



Ue mae iechyd yn blodens a ffithrydd yn ffynnu
Where health blossoms and fitness flourishes

Cafe 24

Rachel Hubbard BSc
www.rbhfitness.co.uk

Your guide to
health & fitness



CIMSPA
Education Partner





Changing perceptions on fitness and life
Newid canfyddiadau am ffitrwydd a bywyd

www.rbhfitness.co.uk



Rachel Hubbard brings a wealth of knowledge and experience to deliver engaging fitness sessions.

Rachel's experience in delivering courses and monitoring quality has ingrained good fitness coaching techniques and protocols that will support you in your own learning of how to get fitter. Combined with her knowledge and proficiency in delivering workshops and lectures, Rachel ensures a comprehensive learning experience.

A graduate of Sports Science, Rachel's background lies in consistently delivering high-standard sessions for both class members and interested professionals. With a coaching background and a decade-long tenure as a Course Director with YMCA, where she delivered NVQ Level 2 Gym and Exercise to Music Courses, followed by her role with Fitness Wales as a Level 3 Gym, Exercise Referral & Level 4 Back Care Exercise Practitioner Tutor & Assessor, Rachel brings a breadth of expertise.

With over 30 years of experience as a Back Care Pilates coach, Rachel is a recommended tutor for helping with lower back pain. She has specialised in working with women going through menopause and is currently collaborating with YMCAfit to develop a Menopause & Exercise course for fitness professionals.

Rachel's professional journey also includes roles as a programme & membership manager at Aberystwyth University and as a Class Tutor delivering Pilates, Step, Aerobics, Fitball, Bodyfit, Aqua, Indoor Cycle, and Back Care classes.

In addition to her career in fitness, Rachel has raised four children, giving her an intimate understanding of the joys and stresses of parenthood while striving to maintain fitness. As an Ante/Post Natal and Pilates Pelvic Floor coach, Rachel can provide safe and effective exercise advice.

In recent years, Rachel has delved into how women can use exercise to alleviate the symptoms of menopause. Her insights are informed by a balance of academic research, including her degree dissertation in 2007, and personal experience, offering a comprehensive understanding of this challenging phase of life.

Rachel's involvement with the Welsh Women's Rugby Team in 1999, including supporting the team through the Women's World Cup, underscores her commitment to sports and coaching. She later returned to Aberystwyth to serve as Junior Sec and coach Junior Rugby for a decade.

Rachel welcomes you to get in touch (Cymraeg or English).

- CIMSPA Partnership Training Provider
- YMCA Technical Advisor for Pilates & Menopause
- BSc – Sports & Exercise Science 2:1, Aberystwyth University
 - Dissertation “Psychological Effects of a Self-Determination Theory Based Exercise Intervention on Peri- and Post-Menopausal Women”
- Previous Course Director for NVQ Level 2, 3 & 4 for YMCA & Fitness Wales
- A1 Fitness Assessor
- Level 4 Back Care Practitioner and Coach
- Level 3 Gym, Pilates, GP Referral & ETM
- Level 2, Step Aerobics, Fitness Testing, Nutrition, Muscle Max, Fitball, Group Cycle, Kettlebell, Spinning
- Other – Diamond Pilates Pelvic Floor, Stress Management

Cafe 24



SPRINGFIT:CAFE 24 CALENDAR

[HTTPS://WWW.FACEBOOK.COM/GROUPS/SPRINGFIT24](https://www.facebook.com/groups/springfit24)

www.rbhfitness.co.uk



| DYDD LLUN MONDAY | DYDD MAWRTH TUESDAY | DYDD MERCHER WEDNESDAY | DYDD IAU THURSDAY | DYDD GWENER FRIDAY | DYDD SADWRN SATURDAY |
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April



May



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|--|---|--|------------------------------------|---|---|
| 8 HIIT 18:00 -18:45 Pilates Conditioning 18:00 -18:45 | 9 Pilates Mat Work 07:30 - 07:50 Cafe Chat 19:30 - 20:15 | 10 Weighted Workout 18:00 -18:55 Pilates Back Care 19:00 - 19:45 | 11 Aero Cardio 07:30 - 07:50 | 12 Functional Fitness 07:30 - 07:50 | 13 Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45 |
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| 6 No Classes due to Bank Holiday - these will be held on the 20th May | 7 Pilates Mat Work 07:30 - 07:50 Cafe Chat 19:30 - 20:15 | 8 Weighted Workout 18:00 -18:55 Pilates Back Care 19:00 - 19:45 | 9 Aero Cardio 07:30 - 07:50 | 10 Functional Fitness 07:30 - 07:50 | 11 Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45 |
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- Here is the weekly timetable of live classes - that you can watch at anytime that suits you.
- I do not expect you to do every single class each week, but to look at the ones that suit you and fit in with your lifestyle.
- I ask that you choose at least 3 sessions per week in order to create the health and fitness changes you want to see.
- Week 1 is always more achievable than Week 6, and you are welcome to repeat weeks until you feel comfortable and ready to move on.
- Please do not feel defeated or unmotivated by sessions - choose the ones that bring you joy!

Class Descriptions



Each of the sessions below will be held live on our private group FB page. These sessions will then be available to watch on the app or your laptop within 48hours.

Monday:

HIIT Cardio - 6.00 – 6.45pm

- HIIT Cardio is an interval training session that brings great health and fitness benefits.
- The moves will include fundamental basics such as squats, knee lifts, running on the spot and will not include any dance style coordination moves so that you are able to concentrate on increasing your heart rate and improving your fitness.
- You will need to have some weights for this – either dumbbells or a weighted plate and at times we use a step.

Pilates Conditioning – 7.00 – 7.45pm

- 45-minute Mat Based Pilates for increased core strength and flexibility.
- You will need a mat and a band for this, and we often use small hand weights to increase intensity, but these sessions can be done without if you prefer - adaptations will be given throughout.
- Over the next 6 weeks, I will lead you through a progressive training programme that will be suitable for a beginner or intermediate Pilates's person. Adaptations will be given so that you get the most out of the session.

