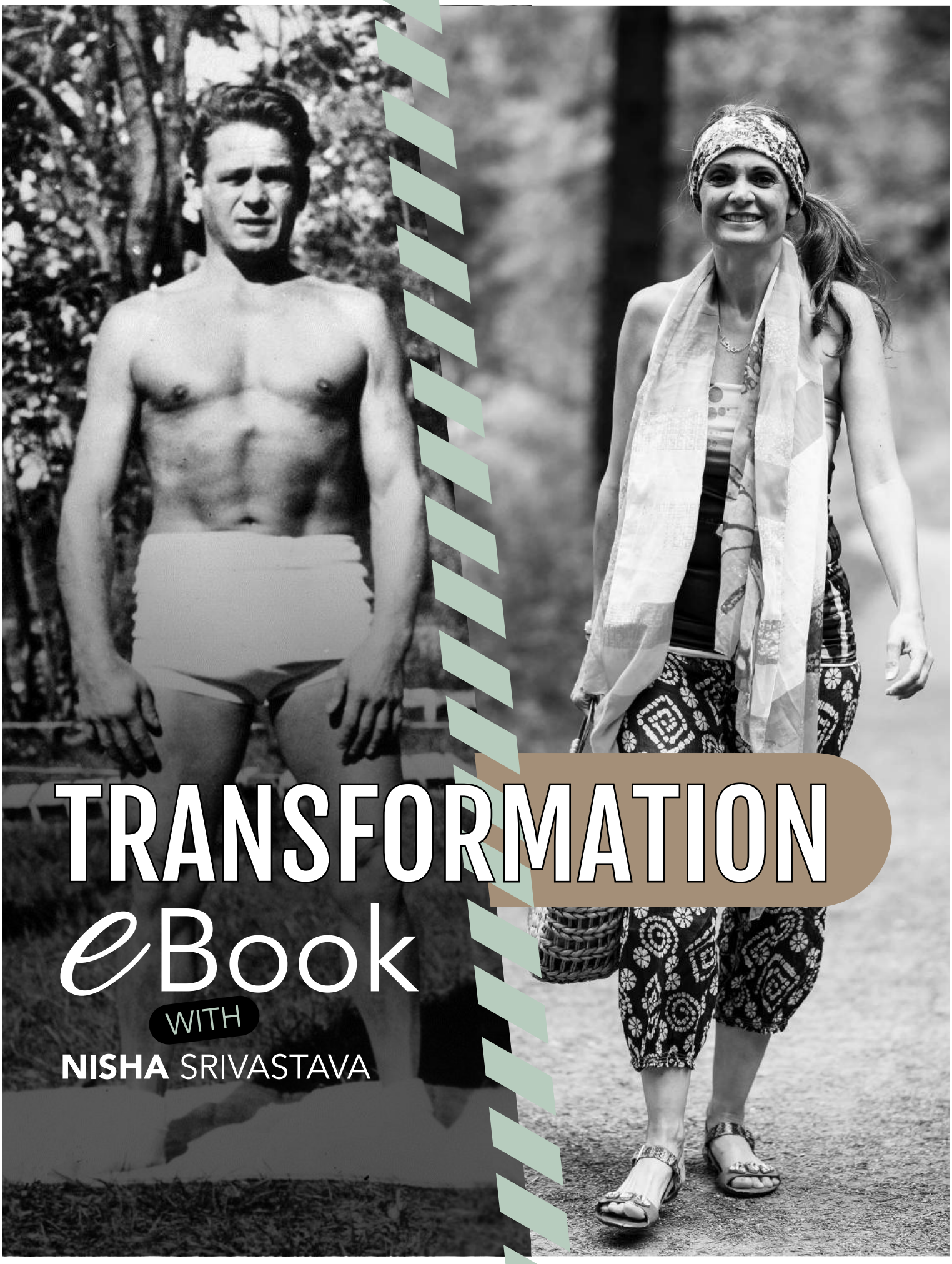


TRANSFORMATION

eBook

WITH

NISHA SRIVASTAVA

TRANSFORM YOUR
BODY, MIND AND SPIRIT

I have put together this mini e-book to support you in achieving desired results with the body, mind and spirit. Combining my experience of movement, mindset and holistic lifestyle you will get your desired results if you apply these techniques to your lifestyle and generate new habits. By using the Pilates method for suppleness, elasticity and mindset in conjunction with a weight training and cardio programme, an amazing body can be built and maintained. We were designed to move, not to be sedentry. The information is based on my extensive studies with Paul CHEK. My role is to give support so you can achieve your dreams. We must first remember that Hippocrates talked about the three doctors that are required in order to be healthy: Dr. Quiet, Dr. Diet and Dr. Happy. In the CHEK system we have added a forth doctor - Dr. Movement, as in today's world we don't tend to do the physical activity that was common many years ago.

