



Get Fit for Christmas: Practical Coaching for Energy, Health, and Fun

Your guide to health & fitness

Rachel Hubbard BSc

www.rbhfitness.co.uk





Rachel Hubbard brings extensive knowledge and experience to her fitness sessions, ensuring they are both engaging and effective.

Rachel's background in course delivery and quality monitoring has shaped her fitness coaching techniques, providing you with the support needed to improve your fitness. Her expertise in conducting workshops and lectures guarantees a thorough learning experience.

With a degree in Sports Science, Rachel has consistently delivered high-quality sessions for class participants and professionals alike. Her experience includes a decade as a Course Director with YMCA, where she delivered NVQ Level 2 Gym and Exercise to Music courses. She later worked with Fitness Wales as a Level 3 Gym, Exercise Referral, and Level 4 Back Care Exercise Practitioner Tutor and Assessor, further expanding her expertise.

Rachel has over 30 years of experience as a Back Care Pilates coach and is highly regarded for her work with individuals suffering from lower back pain. She specialises in supporting women through menopause and is currently collaborating with YMCAfit to develop a Menopause & Exercise course for fitness professionals.

Her career also includes roles as a Programme and Membership Manager at Aberystwyth University and as a Class Tutor, delivering a wide range of fitness classes including Pilates, Step, Aerobics, Fitball, Bodyfit, Aqua, Indoor Cycling, and Back Care.

In addition to her professional achievements, Rachel has raised four children, giving her a deep understanding of the challenges of maintaining fitness while managing the demands of parenthood. As an Ante/Post Natal and Pilates Pelvic Floor coach, she offers safe and effective exercise advice tailored to these stages of life.

Recently, Rachel has focused on how exercise can help alleviate the symptoms of menopause. Her insights are informed by a combination of academic research— including her degree dissertation on the psychological effects of exercise on peri- and post-menopausal women— and personal experience, providing a comprehensive understanding of this important phase.

Rachel's commitment to sports is also evident from her involvement with the Welsh Women's Rugby Team in 1999, where she supported the team during the Women's World Cup. She later returned to Aberystwyth to serve as Junior Secretary and coach Junior Rugby for ten years.

Rachel is available for consultations in both Welsh and English.

Qualifications and Expertise:

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



Croeso! Welcome to Get Fit & Festive 2024



Get Fit & Festive is your online fitness and wellbeing programme, designed to help you build strength, flexibility, and overall health in the lead-up to Christmas. Whether you're new to fitness or looking to enhance your current routine, Get Fit & Festive offers a dynamic mix of classes and expert talks, tailored to support your journey towards a healthier, more balanced lifestyle this festive season.

1 Weekly Workouts

Get Fit & Festive offers a wide range of online workouts to enhance strength, flexibility, and cardiovascular health, including Pilates, Functional Fitness, HIIT, Back Care, and more. Whether you prefer shorter, focused workouts or longer sessions, the programme has options to fit your lifestyle. Each class is designed with adaptability in mind, so you can join live or complete them OnDemand. With 12 months of access to all sessions, you have the flexibility to revisit your favourites and try any sessions you might have missed, whenever it suits you.

2 Twice-Weekly Health Talks

Each week includes two health and wellness talks, designed to give you research-based information on crucial topics. We'll discuss the factors that impact body composition, such as understanding why belly fat can be persistent and how age, hormones, and lifestyle contribute to it. As we head into December, we'll look at balanced approaches to festive foods and drinks, and practical ways to enjoy the season without overindulgence. We'll also cover how to build physical strength from within, focusing on bone health and resilience. The final talk will be a practical "How-To" workshop to cover workout techniques and answer any questions you may have. These sessions will support your fitness journey, with plenty of advice you can apply immediately.

3 Festive Challenges

Keeping motivated is key, and our 100K Challenge adds an element of fun to your fitness goals. Aiming for around 15.5 miles per week, or approximately 5,000 steps a day, this walking challenge keeps you active and encourages consistent movement throughout the programme. Additionally, you'll find mini-challenges in the lead-up to Christmas, with a task each day during the "12 Days of Christmas." These festive challenges are just for fun but help keep you on track—think of them as small wins to celebrate as you complete each one.

