prep week we will be going through this guide and all the other information gradually. I am giving this overview to you ahead of time to go over in your spare time so when prep week begins you have a good starting point.

During prep week you will be given additional information including a Nutrition Guide, a recipe library, cheat sheets, and other tools to help you on your journey.

You will also need to complete a few tasks before the first day of the fitness and nutrition plan...

You will be receiving by email:

- Legal documents (waiver, etc.) for you to sign
- Client Portal website login information
- Facebook Group login information

After you complete the client assessment, I will be reviewing your questionnaire responses and placing you in the appropriate plan and will email this to you.

When you get logged into the client portal website there will be step by step modules for you to complete to guide you through all the information and to prep you for success in The Refine YOU Program.

I am thrilled that you have made the decision to invest in yourself and make the journey into the healthiest you possible, Mind, Body, and Spirit!

Click here to watch the WELCOME VIDEO!

LETZ GO!

Kim Goletz