Tuesday:

Pilates – 07.30 – 07.50am

- A 20-minute Mat Based Pilates session, usually only including two or three Pilates exercises, but all done with a rate of intensity to cause a training effect.
- Can be adjusted to suit your fitness level and is ideal for a quick workout blast when you are short of time.
- Please have a mat and a band for this

Cafe Chat – 7.30 – 8.15pm

- Each week we have a 45 minute lecture style session that looks at a specific kind of issue to do with health and wellbeing.
- The information shared will be research-based and will form the “theme” for the following week.
- You can listen live or later.

Wednesday:

Weighted Workout – 6:00 – 7:00pm

- This hour-long weighted workout will follow a structure programme that includes teaching correct technique and good form for weight training.
- This is key to improving your strength and conditioning to your body.
- An extended session will also allow more time for technique coaching to improve your exercise execution and effectiveness.
- An important part of any training programme, this strength and conditioning session will help you increase your joint stability, your bone density, your posture and support your fitness goals.
- Ideally, you need to have some weights to get the most of this, and I have made suggestions at the end of the page. However, feel free to improvise whilst you try session out.



Suggested Equipment

This guide is to show you some additional products that you MIGHT want to purchase to help you with working out at home. I do not have an affiliation with any of these companies, but I know how useful it is to be able to have that additional piece of equipment that aids your fitness journey

- **Mats** - There are plenty of versions out there to be had - and varying prices.
 - https://www.amazon.co.uk/gp/product/B07ZBH5Q5C/ref=ppx_yo_dt_b_asin_title_o04_s01?ie=UTF8&psc=1
- **Bands** - I prefer the long cloth loop bands - but you can choose others if you prefer - these are the ones I use:
 - https://www.amazon.co.uk/gp/product/B08JV4JD3Q/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1
- **Step** – you can use your step for your Aero Cardio or HIIT workouts, and as a bench for your Weighted Workout – the large one will be useful for this, but they can be pricy, so there is a smaller step available if you want to try:
 - Normal step – there are other examples, and often you can find on FB marketplace or eBay etc.
 - https://www.amazon.co.uk/Reebok-Original-Step-with-DVD/dp/B002KMK54W/ref=sr_1_7?adgrpid=54790571713&hvadid=605991034056&hvdev=c&hvlocphy=9073565&hvnetw=g&hvqmt=e&hvrnd=1862679770341120655&hvtargid=kwd-301880574155&hydadcr=18781_2288331&keywords=reebok+step&qid=1691748554&sr=8-7
 - Small enough to hide under your bed, this is a good example of a small step.
 - https://www.amazon.co.uk/.../ref=ppx_yo_dt_b_search_asin...
- **Pilates Ball** - Excellent for stability work and stretch.
 - https://www.amazon.co.uk/.../ref=ppx_yo_dt_b_asin_title...
- **Dumbbells** - Dumbbells will make a big difference to your workout - neoprene ones are less slippery to hold. Start at about 2kg, and then add in some 3kg and 4kg when you get stronger. Ideally, look to invest in a whole set of weights for maximum benefit.
 - <https://www.physicalcompany.co.uk/studio/body-pump-sets>
 - <https://www.physicalcompany.co.uk/studio/gym-hand-weights>

Wednesday:

Pilates for Beginners and Back Care – 7:00 - 7:45pm

Welcome to Pilates Back Care and Beginners. This session is dedicated to improving functional stability, core strength, and spinal stabilisation, with a special focus on addressing chronic lower back pain. It is suitable for beginners and for a general class with more detail and information on how to perform Pilates exercises well.

In this session, you'll engage in a series of movements and exercises aimed at enhancing your functional stability and strengthening your core muscles, all of which are essential for alleviating lower back discomfort. It will also include some stretch and relaxation to ease muscle soreness and help with pain management.

We'll also place a strong emphasis on the importance of deep breathing, relaxation techniques, and flexibility. These elements will not only support your physical health but also contribute to your overall sense of well-being.

To participate, please ensure you have a mat, a band, a small pillow, or a Pilates chi ball, and wear warm, comfortable clothing. Your journey towards a healthier, pain-free back begins here.

It is important that you contact me before the start of the Cafe with your specific lower back complaint so that I can advise you accordingly.



Thursday:

Cardio Fitness – 07:30 – 08:00am

- 20 minutes of cardiovascular training to improve heart strength and overall fitness.
- Alternatives are available for all fitness levels, and each week there will be a different style of workout so that you have a choice of 6 to choose from by the end of the live section of the Café.
- This session will include combination moves, aerobic and boxing routines and sometimes step to challenge your zone 2 cardio and bring improvements to your heart health and reduce stress.



Friday:

Functional Fitness Friday! – 07.30 – 07.50am

- This 20-minute workout is designed to improve your overall body conditioning with compound moves to strength muscles, stabilise joints and improve balance.
- Please have a band and a weight for this session

Saturday:

Bore Da Standing Pilates 09:00am – 09.30am

- 30-minute standing functional Pilates session is key to improving your balance and core strength, it improves your mobility and an ideal class to wake you up for the day.
- Whether you are doing a post run stretch, or a get out of bed and get going routine, you will find your body moves more freely, your mind is alert and generally able to face the day with a smile.
- Please have something stable to hold onto if your balance is poor.

Motivate Me 9:30am – 9:45am

- 15 minutes of Café Chat about a piece of research or interesting snippets to help to keep your motivation levels up
- We can often start the week with good intentions, but let them slip over the weekend, with the pledge to “start again on Monday” – these talks will help to keep you focussed on your goals, and hopefully motivate you to keep working on the changes that you want.

