the
FIT
PROJECT
home-based
workouts &
nutrition plan
Dare to be great.
If you are waiting
for the right time,
it is NOW.
Joana V
USA PRO

Acknowledgment

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My Story, about the author

Tomorrow starts TODAY.

Hello, beautiful and amazing people!
Thank you very much for reading this, it means so much to me!
I am Joana, 29 years old, mother of two incredible children, owner of 'Jo's RAW Cakes and Desserts' and this is my story of becoming **fit and healthy**.
I've never been a sporty or skinny girl in my school years, although I have never been plump or fat either. I was just a normal girl who didn't like her body and who never felt comfortable in her skin.
In that period of time my weight varied by about 2-3 kilos, and I relied on my youth to stay fit and healthy.
But with my first pregnancy, I gained more than 25 kilos (yes, I was pretty big)! Since I really hate dieting and restricting calories, my only choice left was exercising. So I was very motivated to fit in my old clothes and I've started exercising at home while my baby was taking his afternoon nap. One month later the magic happened, I saw the first results of shaping my body and I completely felt in love with the whole process of taking care of myself. So the wheel has started spinning. I have started making better food choices, trying different types of exercising, researching and educating myself. And few months later I was looking 100 times better and fitter than ever before.
But that wasn't even the best part - I just felt more alive, strong, energized and happy than ever.
And then I got pregnant with my second baby but I have never stopped exercising, reading, researching and educating myself. My second motherhood was so much different experience, because of all knowledge I'd already had and because of my new understanding of healthy existence.
Now 4 years later, I'm a successful Pilates teacher and certified Personal Trainer, whose only passion and purpose is *helping, motivating and supporting other women to change their lives for good.*

Truly Yours,

Joana V

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The Truth About Being Fit and Healthy

“There is no one giant step that does it, it is a lot of little steps.” – Peter A. Cohen

"A fit, healthy body – that is the best fashion statement!"

Being physically healthy and fit involves not only how you look, but also how you feel and your overall health.
We all want to be fit and healthy but do we know what it takes? In certain ways, we do. There are two main principles:
1. **Making the right food choices.** Emphasizing on raw and less processed foods. Eating more fresh fruits and vegetables, cooking meals at home, and reducing your intake of sugar and refined carbohydrates. Drinking plenty of water.
2. **Exercising regularly and being active.** Doing both cardiovascular and strength training at least 3 times per week. Improving your endurance, agility, flexibility and balance. And also: walking more, taking the stairs, using a basket instead of a shopping cart, playing with your kids.

These two main principles are all true and *ESSENTIAL* for being fit and healthy.

But there is something we can't see in the big picture – a missing piece of the puzzle. Something that we forget from time to time. That is what I called **THE SECRET** *about being fit and healthy* – **FIT IS NOT A DESTINATION, IT IS A WAY OF LIFE.**
We forget to enjoy the process. Instead of focusing on the amazing, natural and blessing food we eat, we are stressed of constantly restricting and counting calories and keep craving for something else. We count the days when the diet will end. But it shouldn't be a diet plan at first place. It's a lifestyle.
Like many things in life, exercise also is all about perspective. Do not take it as an annoying and hard routine, instead of that ENJOY it. Feel the satisfaction and pleasure when you finish a hard workout. It's all about knowing your limits, and

balancing how hard you're pushing yourself with your own thresholds.
What I mean is that *People want to change everything and, at the same time, want it all to remain the same.*
So my question is **What are you willing to give?**

When people see me, they say "Oh, she is naturally slim and fit". And they're so wrong.
I didn't wake up one day and became healthy, fit and strong. I worked for that. It took me a lot of dedication, hard work and persistence and *I ENJOYED EVERY SINGLE STEP OF THE WAY.*

Joana V

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What you get with the FIT project

"Motivation is what gets you started, HABIT is what keeps you going."

– Jim Ryun

This guide will provide you with a step-by-step 8-week home-based progressive exercise training, healthy balanced meal plan, motivational tips and support.

- 14 days Meal Plan

  * Basic understanding of what nutrition means and what healthy balanced diet is.

- 8-week program consisting 7 different workouts

  - Upper body and core, strength routine
  - Lower body, strength routine
  - Total body, circuit strength training
  - Total body, pyramid strength routine
  - Cardio 1, Tabata style
  - Cardio 2, Tabata style
  - The challenge, CrossFit workout

  ** Step-by-step glossary on how to complete each of the exercises*

- Motivational tips and support

  ** Information on how to effectively track your progress*
  ** How to stand up when you fail*
  ** How to never give up, because it's not about perfection, it's about effort => if you put only 10% effort, don't expect to get 100% of the outcome*

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Track Your Progress

"Everything is hard, before it is easy."
- Goethe

First of all, let it be clear, tracking your progress is very important!
But **THE NUMBER ON THE SCALE DOES NOT DEFINE YOU!**

When you strength train and eat properly, your body tends to only shed fat while keeping the muscle you already have. Compare that to crash dieting and hours of cardio where your "weight loss" will be greater…but you'll be losing both muscle and fat (and leave you looking and feeling like a weakling).