4 Flexible Access and Supportive Community

With all sessions available via our app or website, Get Fit & Festive is easy to integrate into any schedule. Busy day? No problem. Access the sessions OnDemand, whether you're looking to exercise before work or unwind with a stretch in the evening. Staying motivated is easier with a community—connect with others following the programme, share advice, and get inspired by participants who are also balancing health goals with daily life. Having a place to ask questions and share experiences with others who understand the ups and downs of staying active can make all the difference.



GET FIT & FESTIVE CALENDAR

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

November



December



18	HIIT Cardio 18:00 - 18:30 Kettlebell - 18:35 - 18:55 Pilates - 19:00 - 19:45	19	Pilates Strong & Steady 07:30 - 07:50 Cafe Chat 19:30 - 20:15	20	Weighted Workout 18:00 - 18:55 Back Care Pilates 19:00 - 19:45	21	Santa's Circuits 07:30 - 07:50	22	Festive Functional Fitness 07:30 - 07:50	23	Standing Pilates 09:00 - 09:30 Motivate Me 09:30 - 09:45
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100K Get Fit & Festive Challenge!

<https://www.facebook.com/groups/getfitfestive>

www.rbhfitness.co.uk

12 Days of Christmas Challenge!

Cafe 25: Starting January 20th 2025



The Workouts





Get Fit & Festive

GET FIT & FESTIVE CALENDAR



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100K Get Fit & Festive Challenge!

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12 Days of Christmas Challenge!

Cafe 25: Starting January 20th 2025



- 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 4, 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

A decorative string of colorful lights (red, yellow, blue, green) with white circular ornaments, positioned below the title.

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 via the webpage on your tablet or PC.

Monday:

HIIT Cardio - 18:00 - 18:30pm

- 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.

Kettlebell Workout - 18:35 - 18:55

- Kettlebell Workout is a dynamic 20mins of exercise, designed to build full-body strength and improve your endurance.
- The class focuses on fundamental kettlebell movements such as swings, presses, and deadlifts, ensuring a comprehensive workout that targets multiple muscle groups.
- With a mix of controlled strength exercises and some power moves, you'll challenge your core, balance, and stability.
- No prior experience with kettlebells is necessary, as each move will be explained and demonstrated. All you need is a kettlebell of suitable weight.

Pilates – 19:00 - 19:45

- 45-Minute Mat Pilates is a low-impact workout designed to enhance your core strength, flexibility, and overall body awareness.
- Rooted in the principles of control, precision, and flow, this class will guide you through a series of mat-based exercises that focus on strengthening your core muscles—such as the abdominals, lower back, hips, and glutes—while also improving your posture and balance.





Pilates Strong & Steady – 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.
- We will have the option to use weights in this session to help increase bone mass and metabolic potential
- 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.
- **19th November: Why Is It So Hard to Get Rid of Belly Fat?**
 - This session explores the complex factors behind abdominal fat accumulation and retention. We will examine the roles that age, hormonal fluctuations, nutrition, and lifestyle choices play in body composition, specifically regarding belly fat. Participants will learn about metabolic and physiological shifts that often make fat loss more challenging with age, including the impact of hormonal changes related to menopause and stress responses. This session will also outline research-backed strategies for managing abdominal fat and achieving a balanced, sustainable approach to body composition.
- **26th November: How to Navigate Christmas Without Gaining Weight**
 - The festive season is filled with indulgent foods and social gatherings that can make maintaining a balanced diet challenging. In this session, we’ll explore practical strategies to enjoy festive treats mindfully while minimising the likelihood of weight gain. Topics will include insights into portion control, making informed food choices, and understanding the principles of balanced eating that allow for enjoyment without compromising health. This discussion aims to equip participants with actionable tips for navigating Christmas events, from portion management to simple swaps, that can support weight maintenance and health over the festive season.
- **3rd December: Building Fitness from the Inside Out**
 - Physical fitness extends beyond muscle and cardio; it also encompasses bone health, which is essential for resilience and long-term wellbeing. This session highlights the importance of strengthening bones and the ways in which age, hormonal factors, and lifestyle influence bone density. We will discuss osteoporosis and the impact of menopause on bone health, and provide evidence-based recommendations for activities and nutritional choices that support strong bones. Participants will come away with a greater understanding of how bone health contributes to overall fitness and practical ways to build and protect bone density for the future.
- **10th December: “How To” Workshop**
 - This interactive workshop will cover exercise essentials to help participants maximise their workouts and prevent injury. Topics will include foundational exercises such as squats, planks, and other functional movements, with live demonstrations and corrections to ensure proper form. The session will also address methods to increase calorie burn effectively and safely. Attendees are encouraged to pre-submit questions, allowing for tailored advice on techniques they want to improve. This practical session is designed to build confidence in movement and empower participants with knowledge they can apply in their fitness routines.



