

Christmas may be coming to an all-to-soon end, but December's over-indulgence and minimal exercise means that many are still battling the seasonal excess well into the new year. Of course, it doesn't need to be that way. That's why we've enlisted the wise counsel of trainer to the stars Mark Healy to get your 2017 off to a super-charged start. In this month long programme (repeat your 14-day fitness plan twice and your 7-day nutrition plan four times), you'll discover a healthier, happier, slimmer you. Just turn the page to get started!

DROP A DRESS SIZE IN

A MONTH

Looking to lose a few pounds, get in shape or fit into a fabulous new outfit? Celebrity PT and nutritionist **Mark Healy** has you covered!

Starting
BLOCK



START RIGHT

Basal metabolic rate, body fat percentage, blood pressure and tape measurements – these terms may send you running for the hills (cardio, at least), but they are the fundamental readings you need if you want to monitor your progress. This personalised baseline will offer you an honest starting point that will be far more helpful than a wobbly set of scales. Plus, with re-tests every six to eight weeks, it will also act as an ongoing motivational tool. You can obtain these measurements at your local gym in as little as 15 minutes or even by buddying up with friends or colleagues in your lunch break and using a personal trainer – whatever your preference, just get it done.

THE RULE BOOK

WARM UP AND COOL DOWN:

Never skip out on either

STRETCHES: They should be dynamic pre-workout and static post-workout

CARDIO: Aim to raise your heart rate to around 70 – 80 percent of maximum capacity

REPETITIONS: To build muscle, you'll want to go for 8-12. To tone muscle, 13-18

SETS: Complete 6-8 sets for large muscle groups and 3-4 for smaller groups

FOAM ROLLER: Roll in the morning, pre-workout and post-workout for minimal muscle soreness

TEAM UP: Try to train with a friend for confidence and motivation

YOUR FITNESS PLAN

Want to escape the monotony of an over-crowded gym? Consider this plan your New Year saviour. Complete with outdoor activities, HIIT sessions and fun workout classes, it's been carefully constructed to blast unwanted fat whilst eliminating the boredom that arises from sticking to one style of exercise. Repeat it twice and watch the lbs melt away!

Week 1

DAY	EXERCISE	NOTES
Monday	10 minutes of cardio (e.g running) + Total body workout + 15 minutes of interval cardio	Your workout should last around 50 minutes in total To work your entire body, complete two to three sets of lower body moves (lunges, squats, leg raises etc.) and upper body exercises (press-ups, tricep dips, bear punches etc.) followed by four core based exercises (plank, sit-ups, bicycle kicks etc.)
Tuesday	Group exercise class of your choice	Cycle/Barre/BodyPump Bring a buddy and get there early to meet others
Wednesday	Yoga/Pilates Session	Head to a group class or use a DVD. Everyone was a beginner once!
Thursday	HIIT (High Intensity Interval Training)	Your workout should last for 40 minutes. Include exercises such as squats, push-ups, lunges, core moves and jumps, etc. Rest in-between to allow your heart rate to recover
Friday	Core workout + 15 minutes of cardio	Try twisting motions using med balls, bands and dumbbells to target the core
Saturday	Upper and lower body workout	Be sure to include weights for best results. Do two sets of each move, alternating between upper and lower body exercises. Your workout should last around 45 mins
Sunday	Walk/Swim/Rest/Massage	Relax or enjoy a leisurely activity

Week 2

DAY	EXERCISE	NOTES
Monday	Outside training with a partner Run for a total of 45 minutes at an 80 percent effort level with recovery walks in between	Head to the track or to a local park. Try to switch up your terrain if you can.
Tuesday	10 minutes of cardio + Abdominals workout + Upper body workout	Time to hit the gym! Complete the cardio on a machine of your choice. Aim for a 60 – 70 percent effort level to loosen up from yesterday. Target the abdominals and then all areas in the upper body using weights. Ask a trainer if you're unsure
Wednesday	Exercise class of your choice	Cycle/Barre/Pump Try a different class from before and enjoy it!
Thursday	Lower body + Core workout + Obliques workout	Back to the gym for strengthen training. Complete two to three sets of exercises for each lower body muscle group and finish with core and oblique exercises for 10 minutes
Friday	Yoga/Pilates	Group class. Relax and enjoy!
Saturday	HIIT	As before
Sunday	Walk/Swim/Rest/Massage	Relax and enjoy the fresh air

YOUR 7-DAY NUTRITION PLAN

Repeat four times to complete the challenge

PERSONALISE YOUR PLAN

To understand your exact calorie requirements, you first need to find out your Basal Metabolic Rate (BMR). This is the minimum amount of calories you need at for all of your body's involuntary functions, such as breathing, digesting food and regulating your temperature.