So, what do we need to do in order to reach our set goals? Try to balance your four doctors and your six CHEK basic principles (thinking, hydration, sleep, movement, nutrition and stress) outside the studio and you'll fly! Please do remember that this manual is meant as an introductory guide and is not tailored to specific medical conditions.

This manual is grouped into the following primary sections:

- Pilates contrology
- Resistance training
- Eating clean
- Tips to avoid common pitfalls
- Micronutrients

Do try to incorporate information from all five sections into your daily routine in order to gain the best results.

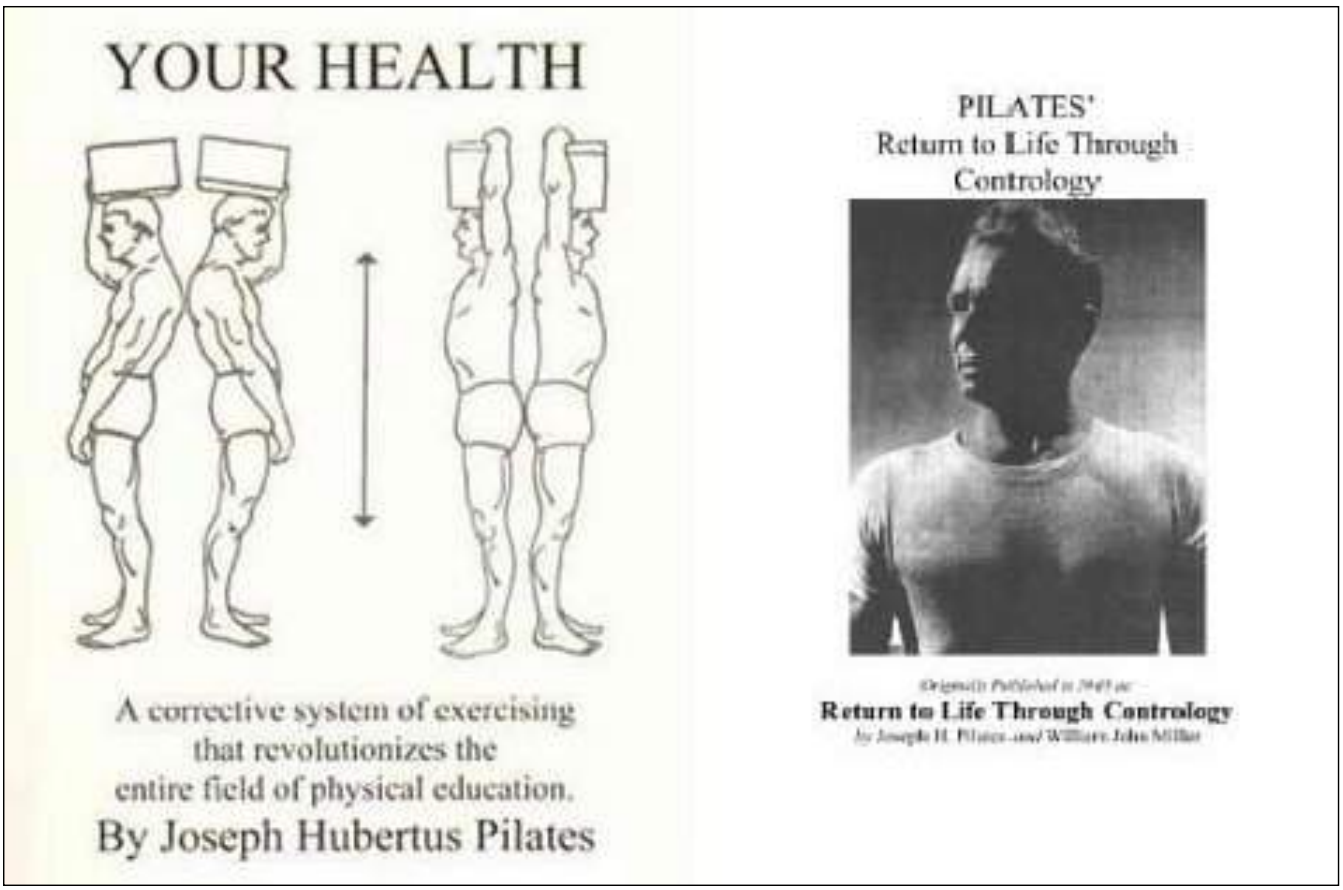
PILATES **CONTROLOGY**

Joe Pilates named his system contrology, meaning a full body method incorporating proximal to distal and distal to proximal in modern day terms. Pilates recognized that motor functions of the brain control the mobility and stability of the body, activating specific muscles in a functional sequence at controlled speeds and emphasizing quality, precision, and control of movement.