Online Workouts:

- You can view any of the workouts included in your pass on the Facebook page under “media” or via the app or online via your PC
- You have access to the sessions for 12 months. The app allows you to access sessions on your phone, meaning you can do the workouts wherever you are.
- The videos are blocked into “channels”, and you will need to scroll down to “Café Spring 24”.
- The workouts on your phone will be in order, so scroll up to the one you want.
- You will also see the channels for all the other workouts that can be accessed via our Café Membership.

7 Steps to lifestyle change



1 Build your self-confidence - Believing that you can achieve something is vital. You may have “imposter syndrome” or you may just lack self-esteem, so start with small goals that you can achieve. Write these down with a time and deadline – a simple way to think of this is, Goal – run 5K, step 1, walk 1 min, jog 30 seconds repeat for 10 minutes after doing a 10-minute warm up of walking briskly.

Start to think/believe/understand that the steps you are taking are all part of a healing process – and like any healing process, this takes time and a bit of nurturing. You might have to change your diet to heal your gut, or help with Type 2 diabetes. A simple example is to look at food that cause inflammation (such as processed sugar) and reduce, then foods that are anti-inflammatory (such as green veg) and increase those. Healing your body and mind is key to making changes successful.

3 The third step is to have “positive attitude” – and this is all about framing your plans, goals and statements that encourage you. For example, starting sentences with “you are fat and need to go on a diet” is not going to make you feel great...but changing it to “you are going to look after yourself and get to the body weight you want to be. We can do this!” is far more inspiring.

The fourth thing we need to do is to run through our plans in our heads before we start. You can think of this like the trailer before the film – so, mentally rehearse how you will feel when you are taking the steps to fitness, feel and imaging what it will be like to run, imaging the food and how energetic you will feel. It goes without saying that you need to make your “trailer” exciting and encouraging.

5 Step five is to plan ahead for any obstacles that might be in your way – will your friends and family support you? What about the weather if you are planning to exercise outside – do you have suitable clothing. Write down any obstacles that you might face over the next 2 months – and don't forget to include yourself as an obstacle if you know that sometimes you don't believe you can do something, so your “negative” point of view might be something to consider too.

Step six is to face up to those fears – what if you “can't” do it, what if you look foolish, what if you think you don't have enough “will power” – don't ignore these feelings, thoughts, and ideas. Recognising them and facing up to them is important. Write it down, talk about them with yourself or your friend, read how other people have coped etc.

7 The final part of the process is to look at how to control our emotions – easier said than done. But taking time to take a deep breath, remember why you are on this journey, understanding that there will be stressful moment, but that you will be able to deal with them. There may be frustrations, there may be hiccups, but learning to rationalise these as they happen will increase your resilience and help you achieve your goal.



Goal SETTING

START DATE: ___/___/_____

END DATE: ___/___/_____

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

THINGS TO USE

- _____
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DRAW / SKETCH

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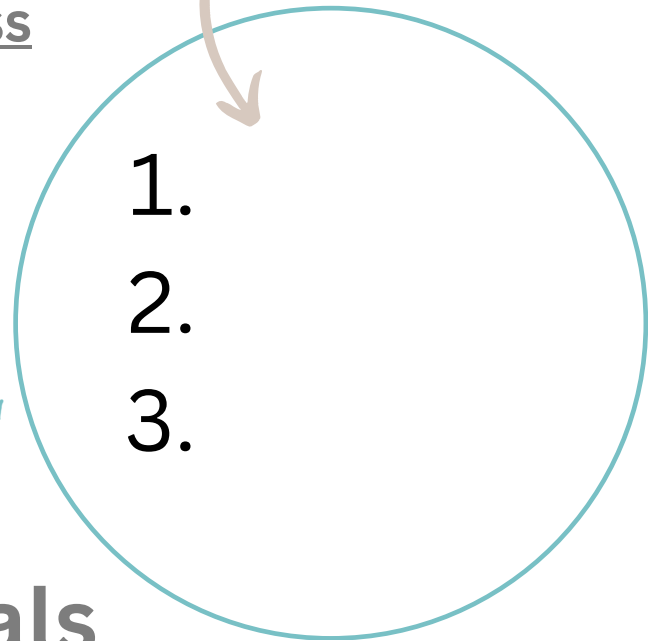
Week 1

My Goals

Enhancing Health and Fitness

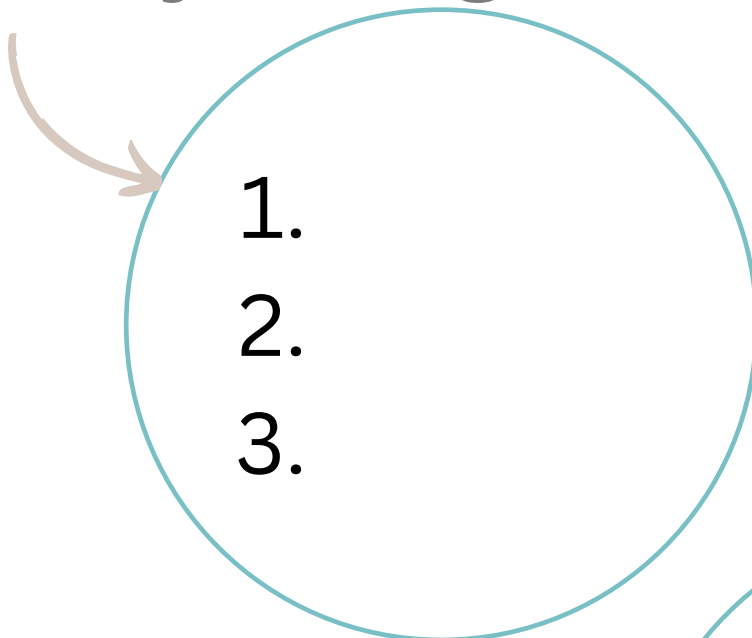
This week, gain a deeper understanding of your body's mechanics and how to optimise it for peak fitness performance. Explore practical tips and expert insights to tailor your workout routine to suit your unique physiology.

