

My Uplifting

FITNESS & LIFESTYLE GUIDE

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'Give less of yourself
and take more time
for yourself.'





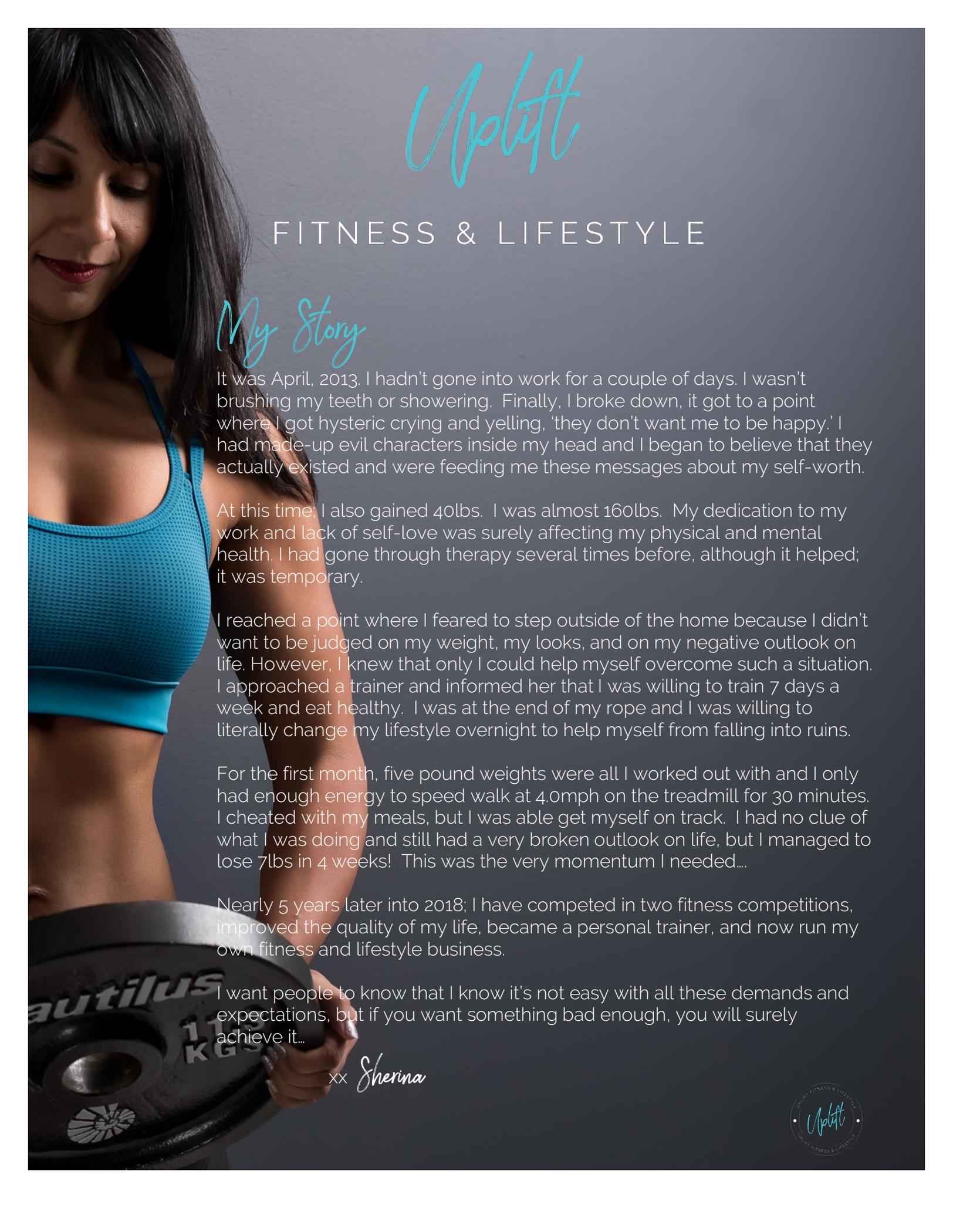
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My Uplifting Guide...