Regular practice should lead to relaxation, control of the mind, enhanced body and self- awareness, improved core stability, coordination and posture, uniform muscle development, and decreased stress.

Complex movements are broken down step-by-step to internalize the pattern. We can take our intention and attention to specific muscles and body areas, but Joe's intention was to not break Pilates down into upper body workout, lower extremity workout, or core only workout. If you are a client of ours, you will see the diversity of the repertoire and complexity and advancement of movements with the machines throughout the levels.

The effectiveness of Pilates is dependent on the instructor's training but also the client's disposition to receive. Although the Pilates method is resistance training (body weight only) we tend to use more intrinsic muscles (closer to the spine) whereas body building, weight training and cross fit will get more definition depending on reps, sets, tempos and loads.



RESISTANCE TRAINING
FREQUENCY (GYM WORK)

It is important to undertake resistance training at least four times a week to gain optimal fitness (Charles Polaquin). Furthermore, do try to avoid training the same body parts on three consecutive days as your body needs time to recover. Your results will be depicted by what you are not doing when you are training. For example, your breathing, sleeping, nutrition, hydration, stress and thinking will be good indicators of the effectiveness of your training.

Below is a sample periodization chart:

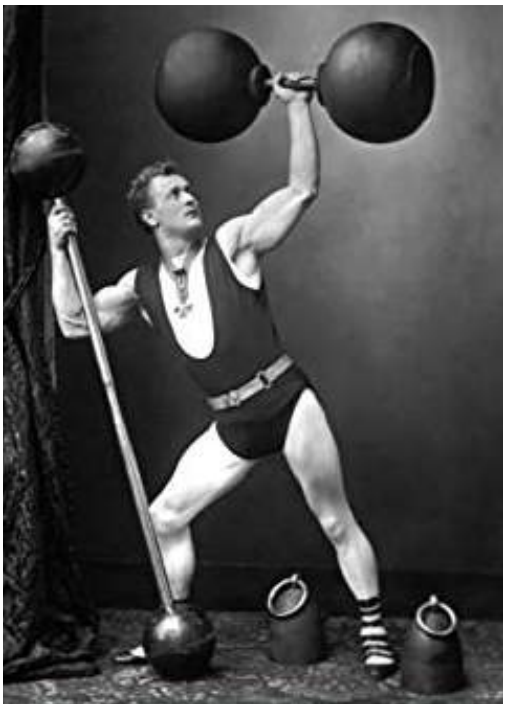
	WEEK 1 – (UPPER, LOWER)	WEEK 2 – (FULL BODY)
Monday	Upper body workout	Full body workout A
Tuesday	Lower body workout	Full body workout B
Wednesday		
Thursday	Upper body workout	Full body workout A
Friday	Lower body workout	Full body workout B
Saturday		
Sunday		

LOSE FAT AND TRAIN FOR **HYPERTROPHY WITH HEAVY LOADING**

Heavy lifting is challenging and many quickly cut this out of their routine. However, this is important in order to strip fat and build muscle. Lifting heavy loads effects our metabolic typing by building fast twitch muscle fibers.

Due to the size principle of muscle fiber recruitment, working the most powerful type 2 fibers in a cascade fashion makes heavy loading more beneficial.

Boston researchers found that the 'type 2 muscle fibers have a previously unappreciated role in regulating whole body metabolism through their ability to accelerate the energy burning process in remote tissues'.



The picture to the side is Eugene Sandow, a renowned body builder who preached the health of the organs. Sandow had no suppliments, and it is incredible what can be achieved when the mind is focused.

EATING CLEAN

Always begin with a super reduced carb, high veggie diet. Aim to eliminate all carbohydrates except low carb vegetables during the first two weeks. Doing so allows the body to shed excess water by reducing muscle glycogen stores, which are partly water. After two weeks you should've already lost a decent amount of weight and the body will be burning fat. It's critical you don't slip up and eat simple carbs such as bread, grains, potatoes, corn or foods with added sugar, as this will undo all progress and you will need to begin again.