"Do what you have to do until you can do what you want to do." – Oprah Winfrey



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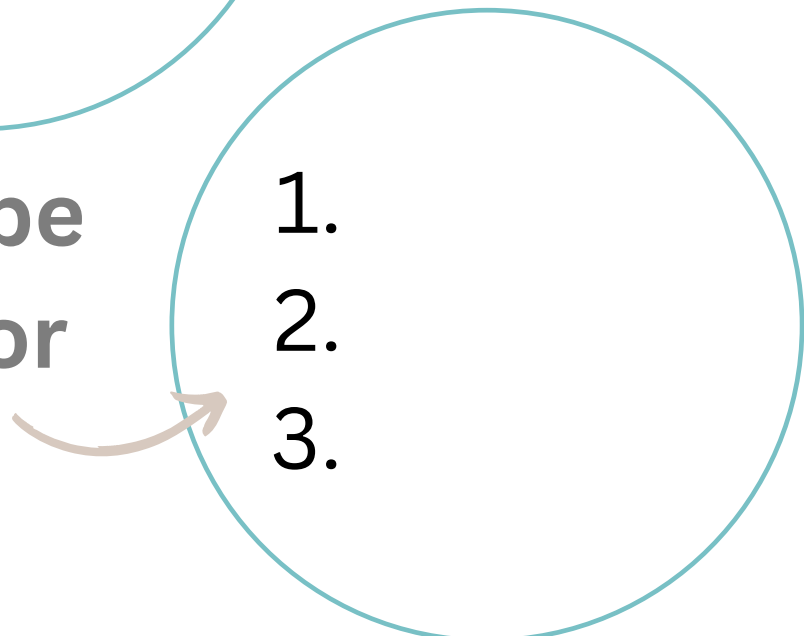
Healthy Eating Goals



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Things to be grateful for



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Week 2

My Goals

Budget Friendly Fitness

Discover ingenious strategies and cost-effective methods to amplify your fitness journey without breaking the bank. Learn how to achieve your health and wellness goals on a budget with expert guidance and practical tips

"Physical fitness is the first requisite of happiness" – Joseph Pilates

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Healthy Eating Goals

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Things to be grateful for

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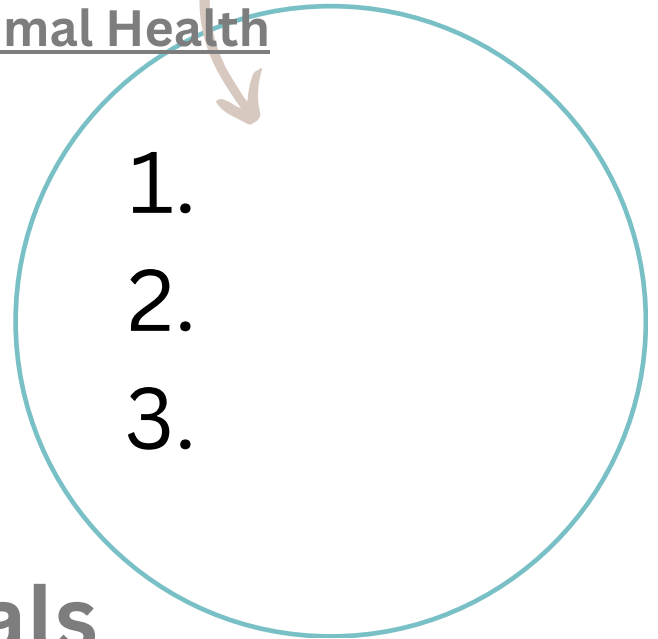
Week 3

My Goals

Mastering Macronutrients for Optimal Health

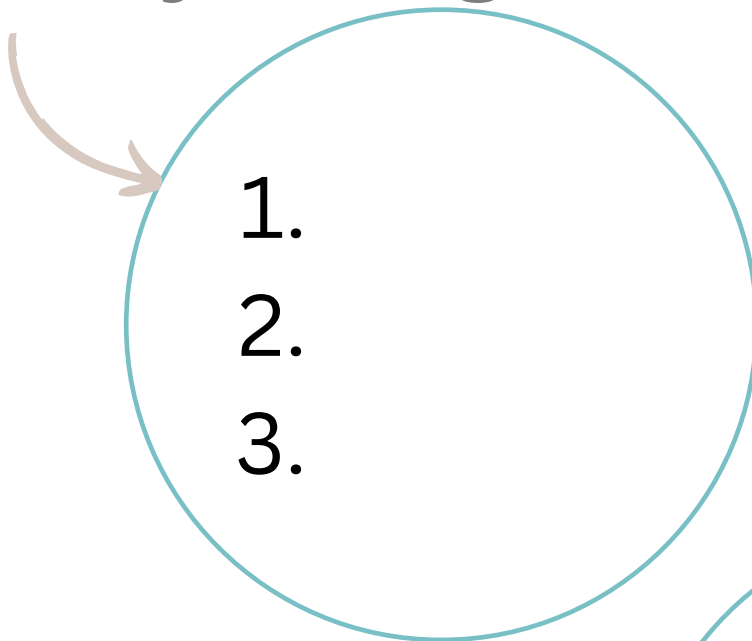
Delve into the science of macronutrients and their crucial role in supporting overall health and fitness. Learn how to balance your diet for sustained energy, enhanced performance, and improved well-being

