

# Body Transformation Blueprint

## Body Transformation Blueprint

Hi,

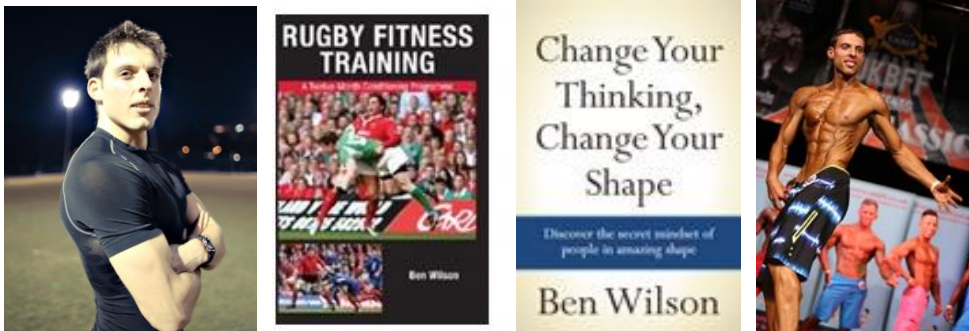
My name is Ben Wilson. Author of Rugby Fitness Training: A Twelve Month Conditioning Programme. I have created the Body Transformation Blueprint to kick start your body to get in shape. Simply read the report, follow each action step and watch your body begin to change!

To achieve results it is necessary to follow a challenging exercise routine while eating the right foods for your body and reducing the behaviours that negatively affect you, down to the threshold that allows success.

A huge part of that is having a support network and coach around you to guide, encourage and act as an accountability partner. If you may want to accelerate your results you can work with me online or Face to face. For more information contact me on 07915 397 703 to discuss your goals. I can also be contacted by email on [info@one2onenutrition.co.uk](mailto:info@one2onenutrition.co.uk)

Regards

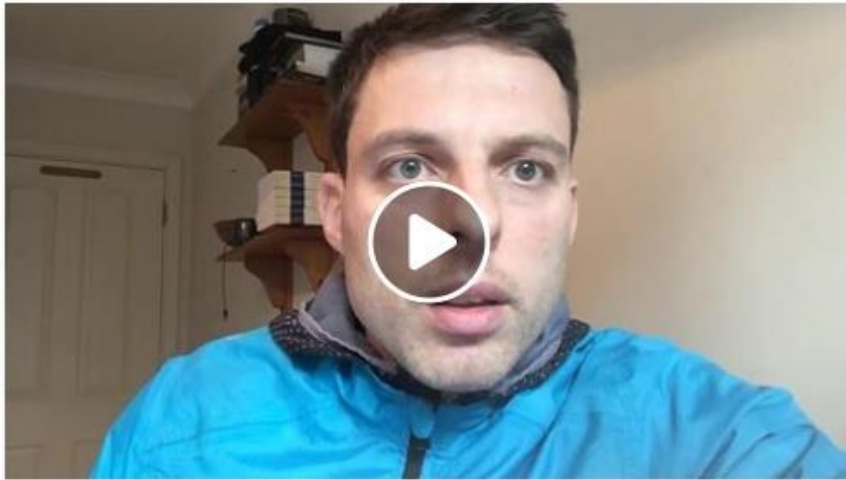
Ben Wilson



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### **WATCH THE VIDEO ACCOMPANYING THIS PLAN**

If you haven't watched the video where I discuss the Body Transformation Blueprint then please go to the [webpage here>>>](#)



**ACCEPT THE JOURNEY & CHALLENGE**

Before you start you need to accept two things –

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- To give Yourself six months to achieve your goal.

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We need time to be able to get your results. Hoping to get things done with a hard core plan in 3 weeks when you need 3 months ruins progress and guarantees failure. Commit to six months which is long enough to transform and take most people to their very end dream goal. Some people may need longer but can still make the most crazy changes in six months of focus.

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- To only judge yourself on this one goal

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Too many people try to tackle 1,2,3, or even 4 goals simultaneously. You want to get in shape, learn to run, stop smoking and be sugar free. It is too much, especially as most people have never had much success in their weight loss progress. Judge yourself only on your body transformation.

You will make progress in other areas but look at it as a side benefit of the main goal. So if you lose weight yet still haven't developed your running or are still eating sugar then that is fine. You can address the other goals with a powerful focus once at your ideal body shape.

**PICK OUT THE END GOAL NOW!**

Before we begin we must have the end target in mind. If not, you will do what most people do which is going only a third of the way towards your goals, stagnating and then creeping back to where you started.

Much of this is because your initial motivation is driven by a hatred of where you are now, which after making some progress disappears as you are happier with yourself. Without the end image there is nothing to drive you onwards past the point when pain subsides.

- Pick out One Specific item of clothing that represents your very end goal.
- Try it on, even if can't get it past your ankles etc
- Optional - Take a photo front/back/side on in the outfit & Underwear

If you have no clothes at your goal size then you can buy a cheap item from a charity shop simply for measurement purposes.