- ⇒ My Story
- ⇒ What's your motivation?
- ⇒ How to quit a 'unhealthy' habit
- ⇒ The strength in positive thinking
- ⇒ Balancing your lifestyle – making a schedule and sticking to it
- ⇒ Making time and saving money
- ⇒ Staying disciplined
- ⇒ 22 minutes of physical activity a day
- ⇒ When and how to breathe during an exercise – creating abs
- ⇒ Mindfulness and weight-loss
- ⇒ Let it go – detoxify and declutter your life
- ⇒ What to eat and when to eat it
- ⇒ The importance of reading labels – uncovering how much sugar is in our food
- ⇒ The connection between water and building muscle
- ⇒ How alcohol affects your body
- ⇒ Fat burning – where does the fat go?
- ⇒ Recipes





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My Story

It was April, 2013. I hadn't gone into work for a couple of days. I wasn't brushing my teeth or showering. Finally, I broke down, it got to a point where I got hysteric crying and yelling, 'they don't want me to be happy.' I had made-up evil characters inside my head and I began to believe that they actually existed and were feeding me these messages about my self-worth.

At this time, I also gained 40lbs. I was almost 160lbs. My dedication to my work and lack of self-love was surely affecting my physical and mental health. I had gone through therapy several times before, although it helped; it was temporary.

I reached a point where I feared to step outside of the home because I didn't want to be judged on my weight, my looks, and on my negative outlook on life. However, I knew that only I could help myself overcome such a situation. I approached a trainer and informed her that I was willing to train 7 days a week and eat healthy. I was at the end of my rope and I was willing to literally change my lifestyle overnight to help myself from falling into ruins.

For the first month, five pound weights were all I worked out with and I only had enough energy to speed walk at 4.0mph on the treadmill for 30 minutes. I cheated with my meals, but I was able get myself on track. I had no clue of what I was doing and still had a very broken outlook on life, but I managed to lose 7lbs in 4 weeks! This was the very momentum I needed...

Nearly 5 years later into 2018; I have competed in two fitness competitions, improved the quality of my life, became a personal trainer, and now run my own fitness and lifestyle business.

I want people to know that I know it's not easy with all these demands and expectations, but if you want something bad enough, you will surely achieve it...

xx Sherina



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Motivation

I feel that motivation is the key to transforming your lifestyle. You need to dig deep and reflect on what is working for you in your life and what may be bringing you unnecessary stress. It is the latter that should motivate you to go full force in 'smashing' your fitness goals. However, first and foremost your life should be an important motivating factor.

It's OK to go slow and steady, you will surely get there; as long as you don't lose motivation!

The Very thing that
Motivates me, is the very
thing that challenges
me, it's: ME!



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Unhealthy Habit

We all develop unhealthy habits that are eventually deemed as 'bad.' This is entirely normal. However, if we allow our unhealthy habits to take over it can negatively impact our health and wellness. Yes, you can look at something as 'enjoyment,' 'fulfillment' and 'fun,' then you need to ask yourself, at what cost? At first, you do not need to try to entirely quit your unhealthy habit, but you need to start limiting it, and then try to go without it for 28 days.

After 28 days, if you manage to completely let go of your unhealthy habit, well then you have proven to yourself that there are other healthier and meaningful things that can bring you enjoyment, fulfillment and fun!

It only takes 28 days to let go of your old ways.



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Positive Thinking

Positive thinking is powerful and an effective method for weight-loss and achieving a healthy lifestyle transformation. When we think positively we release a brain chemical called dopamine. This chemical is responsible for our motivation and focus. This is why it's always a good idea to make checklists and to track our results. When we can easily see our achievements; we become happier and release more dopamine into our system. This happy chemical combats the stress hormone; cortisol which is responsible for generating unnecessary fat in our bodies.

Some foods that can help elevate our dopamine levels are: almonds, avocado, bananas, beef, chicken, chocolate, coffee, eggs, green tea and watermelon.

A lot of us experience being positive, and being let down. This is normal. Hot air balloons can't float in the sky forever. You won't benefit from having a negative outlook, so it's better to keep burning that flame and to remain positive about flying high than to stay grounded.