Wednesday



Weighted Workout – 6:00 – 6:55pm

- This 55minute weighted workout will follow a structure workout that includes teaching correct technique and good form.
- An extended session will also allow more time for stretch and core workout at the end of the weights.
- 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 this session out.

Pilates Back Care – 7:00 - 7:45pm

- Welcome to Pilates Back Care, a 45-minute session dedicated to improving functional stability, core strength, and spinal stabilisation, with a special focus on addressing chronic lower back pain.
- 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.
- 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.



Thursday

Santa's Circuits – 07:30 – 08:00am

- Santa is well known for bringing gifts....
- These circuit sessions will offer you 4 different types of workouts that you can then do at home over the Christmas season, to balance out the mince pies..
- You will need some equipment, such as weights, and sometimes the step
- Workouts will be timed based, which means you can work to your potential each time.

Ho ho ho!



Friday

Festive Functional Fitness Friday! – 07.30 – 07.50am

- This 20-minute workout is designed to help your overall body conditioning using compound movements that strengthen muscles, stabilise joints, and improve balance.



Saturday

Bore Da Standing Pilates 09:00am – 09.30am

- Start your day with Bore Da Standing Pilates, a 30-minute session designed to improve your balance, core strength, and mobility.
- This functional Pilates class is perfect for waking up your body and mind, setting a positive tone for the rest of your day.
- Whether you're stretching post-run or just getting out of bed, you'll find your body moves more freely, your mind is more alert, and you're ready to face the day with a smile.



Motivate Me 09:30am – 09:45am

- Join us for Motivate Me, a 15-minute Café Chat designed to keep your motivation levels high and help you stay focused on your goals. Each session features a discussion on a piece of research or interesting snippets to inspire and motivate you.
- We often start the week with good intentions, only to see them slip away over the weekend, leaving us pledging to "start again on Monday." These engaging talks are here to help you maintain your momentum and stay committed to the changes you want to achieve. Tune in every week for a motivational boost that will keep you on track and motivated about your progress.



Watch the videos once again here: https://www.rbhfitness.co.uk/cafe-pages_





Week 1

Shifting the "belly fat" for a healthier life

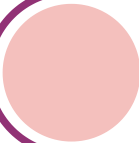

This week looks at some of the complex factors behind abdominal fat accumulation and retention, examining how age, hormonal fluctuations, nutrition, and lifestyle choices contribute to body composition, particularly around the abdomen. Additionally, this session outlines research-backed strategies for managing abdominal fat and fostering a balanced, sustainable approach to overall body composition.

Choose your workouts

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Goal Setting



-  Do one weights session to boost metabolic potential
-  Increase your anti-inflammatory foods
-  Start your sleep training programme

Reflective Journal on Health and Lifestyle Choices



Week 2

Managing Christmas Stress for Lasting Health and Wellbeing

Stress management is a common theme in the Café talks, and at Christmas, we can feel increased stressed – whether that is spending time together, or being alone, spending money, or not having any, providing the “perfect” Christmas and all the other expectations. Understanding simple tips to ease anxiety will not only help you navigate these issues, but actually afford long term health benefits. The more I learn about stress, the more I feel confident in taking practical steps from sleeping, eating, hugs and exercise. Learn why this is important to you.