"Don't count the days, make the days count." – Muhammad Ali



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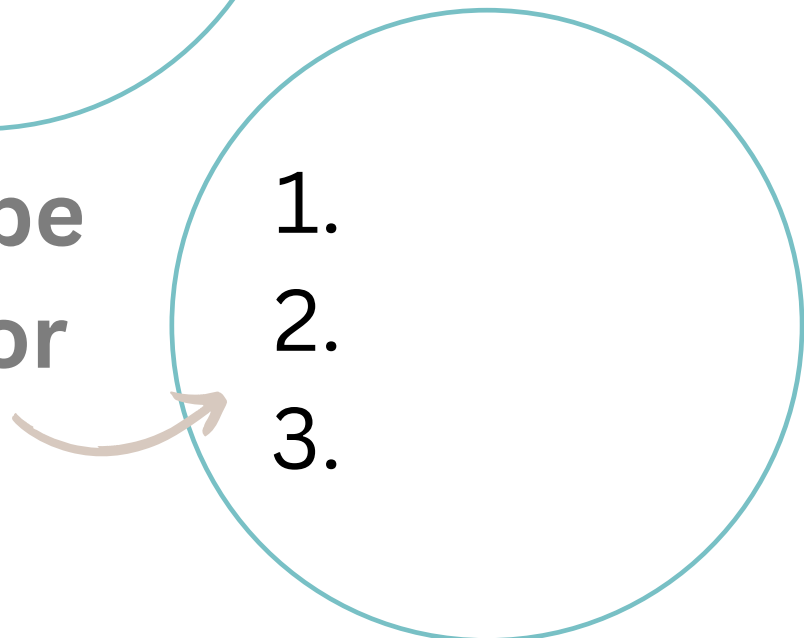
Healthy Eating Goals



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Things to be grateful for



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Week 4

My Goals

Strengthening the Core and Rehabilitating the Pelvic Floor

Explore how Pilates can effectively strengthen the core and aid in pelvic floor rehabilitation for individuals of all genders. Discover the transformative benefits of Pilates exercises in promoting stability, balance, and overall wellness

"Change happens through movement, and movement heals" - Joseph Pilates

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Healthy Eating Goals

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Things to be grateful for

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Week 5

My Goals

Nurturing Resilience for Sustained Well-being

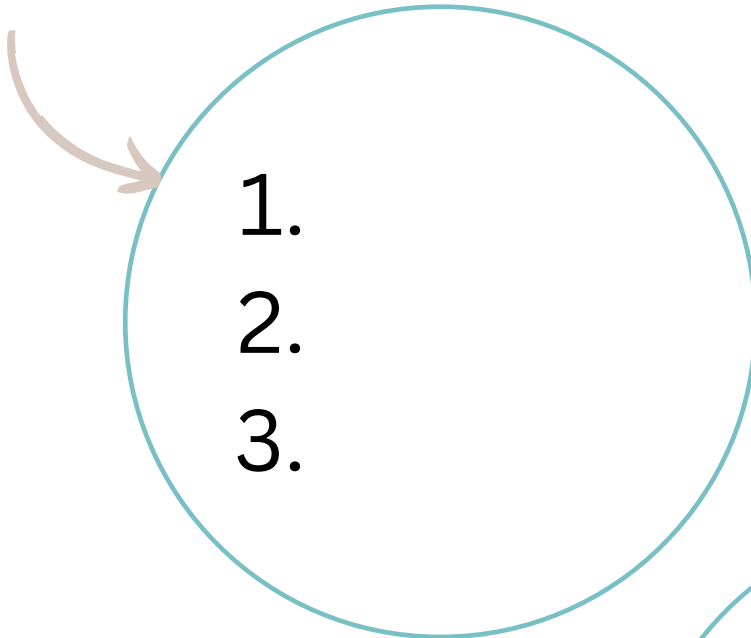
Equip yourself with invaluable strategies and tools to cultivate resilience and maintain your well-being amidst life's challenges. Learn how to bounce back stronger, adapt to adversity, and thrive in the face of change

"You've survived 100 percent of your worst days."
—Robin Arzón



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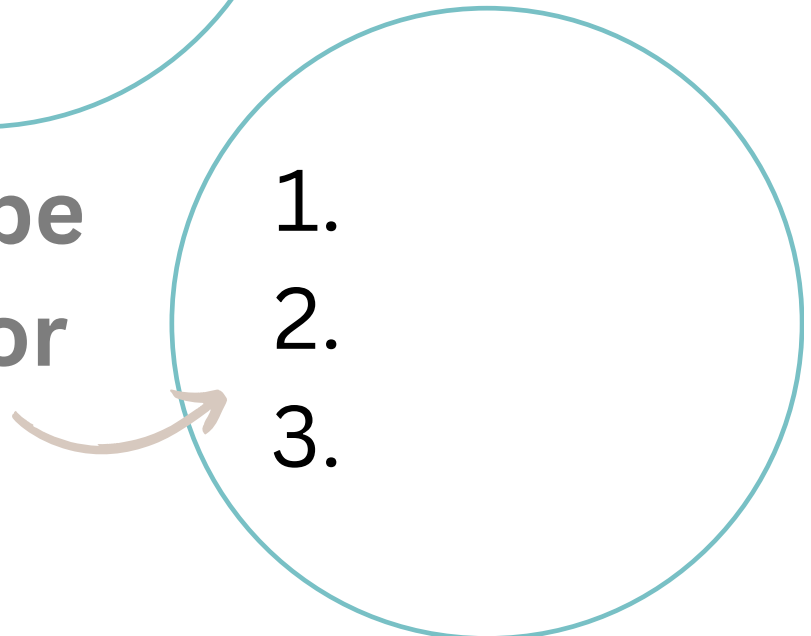
Healthy Eating Goals