'Choose positive as a way to live'



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Balance

No doubt that it is a challenge to live a balanced lifestyle, but it is totally achievable. The magic formula is as follows:

- Do only what you are paid to do at work
- Let go of expectations and be proud of all that you have already accomplished
- Say 'no' to invites that may take your valuable time away from you and/or your family
- Make a schedule
- Build your schedule around your 'ME' time
- Remember that your daily schedule should consist of the basic needs: sleeping, eating, me-time, working, family/friends, and wellness. Everything else is 'extra-curricular'

*'By balancing your life,
you are keeping steady, so
you don't fall.'*



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Time & Money

Both time and money involve budgeting. Make a list of unnecessary expenditures that you incur and shift your expenditure towards your health and wellness goals.

Do you spend large amounts of your income on: fast food, going out, alcohol, expensive wardrobes, presents?

With regards to time, reflect on what activities in your daily life serve you with a significant purpose. Take out activities that limit your growth and use this time towards your wellness.

Do you spend countless hours watching TV, surfing the internet, updating your social media, talking on the phone, texting, laying in bed?

'Time and money will always freely flow to you, but only if you are willing to make good use out of it.'



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Discipline

Discipline is dependent on dedication. Once you are fully dedicated towards your health and wellness, you will easily be able to practice discipline and you will be more willing to control yourself, create structure and follow a routine.



*As you develop discipline, you
develop strength to achieve anything
you desire.*



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22 Minutes a Day

In the beginning of your fitness regime; if you can dedicate 22 minutes a day towards physical activity; you will have invested 2.5 hours in a week towards being more active, burning more calories and increasing dopamine levels in your body.

Sometimes we feel that if we can't give it our all then it's not even worth doing it and we begin to keep holding things off, but it never gets done.

On days that you can't lend a lot of time towards your fitness regime; surely you will have 22 minutes to go for a walk, do some stretches, or perform a quick body circuit workout

It's beneficial to do a little bit and get results than to do nothing at all and fall.





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Breathing and Great Abs

Three things go towards creating defined abs:

1. Diet
2. Breathing
3. Consistent full body exercises

When you exercise, it is important to breathe (inhale) at the point of exertion and to exhale when you are at ease.

To get yourself ready for exercise, you must 'fire your core':

1. Place your hands slightly above your hips
2. Breathe in (inhale with your nose) for 5 seconds
3. Breathe out (exhale with your mouth) for 8 seconds
4. Feel your stomach muscles stabilizing
5. Maintain your abs in this state while exercising, lifting heavy objects, walking/jogging/running and even sitting behind a desk.

'Fire your core!'



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Mindfulness

Finding some quiet time to reflect and to align yourself is essential. You don't have to do a thing except find a quiet place to sit, focus on your breathing and let go of all your thoughts. Be still.

Or get a journal and write down any thoughts that are in your head. It's a good way to release tension, find answers, and reflect. You can also write down some short-term and long-term goals. It will help you set your intentions and fly forward.

Remember fitness doesn't necessarily mean that you exercise. Fitness is defined as, 'being physical fit and healthy. If you are mentally healthy it will aid you with your physical fitness.

Substitute your physical fitness with maintaining your mental wellness once a week. Surely you will notice a difference with the quality of your overall wellness.

'A Healthy mind creates a strong body'





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Let it Go

Detoxify and declutter. Let go of people and things that no longer serve you.

We need to understand that certain people come into our lives to strictly teach us lessons (whether they be good or bad). If they begin to deplete us of our energy or if they no longer serve our lives with a purpose, it's OK to wish them well and to let them go. Also, during a lifestyle transformation keep in mind that those that understand you will support and encourage you. Those that may judge or lack understanding may leave themselves or you may just have to place them on the outskirts of your circle. It's your life, don't be afraid to own it!

Attachment to material things and even certain foods may also hold us back from fulfilling our lifestyle and fitness goals. At the very least try to declutter your space by packing things that you don't use, wear or eat in a box where it's out of sight.

One day you will come to understand that you don't need certain things and by holding on to them you were actually sabotaging your progress. You will eventually get yourself to a place where you will either discard certain items or give them away.

Lastly, you will have made space for better things and people to enter your life...

*Those who mind don't matter and those
who matter don't mind.* -Dr. Seuss



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What to Eat and when to Eat it

Typically, it's better to start off your day with a high protein and high fat meal such as eggs with avocado. When we wake up in the morning, our bodies have the highest level of cortisol which means there is a lot of sugar in our bloodstream. It's better to hold off having fruits and grains till lunch or after a workout.