After two weeks of veggie only, you can introduce carbs, but only good quality carbs such as sweet potatoes, brown rice, and other vegetables grown below the ground. At the beginning of your eating clean program, you may find it difficult to maintain this menu and observe symptoms of withdrawal and cravings. By keeping your diet high in protein, fat and veggies, you will be fine. Let sandwiches, bagels, cereals and pancakes be a thing of the past.

For simple and speedy fat loss, constrict your meals to animal proteins that are grass fed or organic and try to have 2 to 3 cups of low carb veggies and beneficial fats.

Please remember that these are guidelines and the majority of people that I coach are having too much protein. When we consume too much protein it puts stress on the organs. Females in general should have less protein than men.

The information below is to be used as a guideline only. It is not intended to suggest that one should switch to a vegan, vegetarian or keto diet. As we all know, there are three metabolic types: carb, protein and mixed type and these also can change with the season. If and when you consume animal protein, it is about absorption through the gut wall, as our gut microbiome are part of the foundations of health.

It's important that you have fat in every meal for the following reasons:

1. Generally, people who start a low fat carb diet tend to feel terrible and ultimately quit in a short period of time. They will likely be counting calories and their ratio of fat, protein and carbs will be far from optimal. For example, a low fat diet won't help the body to burn fat and energy production will be sluggish.
2. Increasing fat and decreasing carbs will make the body metabolically flexible so that it burns fat for energy. Reducing carbs doesn't cut it.
3. Fat provides flavour and texture to our foods.
4. We require fat for our brain function.

For cooking on a high heat use coconut oil, ghee or other saturated fats such as beef fat, as they can sustain high heating temperatures without high levels of oxidisation. For this reason, olive oil must be used on a low heat (you'll immediately note that olive oil 'smokes' at higher cooking temperatures). Avocadoes, nuts, and olives are fat containing foods. Fish oil is a useful supplement as it contains the essential omega-3 fatty acids DHA and EPA.

People will lack energy if they are not eating the right foods and are only interested in counting calories. As a CHEK Practitioner, we never count calories; instead we look at food source and food quality. Some people may find it difficult to burn fat and this may be due to a low thyroid and lack of glucose levels. It may sound surprising, but it can also be due to a lack of food consumption. Perhaps you will think I'm crazy encouraging you to eat more food, but this seems to be the case with most clients that I've worked with. Getting adequate energy in the form of beneficial fats will do this, as the fat has the effect of increasing body temperature, which seems to counter a decrease in thyroid function.

Also, remove all refined and packaged foods, as there are many problems associated with them:

1. Added sugars are nutrient poor foods that actually make you hungrier than if you hadn't eaten them.
2. They are high in processed carbohydrates and fats that are poorly digested by the body; this gives rise to a depleted energy, blood sugar imbalances and lethargy, as compared to whole foods.
3. They elevate insulin, which promotes fat storage and leads to cravings for more high-carb foods.

Here's the take-home message: eat whole foods found in their natural state and introduce fresh home cooked organic foods into your diet. Finally, always avoid restaurants or take away foods.

We should eliminate all sugar and high glycemic foods. Sugar refers not only to refined white sugar, but also to sugars found in food from carbohydrates, which break down into large amounts of sugars in the body. Foods high in sugars are called high glycemic foods because they increase blood sugar to a greater degree, leading to more of the hormone insulin being released. In research studies, higher insulin levels within the body will stimulate people to eat more.

In addition, insulin is a storage hormone which allows the body to take glucose (sugar) from the blood and get it to where it's needed in order to fuel physical activity and brain function, or to store it for later as fat or muscle glycogen. When you eat a diet that is high in poor carbs that contain large amount of sugars, the body becomes over-taxed. Over large periods of time the cells will become insensitive to insulin, leading to fat gain and a poorly functioning metabolism. To fix the system, one must reduce the overload of sugars and try to eliminate all bad carbs other than non-starchy vegetables.

Beverages such as sports drinks, juices and sodas are packed with sugar and should be avoided. Coffee and caffeine-containing teas will stay in the system for up to 9 hours and should also be avoided; herbal teas are the perfect substitute. Finally, alcohol has no place in a speedy fat loss diet. It is essentially a poison that has to be metabolized, causing inflammation and ultimately slowing metabolism.

WORKOUT OR WORK-IN

By following the advice given above, you should lose fat whether you are working out or not. But by doing some form of strength training or sprint type intervals will accelerate the effects for the following reasons:

1. Anaerobic training triggers protein synthesis, preserving muscle mass and maintaining the amount of calories your body burns. This is highly beneficial because most fat loss diets lead to lack of muscle.

