



NEET FITNESS

FITNESS FOR REAL LIFE

5 Habits that are more important than your workouts

Hi and thanks for opening this doc!

Social media these days can be extremely overwhelming when it comes to using it to help you on your fitness journey. At Neet Fitness we keep things simple, backed by science, and working with the life you have, not an imaginary life (in that one, I don't have a mortgage, I live in the woods, and enjoy my days by working out, eating elaborately prepared dinners from foraged finds and hand sew my clothes).

I've created this document to help you understand the things that impact you more than just working out 3 times a week.

Let's get one thing straight

Lifting heavy weights and high impact movements (jumping) significantly decreases chances of osteoporosis in women. Additionally, people with high cardiovascular fitness have lower mortality risk and better longevity.

Plus, being able to move in a way that brings you joy, staying independent into the old age, and feeling stronger than average joe down the street feels pretty good.

All great things, I hope you agree.

BUT

There are also 5 other habits that I want you to be aware of:

SLEEP | FOOD | HYDRATION | ACTIVITY % | STRESS

Habit 1: Sleep

Sleep is the recovery head stone! You cannot out-train, or out-diet a sleep deficit. Without rest, your body runs on empty, regardless of how many calories you're eating. When our body need sleep, but we keep it awake it sends a message of "crap, we're in danger, we can't rest, and so we must hold on to every resource that we have for as long as we can". That means any progress (no matter your goal) is slowed down because few resources will be pushed that way.

Simple Wins: Aiming for 8h of sleep can be difficult. BUT, when you're building sustainable changes to habits, start by increasing that time by 10min. Instead of 6h, aim for 6h and 10mins. Over weeks and months, you'll get closer to those 8h.

Habit 2: Food

No, not calorie counting (who has time for that!). Fitness is about fuelling your body better, and certainly not taking things away. Finishing off your kids nuggets? GREAT! Cake at lunch over quality time with friends? AMAZING! Where we often fail is when we restrict to the point of failure. We need all the food groups, protein, carbs, veg & fruit and fats!

Simple Wins: Eating 3 meals a day is a great way of keeping our bodies regularly topped up with energy. And adding a portion of protein to each one will help you feel fuller for longer and give your body the repair building blocks it needs (and it will use them whilst you sleep).

Habit 3: Hydration

That 3pm sugar craving, or the 5pm "tension" headache is most likely dehydration. Coffee doesn't count (and no one is more upset about that then me) and neither does that lukewarm tea your forgot about again. Our body is made up of 60% water and we are leaky creatures. Unfortunate we need to keep topping ourselves up (just like that blow up camping mattress).

Simple Wins: Adding a glass of water to your already established habits can be the easiest way; have a glass by your toothbrush, or a glass by your kettle. Can't drink a full glass in one go? Only pour half, but make sure to drink it.

Habit 4: Level of Activity

Working out for 45min doesn't undo sitting at a desk for 9h, and sitting in front of TV for another 3h. I'm not expecting you to do a daily mountain climb (although I'd do that at sunrise in my imaginary world). Think "use it or lose it" – if we use our body to move regularly, the blood flows into our joints, muscles, tendons and bones regularly too. If we don't, then... well. We can't even get up from a chair without grunting.

Simple Wins: When opportunity arises, take the stairs, take the scenic route, or simply set an alarm and every 60min move in whatever way feels good. Stretch, step, dance, do press-ups or squat your co-worker. And if you can change your environment (think standing desk, pacing on phone calls) then do it!

Habit 5: Stress

I know this isn't in theory a habit, but it's EXTREMELY prevalent in our current way of life. Stress isn't just a feeling, it's a physiological response where cortisol floods your body, drains your energy and slows down recovery. We can't make the stress of mortgage, work, or parenting disappear (trust me, if I had a magic wand, I would). Coping strategies exist and you might want to speak to a therapist if life is feeling overwhelming.

Simple Wins: Mindfulness, breathing exercises and listening to favourite music have been shown to reduce stress. But also physical outlets such as dancing or exercise are helpful because it gives the body what it was preparing for – fight or flight. Even 5-10min of intense activity or brisk walking can reduce stress.

Before you go...

Please don't try and fix these all overnight. First see where you actually are. Track these and implement 1% changes.

I have designed a simple, zero-judgment 2-Week Momentum Tracker which takes less than 60 seconds a day to fill out, and it will give you an honest snapshot of your habits.

Drop me a quick email at contact@neetfitness.com with the subject line "TRACKER" and I'll send the PDF straight over to you (unless I'm asleep, walking the dog, or crafting with my kid, then please wait until I get to my laptop).

Want more guidance?

If you are reading this and feel overwhelmed about how to balance it all alongside the daily chaos of life, you don't have to figure it out alone.

I offer a 4-Week Kickstarter program where I help you piece it all together (sustainably) and keep you accountable. Coaching built around your life, your schedule, and your goals.

When you email me for your tracker, let me know if you want more info. I'd love to help get your energy back!



Remember: We are aiming for good enough, not perfection.

Cheering you on,

Anita
Semi-Recovered Perfectionist,
Founder & Head Coach, *Neet Fitness*