

STONE ISLAND TONE ≠ SCULPT

3 TIPS FOR LIVING A HEALTHY, BALANCED LIFE



Know your why

It's really important to always remember or remind yourself from time to time why you are leading a healthy balanced lifestyle. Health and fitness isn't something to win or 'finish' it is for life, so think about longevity and why keeping fit and healthy is important for your happiness, your mindset and for you. Don't overthink it, just remember no one regrets a workout or eating from a balanced plate - the goal is to form habits for a lifetime, which comes from remembering and knowing why you want to lead a healthy, balanced lifestyle.

Don't deprive yourself

Eat the pizza if you want the pizza! Life is all about balance. Make sure you're getting what your body and mind need to perform at its best (hydration, protein, carbs, fats and all your necessary vitamins) and enjoy your favourite foods and hobbies too. It's the only way to create and **ENJOY** habits for life.



Routine and schedule exercise and meal prep.

I cannot tell you how important it is to have a routine and schedule. These don't limit you, they liberate you. Always remember, a workout is a small, fixed amount of your day - it can be 5, 10, 15, or 60 minutes...whatever works for your schedule. Plan it into your day and you will feel free and well for the rest of your day! The same goes for meal prep. It might take a few hours on a particular Sunday or evening, but once it's done, it's one less thing to think about and gives you a lot more time to enjoy life the way you want to!

Find out more helpful advice on our blog and try the Tone & Sculpt App today at <https://toneandsculpt.app/>

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5 SIMPLE BUT EFFECTIVE EXERCISE MOVES THAT CAN BE DONE IN 20 MINUTES OR LESS

Squats (with or without dumbbells) x15

- Start with your feet just over hip distance apart, core engaged.
- Hinge your hips back as if you are about to sit on a chair and squat down, keeping your knees in line with your toes, chest up. Aim for your hips to be parallel with your knees.
- Hold the squat at the bottom for a few seconds pushing your weight into your heels.
- Push through your heels back to standing and squeeze your glutes at the top of the movement.
- Repeat.

Burpees x12

- Start standing tall. Crouch down like a frog, hands on the floor shoulder distance apart, parallel to your shoulders too.
- Jump back using the balls of your feet into a plank position, core engaged, body all in one line.
- Jump your feet back in to the frog position.
- Jump up in the air back to standing and crouch down again straight away.
- Repeat this sequence continuously with little to no rest in between.

Front and back lunges (3x12 on each leg)

- Core engaged, take one big step back, balancing on the balls of your feet and lunge down so both knees are almost at a 90 degree angle. Your back knee will be hovering off the ground.
- Come back up to standing and bring your back foot through to the front into a forward lunge. Again, lunge down so that both knees are at a 90 degree angle.
- Repeat this movement on one side continuously before swapping over to the other leg. Keep your core engaged at all times and you can rest your hands on your hips to balance.

Mountain climbers x40 - 20 on each side

- Start in a full plank position, hands shoulder distance apart, core engaged.
- In quick succession, kick each knee into the centre of your core as if running on the spot.
- Repeat this movement continuously on each side.

Hip twists x40 - 20 on each side

- Start in a forearm plank position, elbows by your side and body in one straight line.
- Feet together, twist your hips from side to side towards the mat, aiming to touch the mat with your hips.
- Keep your core engaged throughout and continuously repeat the movement.