Choose your workouts

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Goal

Setting



- Increase your daily steps this week
- Eat the rainbow - aim for 30 different fruit & veg
- Learn about the “psychological sigh” and how it helps

Reflective Journal on Health and Lifestyle Choices





Week 3

Building Fitness from the Inside Out

Physical fitness extends beyond muscle and cardio; it also encompasses bone health, which is essential for resilience and long-term wellbeing. This week highlights the importance of strengthening bones and the ways in which age, hormonal factors, and lifestyle influence bone density. We will discuss osteoporosis and the impact of menopause on bone health, and provide evidence-based recommendations for activities and nutritional choices that support strong bones. Participants will come away with a greater understanding of how bone health contributes to overall fitness and practical ways to build and protect bone density for the future.

Choose your workouts

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Goal Setting



-  Aim to increase your weights or your workout intensity
-  Find ways to improve your calcium and Vit D
-  Choose one stretch session and allow yourself to relax

Reflective Journal on Health and Lifestyle Choices








Week 4

“How To” Week

This week we will look at “how to” ways to remain on track with our desire to keep fit and healthy. From workshops to look at techniques, to ways to cook food, how to plan your week, how to journal effectively, how to do deep breathing, contract your pelvic floor, make friends and so many other small ways that support our wellbeing. This week is a gift to you, and hopefully, a gift you will pass on to others too.


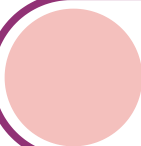

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Goal

Setting



-  Learn to master one skill that has alluded you
-  Try the 80/20 principle of healthy eating
-  Write your diary everyday with positive things

Reflective Journal on Health and Lifestyle Choices





100K Challenge: Walk Your Way to a Festive Finish!



Croeso - Welcome to the Get Fit & Festive 100K Challenge! Over the next 4 weeks, your goal is to walk 100 kilometers (approximately 62 miles), giving you an achievable daily target to help you build stamina, enjoy fresh air, and celebrate a fitter you by Christmas.

Track your progress daily, and anyone who completes the challenge will receive a commemorative wooden medal to mark this festive achievement.

Step-by-Step Guide to Completing the 100K Challenge

Target Breakdown: Weekly Goal: Aim to walk 25 kilometers each week.

Daily Goal: For consistency, this is roughly 3.6 kilometers per day (just over 4,500 steps).

Suggested Weekly Plan - Each week, try to aim for these daily step counts, gradually increasing as the month progresses.

Week 1 (18th - 24th Nov): Start with 3,500 steps per day to build the habit.

Week 2 (25th Nov - 1st Dec): Bump it up to 4,000 steps per day, feeling comfortable with your routine.

Week 3 (2nd - 8th Dec): Increase to 4,500 steps daily to push your endurance.

Week 4 (9th - 14th Dec): Finish strong with 5,000 steps each day and hit your 100K goal!

Tip: If you miss a day or two, simply add a few more steps to the following days to stay on track. The goal is consistency, not perfection.

How to Record Your Steps

Download the Tracking Sheet - Use our downloadable tracker to easily log your steps each day and calculate your weekly total. Alternatively, use your preferred fitness app or a simple notebook. 1,000 steps is about half a mile or 0.8 kilometers.

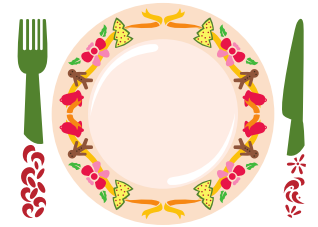
Set Daily Reminders - Plan your walks by adding reminders on your phone. Try morning walks, lunchtime strolls, or an evening cool down to keep you motivated.

Stay Accountable with the Community - Share your progress in our online group! Post updates, and share tips or scenic photos from your walks to encourage others.

Completing the Challenge - Submit a copy of your completed step tracker at the end of the programme to receive your Get Fit & Festive wooden medal—a lasting symbol of your hard work and dedication to staying active over the festive season!



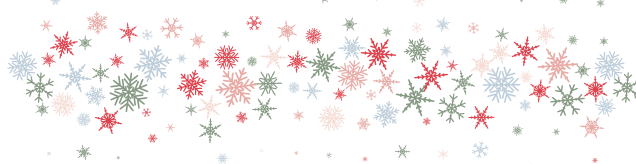
Festive Feast: 20 Mediterranean-Inspired Ways to Eat Well This Christmas



Here are 20 ways to bring the Mediterranean Diet's balance, richness, and variety into your Christmas meals. These small shifts can help you enjoy festive favourites while prioritising wellbeing.