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Things to be grateful for



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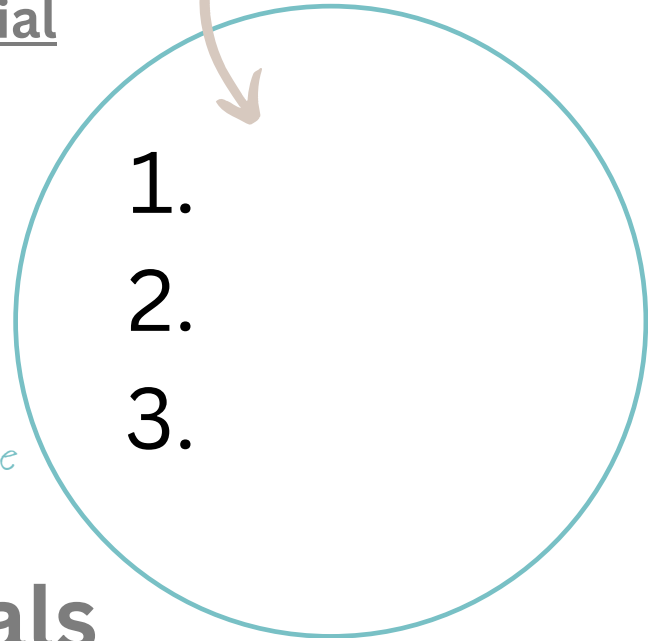
Week 6

My Goals

Hydrate to Elevate: The Essential Role of Water in Fitness

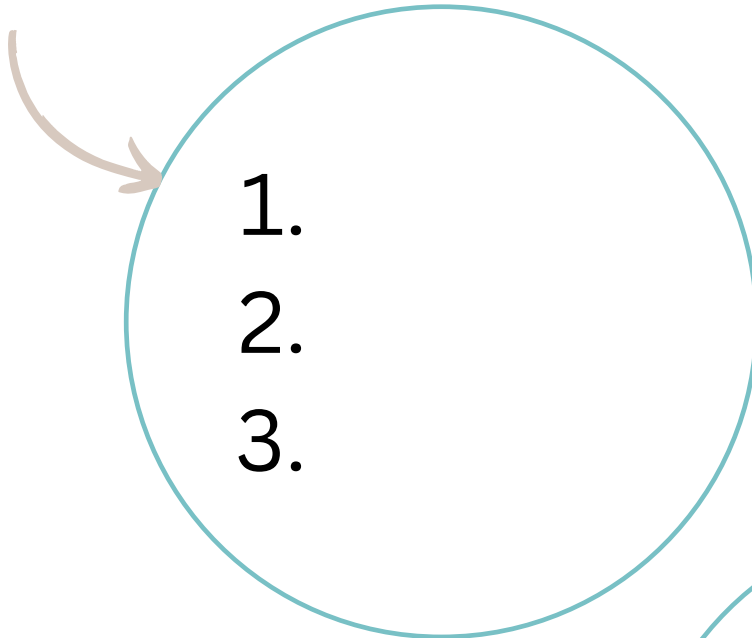
Unlock the secrets to optimal hydration and its profound impact on fitness performance and overall health. Discover the science behind hydration, practical tips for staying hydrated, and how proper water intake can elevate your fitness journey

'By all means, never fail to get all the sunshine and fresh air you can.' - Joseph Pilates



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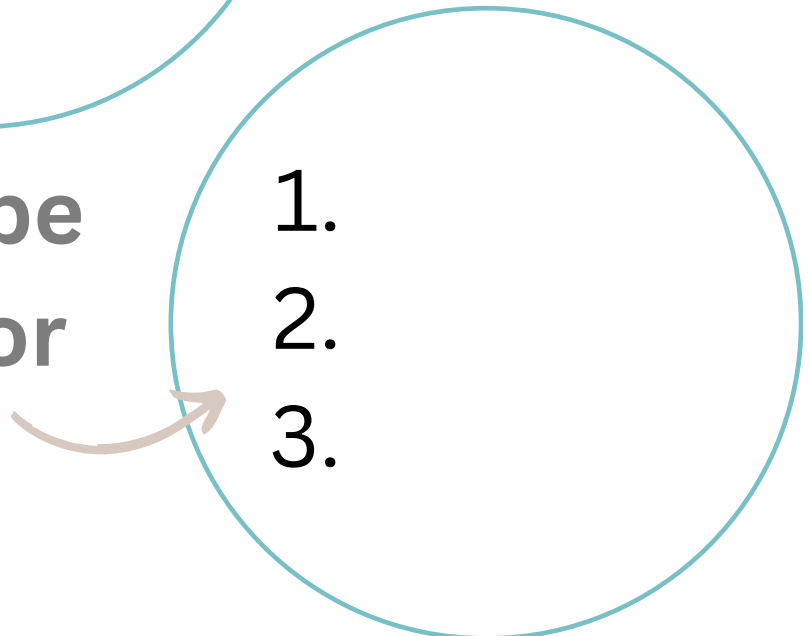
Healthy Eating Goals



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Things to be grateful for



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My Notes





- Learning to control deep breathing – especially during Pilates’s exercise, will improve what is known as the “Lumbo pelvic and urogenital structures” and their function. It was also noted that the Pilates sessions also enhanced social and emotional well-being - which is key to exercise adherence – and this is crucial, because keeping exercising is key to success.
- In 2020, a paper by Nightingale, found that the best results came from a “continuous” and integrated exercise pattern of activating both the deep abdominal muscles and pelvic floor together. This is all good news! They modified the Pilates exercises for a shorter hold (but more repetitions) and included the Pelvic floor activation sequence – which then resulted in an increase performance of the floor. These positions included dead bug, tabletop, teaser, and plank. They also included the neutral positions at the start of each exercise. Significant improvements in quality of life and sexual function (let’s not be shy) were positive factors that Brubaker (2008) found when women attended regular Pilates sessions. That might be enough to get you to class already!
- We know that the pelvic floor is often damaged following pregnancy and birth, but in the inclusion of Pilates during pregnancy led to improved labour, increased maternal satisfaction in the childbirth process, without causing complications for mother and baby in a study done by Ghandali in 2021.
- Pilates can be seen as a form of rehabilitation following childbirth or pelvic reconstructive surgery (Culligan, 2010) – and that will also include men who have had prostate cancer – and might now be seen as something that is easily accessible.
- We know that physio to improve the floor is effective – but we also know that this is difficult to come by. Pilates on the other hand is an easily accessible training programme that is consistently recognised as improving pelvic floor muscles – and studies seem to indicate that many people are willing to stick to this form of training.
- What was interesting in the study above was that improvements to the floor happened best when the person was aware of where their pelvic floor was and how to activate it. It therefore seems necessary to include some information on structure and function of the body when teaching Pilates as well as how to do the exercises.
- The Pilates Pelvic Floor programme will teach you how to activate the pelvic floor muscles before performing the exercises and will modified the Pilates exercise so that you are able to train and restore the floor.