2. Anaerobic training helps your body adapt to burning fat for energy, thus accelerating the shift to metabolical flexibility. For obese sedentary people, aerobic training is the catalyst to improve fat burning, whereby only observing an alternating diet has been shown to be less effective in the short term.

3. Anaerobic training burns a large amount of energy quickly and increases post exercise to a greater degree than aerobic modes. In order of effectiveness, lifting weights is preferred, followed by sprint interval training and finally aerobic modes comes in at the bottom of the list, though it is of utmost importance to pick an exercise mode that you will perform on a regular basis.

TOP TIPS TO AVOID **COMMON PITFALLS**

A SLEEP

1. Sleep - Lack of sleep is the enemy of fat loss as it compromises insulin sensitivity and increases our craving for processed foods containing refined carbs. Sleep is a vital part of our circadian rhythm. It influences the ability of glands and cells in our bodies to produce hormones and neurotransmitters so that our bodies work smoothly. When we don't sleep, the rhythm is altered, hormone levels get out of control, inflammation builds up and our bodies can't use the food we eat as effectively. Clearly it's a downwards spiral until we get the dream time we need.

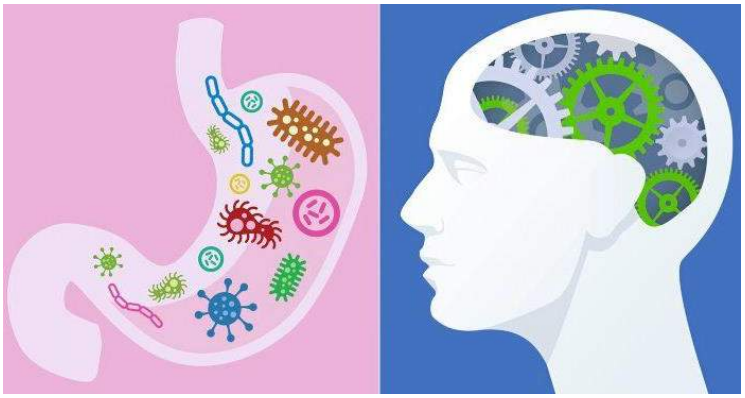
2. Hormone levels, blood pressure, body temperature and gene activities are all negatively altered by lack of sleep. This means that sleep deprivation will alter glucose control, impair metabolism, elevate cortisol levels, and lead to overall hormonal imbalances such as low testosterone in men, delay recovery from exercise, stunt protein synthesis that lead to muscle gains, decrease speed and power on the athletic fields and diminish reaction time and cognitive ability.

3. Sleep deprivation dramatically impairs performance and wellbeing. Fortunately there are a number of practical solutions that have been tested on athletes and every day folks.

4. Research shows that chemical transmitter pathways in the brain regulate sleep, wakefulness and energy levels, and we can control those pathways with what we eat. You will see that many of the foods are nutrient sleep related pathways to the brain. Eating carbohydrates activates orexin pathways, which makes us feel sleepy. When we eat protein, the amino acids will block the orexin pathways making us alert; however, this doesn't mean impairing sleep. Research suggests that eating a high protein diet is ideal for achieving overall better sleep. Eating a meal of carbohydrates in the meantime can help you go to sleep quicker depending on your metabolic typing. Varied effects on sleep have come from higher and lower sugar carbs and some studies show that having high glycemic carbs shorten sleep onset but may negatively affect sleep quality. A smart move is opting for whole food carbs rather than anything baked or processed such as cookies, cake or ice cream.

GUT MICROBIOME

Gut bacteria live on what you consume. Some foods lead to beneficial anti-inflammatory bacteria in the gut (fermented food in particular). On the other hand, bad bacteria live off carbs and lead to an increase in body fat. Of course this is not such a problem when you are increasing your good carbs from vegetables and probiotic foods such as kimchi, sauerkraut and pickled foods.



B NON-EXERCISE ACTIVITY

We need to balance working in and working out and we should aim to take more than 10,000 steps a day in order to stay active and reduce cortisol levels. This is especially beneficial when walking in nature. If you take less than 10,000 steps a day, try the following ideas:

AT HOME	TRAVEL	AT WORK	FOR FUN
			
Start your day with 10 minutes of light exercise.	Walk all or parts of the way to work.	Break up long bouts of sitting with standing, pacing or walking.	Set yourself a challenge to take so many steps a day.
Go for a walk while talking on the phone.	Get off public transport early and complete the journey on foot.	Take phone calls or meetings standing or walking.	Make socializing more active. For example - bowling or table tennis.
Go for a walk before or after dinner.	Park further away from destinations and complete the rest of the journey on foot.	Go for a walk on your lunch break.	Plan leisure time around walking. For example - explore a new city or go for a hike.