1. **Begin Meals with a Salad** – Start with a fresh salad made of leafy greens, tomatoes, cucumbers, olives, and a sprinkle of feta to add nutrients and fibre, which can help moderate appetite.
2. **Swap Creamy Dips for Greek Yoghurt Bases** – Replace high-fat dips with ones made from Greek yoghurt and herbs like dill, mint, or garlic for added flavour and fewer calories.
3. **Opt for Olive Oil over Butter** – Use extra virgin olive oil as your primary cooking fat and drizzle it over vegetables or bread instead of butter for heart-healthy fats.
4. **Choose Whole Grains for Stuffing** – Make stuffing with whole grains like quinoa, bulgur, or brown rice to add fibre and improve blood sugar stability.
5. **Snack on Nuts and Seeds** – Offer mixed nuts (almonds, walnuts, pistachios) instead of sugary treats. Rich in healthy fats and protein, nuts are filling and nutrient-dense.
6. **Serve Roasted Vegetables as a Side** – Make a festive medley of roasted seasonal vegetables like carrots, parsnips, red peppers, and brussels sprouts for a colourful and nutrient-packed side.
7. **Use Herbs and Spices Generously** – Season dishes with Mediterranean herbs like rosemary, thyme, basil, and oregano, reducing the need for salt and adding antioxidants.
8. **Include Fish or Seafood** – Prepare a fish-based meal like salmon or grilled prawns, which are high in omega-3 fatty acids that support heart health.
9. **Swap Traditional Pigs in Blankets for Leaner Protein** – Use turkey or chicken sausages instead of pork sausages to lower saturated fat.
10. **Add Legumes to Your Meals** – Use chickpeas, lentils, or beans in soups, casseroles, or salads for plant-based protein and fibre, keeping you full longer.
11. **Serve Fruit-Based Desserts** – Opt for fruit-based desserts like poached pears, baked apples with cinnamon, or fresh berries to satisfy a sweet tooth with added nutrients.
12. **Bake with Olive Oil or Yoghurt** – In cakes or festive breads, replace butter with olive oil or Greek yoghurt to lighten the dish without sacrificing texture.
13. **Make Vegetables the Star** – Create a vibrant vegetable platter with a variety of raw or lightly steamed vegetables and serve them with hummus or tzatziki for dipping.
14. **Swap Milk Chocolate for Dark Chocolate** – Choose dark chocolate (70% cocoa or higher) for its lower sugar content and antioxidant benefits.
15. **Drink Water with a Twist** – Add slices of lemon, lime, or cucumber to water for a festive twist and aim to stay hydrated throughout the day, especially if you're consuming alcohol.
16. **Add Herbs to Your Bread** – Bake bread with Mediterranean herbs and olives to bring in flavour and texture without added butter or processed spreads.
17. **Experiment with Citrus in Dishes** – Add orange or lemon zest to roasted meats, salads, and sauces for a fresh, tangy flavour that lifts dishes without extra calories.
18. **Prioritise Smaller, Frequent Meals** – Rather than having one large meal, have smaller plates throughout the day. This approach can make it easier to control portions and prevent overeating.
19. **Use Fresh Cranberries** – Skip the canned cranberry sauce and make your own using fresh cranberries and a touch of honey, providing vitamins and fewer sugars.
20. **Finish Meals with Herbal Tea** – Wind down with a cup of herbal tea, like peppermint, chamomile, or fennel, to aid digestion and keep you hydrated in a refreshing way.

These ideas infuse Mediterranean-inspired, balanced eating into your holiday meals for a more nourishing, feel-good Christmas.





Healthy Eating Tips



Starting on a journey towards a healthier you can be both rewarding and achievable with the Healthy Eating Plan provided by Get Fit & Festive. Our approach is rooted in scientific research and designed to support your weight loss journey in a positive and encouraging manner. These guidelines draw inspiration from the Mediterranean Diet; however, please consult your GP or healthcare provider to ensure that this plan aligns with your individual health needs.

