



DR SANAL'S KURUNHIKKATTIL PRESENTS

HEALTHY YOU 101

A beginners guide to health & fitness.

TIME 4 SOME SELF LOVE

EAT HEALTHY AND STAY FIT

*Start a healthy
lifestyle here*

Congratulations! You reading this guide is a clear sign of your interest in getting fit & healthy!

This guide would be an introductory gateway into the world of fitness. Use it for educational purposes only. Before you begin any workout or diet plan, always seek the advice of professionals like doctors, physiotherapists, dieticians etc.



Disclaimer Alert

This guide book is strictly for educational purpose. We are not endorsing any video whose link is given in this guide. They are merely recommendations. Use them to learn about your current fitness state. Find the best system of exercises that suites you. But before you start any form of exercise or diet / nutrition regimen, consult a certified professional and ensure that it is safe for you! You cannot hold us responsible for your actions! Stay safe, healthy & fit!

WORKOUTS

Working out and staying fit is super important. These days, we hardly leave any time for ourselves. This kind of lifestyle can have a serious impact on our lives. People sit behind desks all day, eat junk food, spent copious amounts of time on their smartphones and sleep irregularly. Naturally, these habits make our body weak. Here are some of the probable consequences:

- Bad posture
- Poor immunity against diseases
- An increased chance of being overweight, and the list continues!

Eating healthy and exercising are the best ways to combat this issue. Often people complain that they don't have enough time. Well, we all can spare some 30 minutes, can't we?

There are different kinds of workouts or training methods. They all have their own purposes. Some may focus on strength, while others give importance for mobility and flexibility. Then there are others that focus on speed and endurance and so on. Let us discuss a few of them.

1. Calisthenics

Calisthenic exercise system makes use of bodyweight exercises and a minimal set of equipments like the pull up bar and the dip stand. These are great exercises for building strength, mobility, balance and coordination.

Since calisthenics mostly use bodyweight exercises, we can do many of those exercises at our home or office. If people don't have the time or money to hit the gym regularly, then this is a great option. Even the beginner exercises can be super effective for us.

Check out this video by ***calisthenicmovement*** for a better insight in to calisthenics as well as some beginner exercises.

[Video Link](#)

2. Plyometrics

Plyometrics, also called jump training or plyos, are exercise routines more suited for people who want to be athletic. The idea of plyometrics is to make the muscles exert a large force in a short interval of time. These exercises are great to workout your fast twitching (Type II) muscle fibres. It helps improve your strength and speed. Plyometric workouts can also help improve your endurance, but only slightly.

Keep in mind that plyometric exercises are mostly suited for athletes. Plyometric workouts also make use of minimal number of equipments!

Check out this video by ***Fit Father Project*** for a better insight into Plyometrics and some beginner exercises.

[Video Link](#)

3. Functional Training

People worldwide loves functional training! Why? It's because functional training routines are designed to keep your body functional. i.e they are used to improve the efficiency of your day to day activities. These exercises are designed to simulate your day to day activities. Everyone should give it a try!

Check out this video by **Obi Vincent** for a better insight in to functional training and some beginner exercises.

[Video Link](#)

4. Cardio Workout

Cardio exercises are designed to improve your heart rate and increase your metabolism. These exercises help keep your heart and your cardio vascular system healthy. Cardio exercises are popularly followed for weight loss. Often, most of these exercises require little or no equipments. So they are great for everybody!

Check out this video by **HASfit** for a beginner to advanced cardio kickboxing workout.

[Video Link](#)

5. HIIT Workout

HIIT stands for High Intensity Interval Training. These exercises can improve your athletic skills, condition your body and help in fat loss. The idea is to sets of two levels of exercises. You start with a high intensity exercise (for example 30 sec sprint) followed by a moderate intensity exercise (for eample 15 seconds of jogging). You repeat this set until you are exhausted. i.e you stop when you cannot do another set. HIIT sessions typically last 20 to 30 minutes. They improve your cardio vascular performance too. However, keep in mind, they are quite challenging!

Check out this video by **The Body Coach TV** for a beginner HIIT workout.

[Video Link](#)

Workout 101

- Do not force yourself into any exercise. Keep it fun and simple. Get comfortable with beginner level exercises before moving onto intermediate and advanced levels. Otherwise there is a higher chance of you getting injured.
- Drink lots of water! You will sweat a lot when working out. So keep in mind to hydrate yourself. Ideally drink some water about 30 minutes before working out. Hydrate yourself often!
- Never forget to do warm up exercises before working out and cool down exercises after working out. They are important to make your workout sessions effective and productive.
- Working out can cause muscle soreness. It is called Delayed Onset Muscle Soreness (DOMS). It is perfectly alright! It is a sign of your muscles getting repaired and getting stronger.
- Give your body plenty of rest for recovery. Ideally people workout every alternate days. That way they can rest in between to recover.
- Consult certified sports fitness experts before taking any supplements.
- Remember to eat healthy! That way you will always be energetic and functional.
- Always consult a certified expert dietician before starting any diet regimen.
- In case you are suffering from any injuries, consult a doctor before working out.

Flexibility & Mobility

Flexibility and mobility are two important terms that you should definitely consider. Flexibility is mostly related to your muscles. It determines how much your muscles are able to lengthen themselves. For e.g. a person with a high degree of flexibility, in the muscles of lower body, can easily do splits.

Mobility defines the degree or the range of motion that your joints are capable of. If you have sufficient flexibility & mobility in your body, you are less likely to get injured in a physical activity. Moreover, they are important in keeping your muscles and joints healthy! Be very careful with stretch and mobility routines. Only do what is within your capacity. If any position is painful, do not do it. Try easier variations.

In fact, it is highly recommended to go for beginner variations and getting comfortable with them before going for advanced levels. If you have any doubts, consult an expert.

Why don't you take a look at this flexibility & mobility routine by *TheLeanMachines*.

[Video Link](#)

Bonuses

We often give into our junk food cravings. They do taste wonderful. But too much junk food can really mess your body up. Always Keep in mind to consume a balanced diet. Nutrient rich foods can really change your life and your performance level. Home made nutrient rich smoothies and juices are an excellent way to improve your food habits. You can add multiple healthy foods into it (Like milk, berries, fresh green vegetables etc.) and that way it help you keep a check on your daily nutrition. Plus, you can make some to take with you to the office or to the gym! Convenient and valuable right?

There are tons of smoothie and juice recipes available online! Breakfast smoothies, fat loss smoothies, protein smoothies, detox smoothies, immunity boosters etc. are some examples.

Here are some recipes for you to try out!

1. Check out this Immunity boosting juice recipe by *Howdini*

[Video Link](#)

2. Check out this video of 12 healthy smoothies by *Tasty*

[Video Link](#)

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