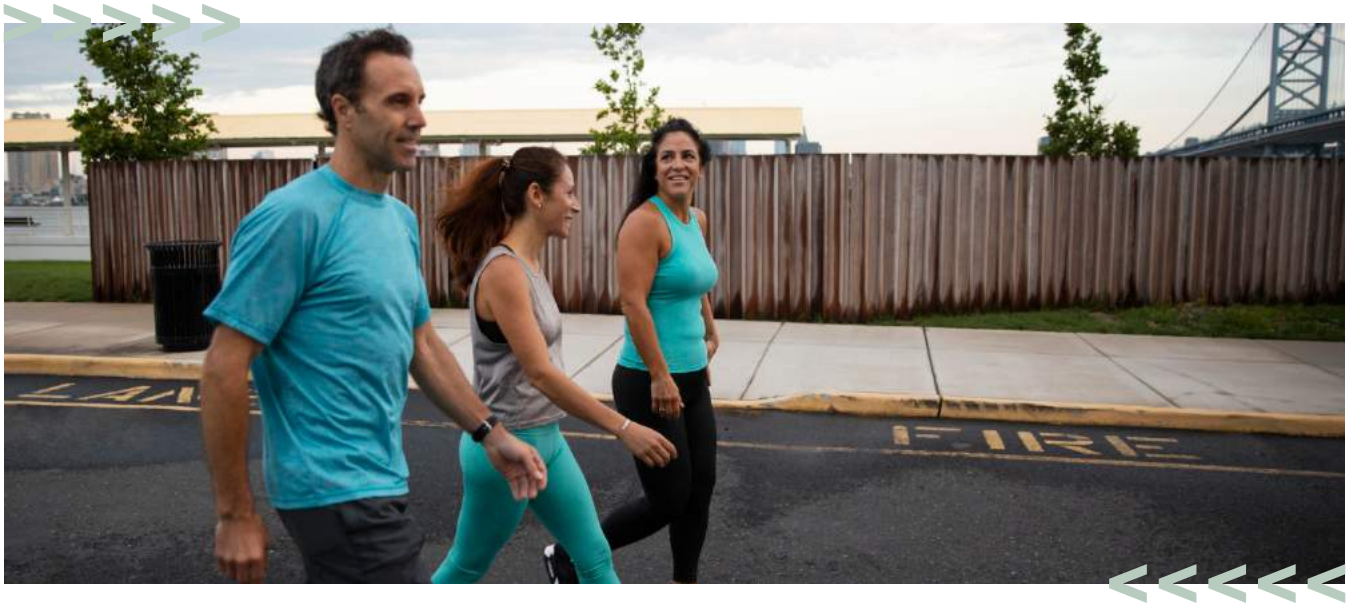
C PRIORITISE RESISTANCE TRAINING

If you can only get to the gym three times a week and have no other opportunities to train, then resistance training should take priority over formal cardio. You can develop your fitness, lose body fat and avoid a sedentary lifestyle by sticking to your diet and keeping active outside of the gym. In contrast, lifting weights is the only way to build muscle. However there are four physical benefits with cardio:

1. Hit and interval sprint training develop your work capacity, which has a benefit on your resistance training.
2. Formal cardio develops muscle toughness.
3. If short on time and low on steps, a hip workout will boost your energy in a time-sufficient manner.
4. Group cardio has many physical and social benefits; it creates our community and tribe. The low skill component lets beginners push themselves harder than they do with weights.

D MY TOP CARDIO TIPS

1. If you are training three to four times a week and are meeting your 10,000 steps a day you don't need to take your step target.
2. If training 3 times a week, perform 2 cardio or hit workouts.
3. If training 4 times a week, perform 1 cardio work out.
4. Ideally perform cardio after resistance training if doing on same day.
5. Ideally, cardio should be done on a non-resistance day.



MACRO **NUTRIENTS**

The three main macronutrients are protein, fats and carbohydrates. We should be as close to the macronutrient as possible. For example, ordering a pizza with a protein top isn't eating according to the macronutrient.

A PROTEIN

The latest medical research shows that we have better brain function when starting the day on protein. Protein helps repair and replace damaged muscles when resistance training.

If you eat a paleo diet the body becomes more reliant on protein as a source of energy and this reduces the amount available for muscle growth and repair and increases the risk that your existing muscle will be sacrificed for use of fuel.