General 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 consumption of plant-based foods, nuts, legumes, seeds, and whole grains.
- 🥛 Limit dairy (unless vegan) and consume low to moderate amounts of meat, fish, and poultry.
- 🍷 Maintain low alcohol consumption, ideally consumed with meals.
- 🌿 Use olive oil as your primary source of fats for cooking and dressings.



Important Considerations:

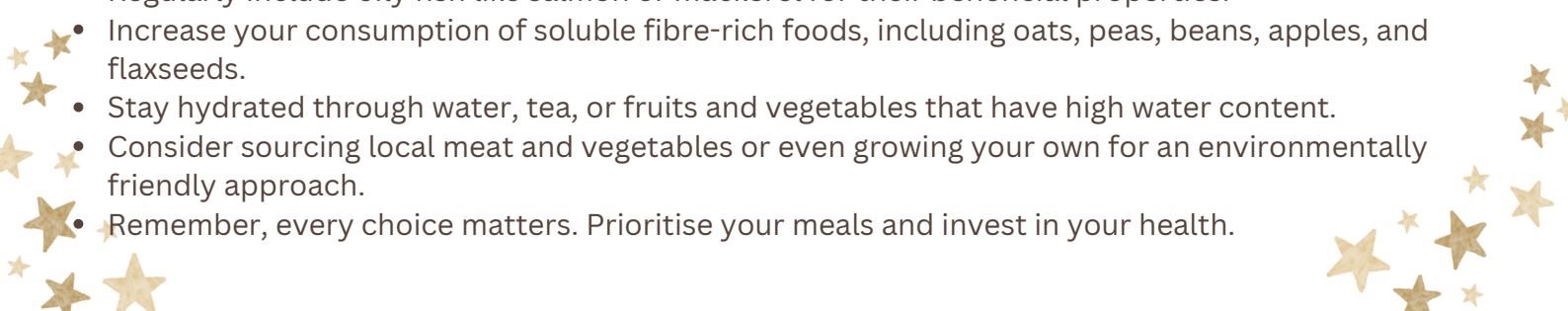
- 🗣️ Consult your GP before making any dietary changes, particularly if you have pre-existing health concerns.
- 🚫 Make necessary adjustments if you have food allergies or gluten intolerance.
- 🧑🏻‍⚕️ Seek professional advice if you are diabetic.

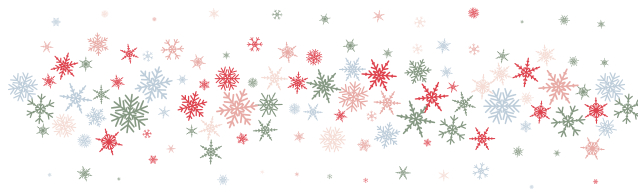
Initiating Change:

1. Eliminate Temptation: Keep processed and unhealthy foods out of sight.
2. Morning Routine: Spend 10 minutes outdoors before breakfast, incorporating activity or relaxation.
3. Hydration: Drink a glass of iced water before each meal, adding lemon for an extra boost.

Eating Habits:

1. Start meals with non-carb elements to modify insulin response.
 2. Daily "Opt it Out" challenge – forfeit one item (e.g., chocolate, alcohol, second helpings).
 3. "Wait a While" – distract yourself for 30 minutes to delay sugar cravings.
 4. Practice portion control through mindful eating and weighing.
- Think about the tactics food companies employ to promote the purchase of low-quality products. Observe how items are arranged in stores and the discounts that tempt you. Substitute what you consider "unhealthy" and acknowledge its prevalence.
 - Avoid relying on crisps and chocolates when hungry; instead, choose healthier options.
 - Meal planning and preparation can be efficient. For a quick lunch, consider a can of tuna paired with pre-cooked rice or couscous. Keep nuts and seeds readily available for snacks, and include chocolate chips for occasional treats—consumed in moderation.
 - Enhance protein intake at every meal to balance sugar levels and curb hunger. Consider adding almonds to yogurt, having a boiled egg with toast, or including chickpeas in curry.
 - Explore Time-Restricted Eating to support gut health, cholesterol levels, and mood stability. Aim to cease eating by 8 pm and delay breakfast until as late as possible.
 - Incorporate a diverse range of fruits and vegetables into your diet, particularly focusing on bitter dark greens for additional nutrients.
 - Balance sugar intake with acidic foods such as kombucha or kimchi to promote gut health.
 - Regularly include oily fish like salmon or mackerel for their beneficial properties.
 - Increase your consumption of soluble fibre-rich foods, including oats, peas, beans, apples, and flaxseeds.
 - Stay hydrated through water, tea, or fruits and vegetables that have high water content.
 - Consider sourcing local meat and vegetables or even growing your own for an environmentally friendly approach.
 - Remember, every choice matters. Prioritise your meals and invest in your health.