By tracking your body composition in more than one way, you'll have a more accurate view of your progress.

Don't track everything on a day-to-day basis. Our bodies are incredibly complex pieces of machinery where all kinds of crazy stuff happen all day and all night. Our weight can fluctuate over the course of a day. Measuring EVERY day will promote an unhealthy OCD behavior where every tiny little change will be scrutinized and blown out of proportion. So, measure yourself once a week at the same time, I advices after you wake up and before you eat breakfast. Depending on your schedule, I'd either pick Friday or Monday mornings to track all of your measurements.

Here are the best ways to track yourself OTHER than a scale:

Take a picture! – My favorite method. Stand in front of a mirror in a bathing suit or your underwear with your cell phone camera and take a picture. Then turn to the side and take another picture of your profile view. You might not like what you see. You might not want to look at it again, and you probably won't want to show it to anybody. THAT'S FINE. Just take the picture, hide it in a folder on your computer, and add to it once a week. You live with yourself (duh), so it's tough to notice changes on a day-to-day basis. However, if you have two months of week-to-week photos to look back on, you'll be able to tell if your body is transitioning in the right way.

Take measurements – Go to a craft store and buy a cheap tape measure or buy one of these self-help tape measures. Make sure your measurements are taken in the morning and not after your workout. Also, make sure you measure the same location each week – kind of weird, I know, but I pick freckles on my arms and legs so I know exactly where to measure each week. Take a circumference measurement at each of these spots and write it down:

-**Neck** (for most people, this is the thing that connects your body to your head)
-**Shoulders** (both arms down at your side, at the widest point from shoulder to shoulder)
-**Chest** (lift up your arms, wrap the tape measure around your chest, just above the nipple, and then lower your arms)
-**Bicep** (either left or right, but be consistent)
-**Waist** (at the belly button for consistency)
-**Hips** (measure the widest part of your hips)
-**Thigh** (left or right, but pick the same spot on your thigh each week)

Clothes – Yes! Clothes can be a good indicator of weight loss. One drawback is that clothes can stretch. Jeans can be tight after coming out of the dryer but then loosen over time.

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Workouts

Don’t wish for it.
WORK FOR IT.

I have designed 7 different workout routines for you.

- 4 resistance training workouts
- 2 cardio workouts Tabata style
- 1 Crossfit workout

They are structured in 8 weeks progressive schedule.

The FIT Project will make you functionally fit by combining athletic aerobic movements with functional strength exercises that will have you looking and feeling amazingly fit.

First of all, let me answer you few questions that you could have in mind.

Why do I need resistance training/physical training that involves lifting weights?
So many women are afraid of resistance training and do cardio and only cardio. Again and again, research has shown that women who maintain a regular,

moderate strength training program enjoy a long list of health advantages. Some women still fear that weight training might bulk them up in unfeminine ways; however, first of all you'll lose more fat than you'll gain in muscle. Also as you add muscle from strength training, your resting metabolism will increase, so you'll burn more calories all day long.
So don't be afraid of resistance training – lifting weights doesn't make you big, bad eating and stagnation do.

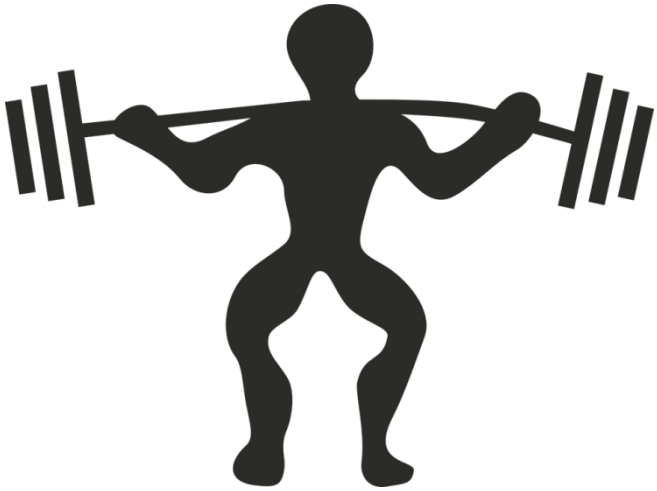
What is TABATA?
Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

When you train in a high-intensity zone, it keeps your metabolism running on high gear. **One of the greatest benefits of anaerobic training is that your body keeps burning fat for 24 hours after your workout.**

So the amount of fat that can be burned using Tabata training is what draws many people to using it. As a weight loss tactic, Tabata is a great tool.
There are a lot of applications and online Tabata timers which you could use to track your workout.

What is Crossfit?

CrossFit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. We do pull-ups, squats, push-ups, weightlifting, gymnastics, running, rowing, and a host of other movements.



WARM UP AND COOL DOWN
You should always start with warm up and finish the workout with cool down.
A **WARM UP** gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature. Warming up may also help reduce muscle soreness and lessen your risk of injury. **COOLING DOWN** after your workout allows for a gradual recovery of heart rate and blood pressure.

Warm up exercises prepare the body for exercising by increasing the blood flow to the muscles allowing them to loosen up, which can raise the flow of oxygen to the

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