BMR =

$$655 \div (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Once this has been established, you need to add additional calories for the everyday activities that you knowingly perform. Walking the dog, driving to the shops and picking up the TV remote, for example, they all burn energy!

$$\text{Total daily calories} = (\text{BMR} \div 7) \times 10$$

To lose 2lb of fat each week, you'll need to reduce your total daily calorie intake by 1,000 from your personal total. Don't panic if this sounds like a lot! Once you add a good amount of exercise to the mix, this deficit is an easy target to hit. Each daily total in the below nutrition plan is under 1,500 calories, which is enough to get you moving in the right direction and the extra calories your exercise will burn will take care of the rest!

THE COMMANDMENTS

- Eat three balanced meals a day containing protein, carbs, fibre and healthy fats
- Reduce carbohydrates in the evening
- Snack on healthy nuts, fruit and raw vegetables
- Select colourful fruit and veg for their antioxidant content. These protect our bodies from cell damage and ageing
- Consume your last meal by 8pm

Mark Healy served as a personal trainer and nutritionist for celebrities and royalty on board The Maltese Falcon sailing yacht, before launching mfitman.com, a company dedicated to bringing fitness services to private residences and superyachts all over the world.

Nutrition (If you want to mix things up a bit more, head to yourfinesstoday.co.uk to download another week's worth of recipes!)

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday	Scrambled eggs (2) wholegrain toast (2), berries (50g), green smoothie or juice (1), green tea (1) 490 kcal	Minestrone soup (250ml), Mixed salad with tuna (100g), olive oil to serve (½ tsp) 420 kcal	Jacket potato (small), steamed broccoli, low fat cream cheese 330 kcal	Raw nuts and seeds (unsalted 50g) 212 kcal Total = 1,452 kcal
Tuesday	Muesli (sugar-free, 30g), skimmed milk, ham (25g), spinach (25g), 3 egg white omelette, green smoothie or juice (1), green tea (1) 449 kcal	Prawns (10 small), mixed leaf salad (½ bowl), cucumber (¼), radish (2), beetroot (75g), olive oil (1 tsp) 428 kcal	Broiled salmon with marmalade-dijon glaze – salmon (180g), orange marmalade (150g), dijon mustard (1 tbsp), garlic powder (¼ tsp), salt (½ tsp), black pepper, ground ginger (¼ tsp) 375 kcal	Multigrain crackers (10g), smoked salmon (50g) and lemon juice 180 kcal Total = 1,330 kcal
Wednesday	Porridge oats (50g) made with skimmed milk (150ml), blueberries (40g), flax seeds (10g), almonds (10g), honey (1 tsp) green tea (1) 430 kcal	Roast beef sandwich with horseradish – beef (30g), wholegrain bread (2 slices), cucumber (20g), baby spinach (15g), horseradish (1 tbsp) 320 kcal	Create your own meal under 400 calories!	0% fat Greek yoghurt (170g), apple (½, sliced), raw honey and pine nuts to serve 210 kcal Total = 1,481 kcal
Thursday	Poached eggs (2) on wholegrain toast, grilled mushrooms (100g) tomato (1), apple juice (1), tea (1) 490 kcal	Greek salad and vinaigrette – lettuce (10g), feta cheese (50g), cucumber (50g), green beans (50g), vinaigrette (10ml) 350 kcal	Lamb chop (100g), steamed veg (100g), roasted sweet potatoes (60g) 431 kcal	0% fat Greek yoghurt (170g), apple (½, sliced), raw honey and pine nuts to serve 210 kcal Total = 1,481 kcal
Friday	Granola (50g), yoghurt (150g), berries (180g), tea (2) 475 kcal	Cheese, ham and cucumber sandwich – Swiss cheese (25g), lean ham (25g), cucumber slices (4), low fat mayo (1 tsp) 362 kcal	Roasted salmon in a coriander crust with tomato coulis, sautéed steamed veg and soy sauce – salmon fillet (100g), mixed veg (90g), salt (10g), lime zest, (1 grated), lime juice, olive oil (15g), fresh coriander (1 bunch), reduced salt soy sauce (10ml) 452 kcal	Apple and banana 190 kcal Total = 1,479 kcal
Saturday	Egg-white omelette with vegetables – Eggs (3), tomatoes (50g), asparagus spears (4), olive and herb chimichurri (2 tbsp), avocado (½), olive oil (1 tsp) 495 kcal	Roasted butternut squash soup (250ml), avocado (½) and crackers (4) 277 kcal	Family meal/eating out 650 kcal limit	None Total = 1,422 kcal
Sunday	Wholegrain toast (2), almond butter (1 tbsp per slice), mango and melon fruit salad and yoghurt (1) 415 kcal	Baked white fish (1), mixed salad bowl, olive oil (½ tsp) 315 kcal	Jacket potato (1 med), salmon (100g), tomato (2) and vinaigrette (10ml) 395 kcal	Raw nuts and seeds Unsalted 50g 212 kcal Total = 1,337 kcal