



Thank you for signing up to test my brand new 'Address the Stress' Wellbeing programme – I am so excited.

We kick off on **Sunday 1st November** and each day until 30th you will receive an e-mail with your new content for the day.

The daily motivation will be 2 – 3 minutes with a longer video / audio at a weekend with the tips for the week ahead.

The recipes, meditations and bonus content will be delivered gradually throughout the month for you to look at as and when it suits you.

Workouts will be weight's based Monday – Friday and Fitness Pilates on Saturday and Sunday. All the workouts will be around 8 minutes.

Why weights?

1. **Weight training is great at burning fat** - By weight training, you build lean muscle, and muscle is a metabolically active tissue where carbohydrates and body fat are burned and used as energy.
2. **It's more effective than spending hours on the running machine** - Many people think a cardio machine will lead to fat loss, but cardio (like running, cycling, aerobics) can actually cause the body to produce more of the stress hormone (cortisol) which is a fat storing hormone.
3. **Lifting weights doesn't mean you will get bulky** - Women are built differently to men, we don't have enough testosterone to become bulky. Nutrition is also a massive component to your body composition.
4. **It has a positive impact on bone density** - Resistance training increases bone density and therefore decreases the chances of developing osteoporosis later on in life.
5. **It will improve your strength and boost your confidence** - Every time your work out with weights, you become stronger, and so next time you'll be able to lift more, which is both incredibly satisfying and motivating.
6. **It makes you more athletic** - Everyone wants to look toned and sculpted, and weight training is the way to achieve this.

You will need a pair of dumbbells and a kettlebell for the weight's workouts and an activation band and small pilates ball for the weekend workouts. You can get the band and ball on Amazon (links below).

I can never be totally specific with exactly what size dumbbells you should you lift but you need to pick a weight which challenges YOU in the rep range you're working in. For example, if it's slow and steady squats for 30 seconds you need to find a weight which leaves you really struggling to complete the last few reps, but able to maintain good form throughout.

For some it may be a pair of 3kg dumbbells, for others it may be a pair of 7.5kg. The CRUCIAL thing to remember is to PUSH yourself or the workouts won't have any effect, don't pick a weight you know you can comfortably lift. It needs to challenge you for change to happen and strength to develop.

This 30 day programme is NOT a strict plan but I am really interested to see the results it brings so if you would like to take measurements, pictures and log how you feel at the beginning that we be great – and then we revisit it at the end of the programme.

You have access to me for the whole month so if you have any questions, wonderings or breakthroughs then please do drop me an email anytime victoria@victoriajones.co.uk

Thank you again for being here, I can't wait to get started. Keep an eye on your inbox, I'll be there on the morning of 1st November.

Victoria

EQUIPMENT SHOPPING LINKS



Activation Band

https://www.amazon.co.uk/CampTeck-U6917-Polyester-Elasticated-Resistance/dp/B07K8TH1RG/ref=sr_1_5?crd=35SS2YROCGSTW&dchild=1&keywords=activation+bands&qid=1584795915&prefix=activation+%2Caps%2C157&sr=8-5



Pilates Ball

https://www.amazon.co.uk/bender-ball-Bender-Ball/dp/B001Y80EEE/ref=sr_1_4?crd=21XZX4MPZ2LUM&dchild=1&keywords=bender+ball+pilates&qid=1584795867&prefix=bender+b%2Caps%2C154&sr=8-4