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 slippy 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>
- Kettlebells - a starting point could be 8kg for women (or 4kg if you are a beginner) and 12Kg for men. Have a look in the supermarkets, or Amazon, Argos etc. You do not have to have anything fancy!





12 Days of CHRISTMAS Challenge!



Just for fun - do any 12 days and add your own!

<p>1</p>  <p>AIM TO DRINK AND EXTRA 2 GLASSES OF WATER</p>	<p>2</p>  <p>SPEND 30 MINUTES WALKING OUTSIDE</p>	<p>3</p>  <p>TRY A PLANK FOR ONE MINUTE</p>	<p>4</p>  <p>30 SQUATS AND SHOW US THE EVIDENCE</p>	<p>5</p>  <p>TRY A HEALTHY NEW RECIPE</p>
<p>6</p>  <p>SPEND TIME WITH A FRIEND TALKING</p>	<p>7</p>  <p>POST ON THE CAFE SOME POSITIVE VIBES</p>	<p>8</p>  <p>FITNESS FUN - JOIN A GROUP WORKOUT</p>	<p>9</p>  <p>10 MINUTE BREATHING AND RELAXATION</p>	<p>10</p>  <p>USE A HEAVIER WEIGHT FOR YOUR WORKOUT</p>
<p>11</p>  <p>10 MINUTES OF STRETCHING</p>	<p>12</p>  <p>DONATE TOYS TO A CHARITY</p>	<p>13</p>  <p>MAKE A CHRISTMAS CARDS</p>	<p>14</p>  <p>READ A CHRISTMAS STORY</p>	<p>15</p>  <p>MAKE A CHRISTMAS PLAYLIST</p>
<p>16</p>  <p>VISIT SANTA CLAUS</p>	<p>17</p>  <p>GO FOR A LONG WALK</p>	<p>18</p>  <p>GIVE TO A CHRISTMAS CHARITY</p>	<p>19</p>  <p>GET IN TOUCH WITH SOMEONE WHO MAY LIVE ALONE</p>	<p>20</p>  <p>WRITE YOUR GRATITUDE HOURNAL</p>
<p>21</p>  <p>UGLY SWEATER DAY</p>	<p>22</p>  <p>GO CAROL SINGING</p>	<p>23</p>  <p>DONATE FOOD TO HOMELESS SHELTER</p>	<p>24</p>  <p>HAVE A CHRISTMAS SCAVENGER HUNT</p>	<p>25</p>  <p>NADOLIG LLAWEN!</p>



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The **Get Fit & Festive** programme has been created by Rachel Hubbard to provide a research-based approach to health and fitness, supporting participants in achieving sustainable improvements in wellbeing. With over 15 years as a Course Director for NVQ Levels 2, 3, and 4 with YMCA & Fitness Wales, Rachel brings a background in exercise science to the programme, including specialist knowledge as an Exercise & Menopause, Back Care & Pilates coach.

Rachel's qualifications include a BSc in Sports & Exercise Science, multiple Level 3 and Level 4 certifications, and an range of specific training ranging from Menopause, nutrition, weight training, Back Care to Ante/Post Natal, Stress Management, and Pelvic Floor health. This ensures the programme is structured for participants seeking to improve strength, flexibility, and overall health.

Get Fit & Festive is the intellectual property of Rachel Hubbard, and all materials, resources, and content within the programme are solely for personal use by enrolled participants. Copying, sharing, or reproducing any part of the programme without permission is strictly prohibited.

Diolch!