Animal vs. plant protein sources

In the CHEK System we talk about "eyes and no eyes food" and therefore according to metabolic typing, plant protein would not be included in the protein micro nutrient column.

PROTEIN SOURCES		
Source	Lean Protein	Fatty Protein
Meat	Lean Beef	Beef Steak – sirloin, fillet, rib eye
	Lean Minced Meat (turkey, beef, chicken)	Duck
	Lean Pork	Fatty Minced Meat (beef, lamb, pork)
	Venison	Pork, Lamb
Fish	Cod	Mackerel
	Haddock	Salmon
	King Prawns	Sea Bass
	Tuna (canned in brine or spring water)	Smoked Salmon
	Tuna Steak	Trout
Poultry	Chicken Breast	Chicken Leg/Thigh
	Turkey Breast	
Other	Egg Whites	Whole Eggs
	Greek Yoghurt	
	Protein Powders (organic or grass fed)	

B FAT AND CARBOHYDRATES

Unlike protein, we prescribe fats and carbohydrates to provide energy and productivity. Because fat and carbohydrate consumption is mostly a matter of personal preference, some people prefer to only track their protein intake.

FAT SOURCES				
Type	**Source**	**SFA (%)**	**MUFA (%)**	**PUFA (%)**
Nuts	Almonds	8%	66%	26%
	Brazil Nuts	25%	41%	34%
	Cashews	20%	60%	20%
	Hazelnuts	8%	78%	14%
	Pecans	9%	59%	31%
	Walnuts	6%	28%	66%
	Nut Butters (all types)	10%	68%	22%
Seeds	Chia Seeds	11%	7%	81%
	Flaxseeds	9%	19%	72%
	Sesame Seeds	15%	39%	46%
	Sunflower Seeds	10%	40%	50%
Butters And Oils	Butter	68%	28%	4%
	Coconut Oil	92%	6%	2%
	Olive Oil	14%	75%	11%
Dairy	Cheddar Cheese	67%	30%	3%
	Dark Chocolate (70%+)	63%	33%	3%
	Feta Cheese	74%	23%	3%
	Goats Cheese	73%	24%	3%
	Mozzarella Cheese	64%	31%	4%
	Parmesan Cheese	64%	31%	4%
Other	Avocado	15%	72%	13%
	Fatty Protein Sources	-	-	-
	Whole Eggs	37%	46%	17%

Know your fats: Good and bad

There are three main types of fat, which have slightly different chemical structures and have different effects on your body: saturated fatty acids (SFAs), monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs).

Most fat-rich foods contain a mix of all three but are typically higher in one type, which determines their physical properties. Fat sources proportionately higher in SFAs are solids at room temperature, whereas those higher in unsaturated fats tend to be soft or liquids at room temperature.

Fats and oils are essential for health. They are important building blocks for the cells in your body and key for hormones.

Essential fats

Essential fatty acids (EFA) are fats that our bodies are unable to manufacture. We must get them from dietary sources and they fall into two groups: Omega-3 and Omega-6 EFAs. Omega-6 acids are available in some grain products, meats, cooking oil, corn and sunflower seeds. Omega-3 EFAs are found in leafy green veg and oily fish and small quantities are available in walnuts, eggs and animal meats. Again the ideal ratio of Omega-3 to Omega-6 fatty acids is 1:4.

Omega-3 fatty acids are vital for infant/child brain development along with nervous system development and maintenance; it also is important for the repair of the adult brain and nervous system. Studies in mice and rats have shown that eating diets low in Omega-3 fatty acids (basically the western diet) lead to behavioral learning disorders as compared to those fed adequate amounts of Omega-3 fatty acids.

The saturated fat myth

Old-fashioned dietitians would tell us to reduce fat, particularly those fats from animal sources. This suggestion was based on measured cholesterol levels, which was thought to be the villain of the civilized diet. Furthermore, we have been told that heart disease results from the consumption of saturated fats and one would expect to find a corresponding increase in animal fat in a western diet. However, since the increase of vegetable oils, margarine, and refined vegetable oils, the reported incidents of heart disease has increased. If the saturated fat myth were true, our ancestors would not have survived! Studies of northwestern natives and first nations peoples, Inuits and other tribes suggested that 80% of their daily intake consisted of saturated fat.