Carbs are better to eat for lunch and dinner, but a handful at the most because our bodies eventually turn this into sugar. Also, after a workout, our bodies tend to produce cortisol because we have 'stressed it out.' It's important to eat something within 10 minutes of exercise to avoid our body storing fat. Bananas, nuts, proteins shakes are a good post-workout snack. Bananas are high in sugar; therefore, it's best to eat it after a workout to replenish your body with the salts and sugars its lost during a workout.

'Treat your body with good food, and it will reward you by making you feel great!'



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Sugar! Read the label

It is important to read labels. Just because a food item states, 'no sugar added' does not mean it's true. Any ingredient ending in 'ose' is likely to be sugar.

Remember 15 grams is equal to 1 tablespoon

Don't be tricked into thinking that a 'healthy' snack or food does not contain added sugar.

For example, in a fast food restaurant's bowl of oatmeal, there is 30 grams of added sugar. You can prepare the same bowl of oatmeal at home by adding cinnamon and a couple of blueberries or some honey.

'Sugar is sweet, but not always nice.'



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Water

On average, it is recommended to drink at least 8 glasses of water a day. However, when working out, you should be drinking more. Our muscles are like sponges and it requires water to grow. If we have an inefficient water intake, you retain more water in your body. Also, when eating, it is good to drink a couple of glasses of water with your meals because a lot of the times our bodies require more water not more food. If you are still hungry after a meal, you may just be dehydrated.

When our bodies are dehydrated, it begins to retain water, and our bodies swell causing unnecessary weight gain.

By drinking a decent amount of water, toxins are also being removed out of our bodies.

Again, to re-emphasize, water is essential for:

- Muscle growth
- Hydration
- Avoiding over-eating
- Removal of toxins
- Prevention of water retention and weight gain

'Water, it does a body good'



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Alcohol

We tend to think that since we are putting a liquid into our body that it won't do much harm.

A can of beer doesn't have any sugar, but 13 grams of carbs (13 grams is like 8 tablespoons). It is about 150 calories. Doesn't sound bad right? Well, the carbs aren't super good and it is empty calories. And these unhealthy carbs are not being burned by your body, it's being metabolized and turned into sugar/fat...

Hard alcohol like vodka and gin don't have a lot of sugar, if you drink it with water. You are not putting in a lot of sugar into your body. When you mix it with pop or juice you are putting up to 7 tablespoons of sugar. By drinking it with water you are putting about 100 empty calories. Doesn't sound too bad, but what is happening is that your body stops burning fat in order to metabolize the alcohol - essentially turning it into sugar.

Red wine is the least harmful - about half a teaspoon of sugar in a glass, and about 75 calories but again, your body isn't burning fat, it's turning the contents of wine into sugar.

Try this:

Quit drinking alcohol for a week - train like you normally do and eat healthy. You are guaranteed to lose weight because you won't have that excess metabolized fat.

1 drink a day adds to gaining 5 pounds in a month (or zero results).

'Moderation is Key'





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Fat Burn

When our bodies burn fat, 20% of it is cleansed out of our bodies by sweating and urination.

80% of the fat we burn departs out of our lungs as carbon dioxide.

Fat contains 3 atoms: hydrogen, oxygen and carbon. The fat molecules go through a process called oxidation in our lungs.

This is why proper breathing and exhalation is important.

'Burn Baby, Burn...'





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Quick, Easy Recipes

Egg-white, banana and cinnamon pancakes

- 1 banana
- 1 cup egg whites
- 1 teaspoon of cinnamon

Blend with mixer, grease pan with some coconut oil or butter and cook on low heat.

Salad dressing

- 3 tablespoons of apple cider vinegar
- 1 teaspoon of honey
- Sprinkle of black pepper

Mix well and drizzle on top of salad. The ACV is a good starch resistant which limits cellular sugar intake.

Tandoori Chicken

- Chicken breasts
- Tandoori spices
- Greek yogurt

Mix spices with Greek yogurt, marinade, and bake in oven.

Peanut Butter Cookies

- ½ cup unsweetened peanut butter
- 1 cup egg whites
- 30 grams of vanilla protein flour

Mix ingredients and bake at 325 for 10 minutes

'Nourish your body'



A top-down view of a desk with a laptop, a teal coffee cup, a silver paperclip, and a notepad. The word 'Uplift' is written in teal cursive on the notepad.