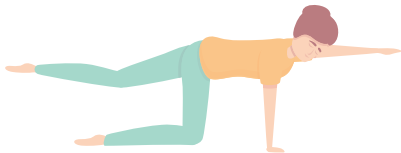


Swimming

The Exercises



- Begin the exercise on all fours.
- Ensure correct alignment - hands are placed beneath your shoulders, fingers spread wide, your knees beneath your hips, feet flat onto the floor. Draw the scapular down and have along neck. Chin pulled towards the sternum.
- Breathe in and contract through the Pelvic Floor and TVA to ensure pelvic stability. Ribs should be flat against the abdominal wall.
- Reach the hand forward and place finger tips on to the floor.
- Slowly lift the arm whilst aiming to maintain good spinal alignments. The arms should be able to extend to just above the ear. Thumb up.
- Repeat on other arm
- Repeat sequence using the legs.
- Extend one leg behind – make sure that the toe remains in contact with the floor.
- Once spine is stable, lift leg, foot flexed, until the heel is in line with the buttock
- Do not allow the lower back or head to droop
- Repeat on other side.
- To increase challenge then use opposite arm and leg, but check for spinal alignment and balance
- Modification, use light dumbbell for either lateral or forward raise.



Dead Bug

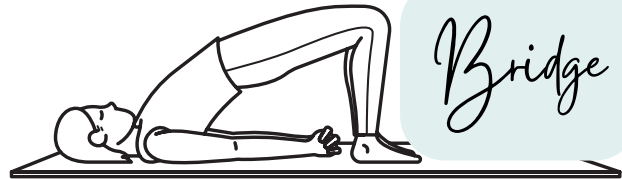
- Dead Bug can be used as a good starting point for core and pelvic floor work. It can be modified by placing your feet on a chair or against a wall and one or two legs can be lifted.
- Start by lying on your back, arms extended to the ceiling, and shoulder distance apart, palms facing inwards.
- Breathe in and then as you breathe out, connect to the core and floor and draw abdominals in and down.
- Slowly raise one leg, knee over hip, shin parallel to floor and foot in line, or higher than the knee.
- If you can maintain a stable spinal posture, then you can also raise the other leg. Ensure no doming of the abdominal wall.
- Chin in, shoulders down and breathe easily.
- Rest when you start to feel fatigued and unable to maintain posture and keep core contracted.
- Repeat until you have mastered

Moving Bug



- Moving on from the "Dead Bug" we can start to introduce the movement of arms and legs.
- The same principles of stabilisation as the Dead Bug, but then you can add a movement of either the arm, or leg, or both (on opposite sides)

- The aim is to ensure that the spine is stable whilst the limbs are moving.
- If you can, try to touch the floor at the same time.
- The same principles of stabilisation as the Dead Bug, but then you can add a movement of either the arm, or leg, or both (on opposite sides)
- Breathe out on exertion.



Bridge

- Lie on your back with your knees bent and feet flat on the floor.
- Check that feet and knees are aligned with hip bones – heels of the feet should be in line with the middle part of the buttocks
- Breathe in to begin and as you exhale draw the ribs flat against the abdominal wall, lift and tighten the pelvic floor muscles and draw the TVA across the lower abdomen (imaging bringing the hip bones closer together). You should still be in neutral spine
- Hold this position as you breathe out and on the next in breath, contract the abdominal muscles further and press the lumbar area toward the floor until the spine is flat on the mat.
- Keep pressing down and start to tilt the tailbone towards the ceiling
- Using the feet to help you stabilise, start to peel the back off the floor – imagine each vertebrae lifting one at a time.
- You should end up with the shoulder and feet on the floor.
- Draw the scapular down so that the neck is long and there is no tension in the throat. You can support the weight of the upper body but pressing into the scapular.
- To return to the starting position, gently place the spine down on to the mat one vertebra at a time until the pelvis is touching the floor.



Single Leg Stretch

- Lie on your back and hug your knee to your chest - one hand high, one hand low.
- Extend the other leg away from you without it touching the floor.
- Change from one leg to the next in a steady rhythmical fashion.
- To increase difficulty, extend the leg towards the ceiling and hold ankle if possible
- Draw your thigh towards your chest and lift your head and shoulders off the floor, aiming to bring your forehead and knee together

Plank



- Lie on the floor face down and slide your elbows close to your chest with both of your hands placed under your chin.
- Keep your knees slightly wider than your hips and tuck your toes underneath.
- Press downwards through the elbows and lift up onto knees – even if you can do a full plank, it is worthwhile going through to this stage first as it will help engage the deep abdominals and decrease the initial hard engagement of the legs.
- Pull your abs away from your t-shirt, tuck your tailbone in and lift the pubic bone towards the ribs.
- Flatten the ribs and tighten through the shoulder blades, bringing them closer together.
- Lengthen the neck and pull your chin in – keep looking down but you can sort of “peep” forwards as if you are looking over the top of your sunglasses – it helps to keep the upper back engaged.
- Actively brace or hold the abdominals in and breathe slowly through your mouth.
- When straightening the legs, lift the knees off the floor gently and keep pressing the heels away from you. Stay on the balls of your feet. The thighs will be engaged but not the glutes.