Points of healthy fat consumption

1. Good quality fats include olive oil, coconut oil, butter, ghee, grass fed animal fats, fish oil, seeds, avocados and nuts.
2. Always look at the source when choosing to consume safe fats; remember that most toxins and chemicals are fat-soluble and are stored in the fats of animals, fowl, fish, and plants.
3. Fats that should be avoided are trans-fatty acids, hydrated or partially hydrated oils, vegetable oils, and fats from processed animals and fish.
4. Avoid eating roasted nuts because the roasting process causes the fats to go rancid, increasing free radical damage in the body; in other words, they make you age faster.
5. Avoid all deep fried food unless you have prepared them yourself in lard or coconut oil.

CARBOHYDRATES		
Non – Starchy Vegetables	**Fruit**	**Starchy Vegetables and Grains**
Asparagus	Apple	Beans (all types)
Beetroot	Banana	Brown Rice
Broccoli	Blackberries	Couscous
Brussels Sprouts	Blueberries	Oatmeal (all types)
Cabbage	Grapefruit	Parsnip
Carrots	Kiwifruit	Quinoa
Cauliflower	Orange	Sweet potato
Celery	Pineapple	Wild Rice
Courgette	Raspberries	White Potato
Green Beans	Strawberries	Whole Grain Products
Kale	Watermelon	
Lettuce		
Mushrooms		
Onions		
Peppers		
Rocket		
Spinach		
Tomatoes		
Watercress		

Starchy vs. non-starchy vegetables

Non-starchy vegetables are the dieters' secret weapon. One recommendation that we give clients suffering from hunger is to add more non-starchy vegetables (phytonutrients) to their diet.

Starchy vegetables are a great source of micronutrients and fiber but have a higher glycemic index. Attention should be paid to starchy vegetable consumption, whereas it's impossible to over eat on kale.

Grains - whole vs. refined

Unless your carbohydrate target is low, you will struggle to get enough carbs into your diet by eating fruit and non-starchy veggies and therefore including starchy veg and grains will help meet your targets of the three micronutrients. If your diet is made up of refined processed carbs, you will be nutritionally deficient and calorie rich.

C DRINKS AND CONDIMENTS

Over 70% of the earth is covered by water, most of which is ocean. Humans are composed of 75% water. We are designed to drink water and nothing else and in the last 10,000 years, raw milk became recognized as a nutrient food staple, along with raw, unprocessed fruit juices.

Today, westerners drink too much soda and nearly 6 times more soda than fruit juice. According to Doctor Batman Ghelidj, we should do the following:

- Determine our body weight in pounds, divide it by 2, and drink that many ounces of water each day.
- This is the same as determining our weight in kilograms and multiplying by 0.032 (or 3.2%) to calculate the number of litres of water per day.
- For example a 200-pound man (90.9 Kg) would need to drink 100 ounces (2.9 litres) of drink a day.
- It is recommended to add a pinch of sea salt into each litre of water, which reduces the frequency of urination.

D SALADS AND DRESSING

Salads are an easy way to add fruit and veg to your meal plan. Always look for the colours of the rainbow on your plate!

Salad Base	Added	Added Color	Added Protein	Added Fats	Added Carbs
Spinach	Cucumber, sliced	Tomatoes	Chicken breast strips	Olives	Whole-wheat pitta or sourdough
Rocket	Peppers, sliced	Grated carrot	Tofu, diced	Toasted seeds	Quinoa
Kale	Radish, sliced	Beetroot	Steak strips	Feta, crumbled	Roasted butternut squash, diced
Watercress	Pear, sliced	Red onion	Boiled eggs, halved	Blue cheese, crumbled	Steamed sweet potato, diced
Mixed leaves	Green beans	Grilled aubergine	Tuna chunks	Walnuts, crushed	Chickpeas

Once you have made your salad, the next step is to add a dressing. You can use store-bought dressings or single ingredient options like olive oil and lemon juice.

However, the best option is to make a dressing from scratch. To make a simple salad dressing, all you need is oil (e.g. olive oil), acid (e.g. balsamic vinegar), a selection of herbs (e.g. parsley) and sweet ingredients (e.g. honey) for added flavor. For a quick and easy method, select one ingredient from each column in the table below, add everything into a mixing bowl and whisk with a fork for 30 seconds to combine.

Base (2-3 TBSP)	Added Acid (1 tsp)	Added Herbs	Added Sweetness
Olive Oil	Balsamic Vinegar	Parsley	Honey
Cold Pressed Virgin Olive Oil	Dijon Mustard	Chives	Orange Juice
	Lemon Juice	Basil	-
-	-	Thyme	-

LAST BUT **NOT LEAST**

"Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness."

– Laurette Gagnon Beaulieu

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