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Get in touch

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Personal Trainer & Lifestyle Coach

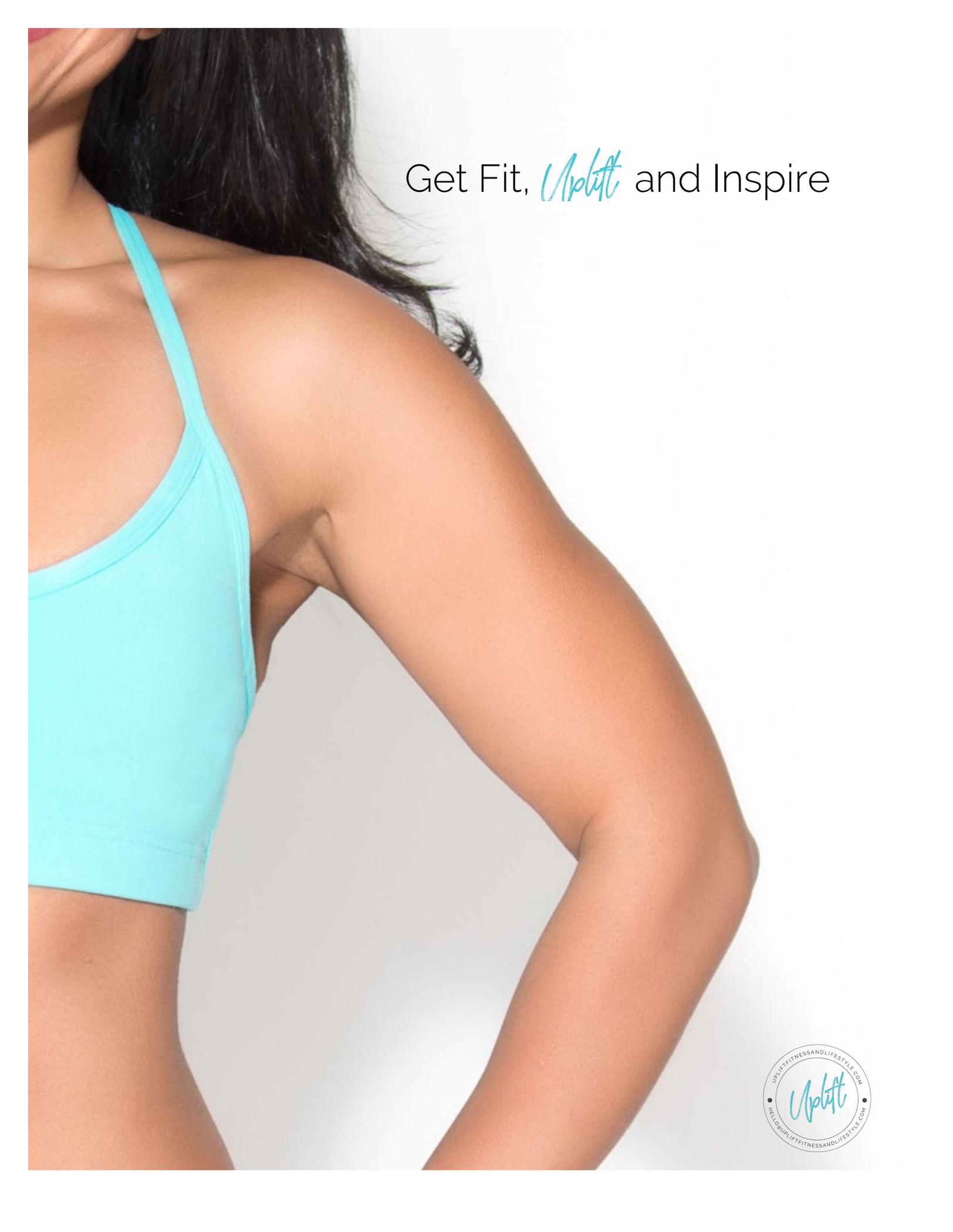
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Spread your
wings and get
ready to fly



Escape into
your own life
and don't come back!



A close-up photograph of a woman's back and right arm. She is wearing a light blue, halter-neck sports bra. Her skin is smooth and tanned. Her dark hair is visible at the top left. The background is a plain, light-colored wall.

Get Fit, *Uplift* and Inspire