Side Lift



- Lie onto your side on the floor – curl your knees up in front of you. Feet together, and the heels in line with the glutes.
- Place the arm nearest the floor on mat – elbow directly under your shoulder, and palm flat.
- Draw the shoulder down so that the neck is long. Ensure scapular stability by drawing downwards through the upper back, and lifting away from the mat (recoil) – there should be a gap under the armpit.
- Take a breath in and as you breathe out, contract through the pelvic floor and draw the navel to the spine. Ensure that the “waist” is lifted and the shoulders remain relaxed.
- Lift your hips off the floor and try to keep your hips in line with your shoulders, and then draw the hips forward so that there is a straight line from the knees to the shoulders.

Cat & Camel



- Begin the exercise on all fours
- Check alignment – knees directly beneath each hip, arm placed beneath the shoulders, with wrist, elbow and shoulder joint in alignment but not locked. Spread the fingers wide for a stable base, with the middle finger facing forwards.
- Breathe in to begin and start to arch the back.
- Draw the navel to the spine and tuck the tailbone in
- The head and neck relax, but face down with the chin tucked towards the sternum.
- As you exhale, elongate the spine and imagine you are putting your head through a polo neck jumper
- Feel the spine becoming longer and imagine the neutral spine position.
- Then reverse, and hyperextend the spine

The Dart



- Begin by lying flat on your stomach.
- Check alignment of the body with the legs in line with the hips. Place forehead on the floor – a pillow maybe used to help align the neck. Draw the shoulder blades down – long neck.
- Place the arms by the side
- Begin with a breath in and as you breathe out draw the navel away from the floor (or have the sensation of this happening)
- Roll the shoulders back and down and lengthen the arms so that the fingers extend towards the ankles
- This should lift the head slightly off the floor – do not lift as high as you would in a aback extension exercise
- Some discomfort may be felt in the lower back area around the kidneys; this is usually due to contraction of the multifidus.

Torpedo

- Begin by lying on your side - hips stacked. Bring legs forward to 45deg angle. Place hand on floor in front of you.
- Engage core and press firmly on fingers, elbow to ceiling. Breathe in and as you breathe out
- Lift your top leg, just lower than your hip, then raise the lower leg to meet it. Hold for a few seconds, and then lower both legs together.
- As you get more proficient at this, try to lift your armpit off the floor. Then try to lift your top leg higher than your hip.
- Breathe throughout and do not hold breath.

Child's Pose



- Lie on the floor – keep your knees bent and feet flat.
- Slowly drop your knees to the side, allowing gravity to pull your knees down towards the floor.
- Don't worry if your shoulders come off the floor – allow them to sink back once you have your knees in position.
- Try to stay here for around 30 seconds - and increase the time, as you get more flexible.
- Before changing sides, it is important that you pull your stomach muscles in tight.
- Repeat on the other side.
- Childs Pose
- From all fours, sink hips to heels
- Tuck head in and rest on hairline (long neck)

Croeso - Welcome to the Cafe 24 Healthy Eating Plan

Rachel Hubbard



Why not think about starting on a journey to a healthier you with the Health Eating Plan by Cafe 24, rbhfitness, guided by Rachel Hubbard, BSc.

Our approach is rooted in scientific research and designed to support your weight loss journey positively and supportively.

Dietary Guidelines:

- 📖 Based on the Mediterranean Diet, suitable for meat eaters, vegetarians, and vegans.
 - 🚫 Avoid processed foods, added sugars, refined grains, and trans fats.
 - 🍎 Increase plant-based foods, nuts, bread, legumes, seeds.
- 🥛 Limit dairy (unless vegan) and consume low to moderate amounts of meat, fish, and poultry.
 - 🍷 Keep alcohol consumption low, consumed with meals.
 - 🌿 Use olive oil as your main source of fats for cooking and eating.

Important Considerations:

- 👉 Consult your GP before making any dietary changes, especially if you have health concerns.
 - 🚫 If allergic or gluten intolerant, make necessary adjustments.
 - 👨‍⚕️ Seek advice if you are diabetic.

Initiating Change:

1. Eliminate temptation: Keep processed and unhealthy foods out of sight.
2. Morning Routine: Spend 10 mins outside before eating, incorporating activity or relaxation.
3. Hydration: Drink a glass of iced water before each meal, adding lemons for an extra boost.

Eating Habits:

1. Start with non-carb elements to modify insulin response.
2. Daily "Opt it Out" challenge – give up one thing (e.g., chocolate, alcohol, second helping).
3. "Wait a While" – delay sugar cravings by distracting yourself for 30 minutes.
4. Consider portion control through mindful eating and weighing.



Here's a suggested weekly meal plan if you want to try something different - keep in mind that individual nutritional needs may vary, and it's advisable to consult with a healthcare professional for specific advice.

Day 1:

Breakfast:

Scrambled eggs with spinach and tomatoes Whole-grain toast

Greek yogurt with berries

Lunch:

Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and a vinaigrette dressing

Quinoa or brown rice on the side

Snack: Handful of mixed nuts, Apple slices with almond butter

Dinner:

Baked salmon with lemon and herbs Steamed broccoli and sweet potatoes Quinoa or wild rice

Day 2:

Breakfast:

Oatmeal topped with sliced bananas, chia seeds, and a sprinkle of nuts

Low-fat milk or plant-based milk alternative

Lunch:

Lentil soup

Whole-grain roll or a piece of whole-grain bread

Mixed green salad with a variety of colourful vegetables

Snack: Greek yogurt parfait with granola and mixed berries

Dinner:

Stir-fried tofu with mixed vegetables (bell peppers, broccoli, carrots) over brown rice

Side of sautéed kale or spinach

Day 3:

Breakfast:

Whole-grain pancakes with fresh berries and a drizzle of honey

Scrambled eggs or egg whites

Lunch:

Turkey or chicken wrap with whole-grain tortilla, lettuce, tomatoes, and hummus

Side of raw veggies (carrot sticks, cucumber)

Snack: Cottage cheese with pineapple chunks

Dinner:

Grilled shrimp or fish tacos with whole-grain tortillas Cabbage slaw with lime dressing.

Black beans on the side





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