### **FORM YOUR SQUAD**

You cannot do this alone, the goal is too hard and if you are looking to really change behaviour patterns very very few people are able to do that alone. You need someone to support, report and bounce ideas off. They can come from any of the following sources –

- Get a coach or personal trainer to directly work weekly with you one on one. I have been helping people do this for years and turned around so many lost causes. Coaching is powerful. There are personal trainers, life coaches, dieticians and many more.
- Join weight loss groups such as weight watchers, slimming world, life coaching groups for weekly accountability.
- Use a professional in the area of health such as fitness instructor, your doctor, nutritionist etc to guide and note your progress though you may not see every week.
- Find some likeminded goal focused people or communities in person or online.
- Connect with people you know already who are into and successful in health & fitness.

Be wary of using friends, partners or other people who struggle with health and fitness. Sometime it can be great, others time not so much so.

## **STOKE YOUR MOTIVATION - FIND YOUR PAIN**

Motivation too often is looked as a happy, energised and positive feeling that excites you into doing the actions you want to do. While this is one part of being motivated real world success is more usually driven by a pain, determination and a drive that pushes you forwards

This drive comes from three sources, one of a clearly visualised goal (why you picked out specific clothes) and another is having developed neural connections to naturally do the needed behaviours for success (see later).

The final part and bridge between the two is pain, a driving pain that you must get away from. This will enhance action and drive. The pain comes from a worry in the future if you do not take action today. To connect with it simply answer the following question –

- How would you feel if this time next year you were in the same or worse situation?
- If you did not take action now how would things get worse in the future?

Much of health and fitness success comes back to how do I get myself to do something I do not really want to do? It is a pain to take many of the actions needed for success. The only way to beat this is to fight fire with fire and hence when you have a greater pain on the horizon you will find reason to overcome the minor pain in front of you today.

Examples of this would be; imagining it is your landmark birthday and not being in the shape you want, picturing being on your dream holiday too self-conscious to go on the beach, seeing your being unable to play with the grandkids because your are out of shape, feeling the pain of not being able to do your favourite pastime because of your fitness levels etc.

I would focus on this every time you re-measure your clothes to reconnect with the price of failure. Ideally you would connect with this feeling daily so you can prevent this future becoming true by taking action today.

### PICKS YOUR PLANS

For long term success you need to get a plan of action in regards to food and exercise. You also should put in place a plan for developing your mind set.

### EXERCISE – STEP INTO LINE

For exercise everyone thinks about fancy workouts, the gym and sweating it out. That form of exercise is secondary to your main energy expenditure. That is, your general daily movement. Through gentle or normal walking you have the potential to expend way more energy than any normal kind of exercise session could.

- Start counting steps, activate it on your iphone (heart symbol) or download an app for android. Alternatively buy a Fit Bit or a cheaper alternative for a wrist measurement.
- Aim for a target step number and hit it every single day.

Steps	Notes
<7000	I have never seen people on less than this get long term duration weight loss
7000	The lowest step movement I have seen for results (alongside great eating)
10 000	The average target step goal for a typical person (needs very good eating)
15 000	Very good steps and rapid results (if food is good).
20 000+	Super active and unrealistic for most office workers (food needs to be fairly good)
*30 000	Despite this movement I gained 7kg of body fat from a very high calorie intake during a muscle building phase. Any movement can be out eaten if you try hard enough.



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### EXERCISE – PICK A PLAN

With steps as the foundation of your movement you now need to pick an exercise plan. Before you pick a plan you must ask yourself; How many exercise sessions have you done over the last six months???

The answer will tell us if you are consistent with your exercise routine. If you are not overly consistent then pick a very simple routine that appears fun. If you have been pretty good with your exercise then choose a plan that challenges you yet also appears fun.

If your goal involves adding muscle then you will need to do some form of weight or resistance training. However, if you do not enjoy this type of exercise and have been inconsistent over the last six months it is probably wise to wait a month or two before adding this in.

<b>Example Plan</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
1 – Running only	Run		Run		Run		
2 – Yoga based plan	Yoga	Yoga		Spin		Yoga	
3 – Gym only routine	Gym cardio	Gym - weights		Gym cardio	Gym - weights	Long Walk	Long Walk
4 – Dance – 4 types of dance	Zumba	Barre	Zumba		Hip Hop	Barre	Samba
5 – Bodybuilder – Arnie Split	Chest, back (pull)	Delts & Arms	Legs lower back	Chest, back (pull)	Delts & Arms	Legs lower back	Off
6 – Body For Life Plan	Upper body	Lower body	Cardio		Upper body	Lower body	

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### NUTRITION – THE BASICS BEHIND EVERYTHING

Before you choose an nutrition plan there has to be two base elements behind it all. Often these two elements must be worked on once you have started your plan however they must be achieved for any hope of long term success.

#### TASTE

Any plan must be able to satisfy you in terms of taste. If not you will struggle to follow it for any prolonged period of time.

A plan must be at least an 8 on a 0-10 how tasty is my food scale. If it is not then you will be hard pressed to follow it for any prolonged length of time let alone for six months.

Taste (0-10)	Feeling	Notes
0	Disgusting, cannot eat it	
2	Horrible, will not eat this	
4	Not very nice, barely can follow	
6	Ok, but hardly excites me	
8	Great... can eat this a lot 😊	Minimum level for long term results
10	Amazing...give me more!! 😊	

#### FOOD REACTION

The other side to the coin of taste in nutrition adherence is ensuring the foods make you feel good after eating. To identify this you can use a form such as the one below. Simply ask yourself two hours post eating, how do you feel?

If you are experiencing negative reactions return to the meal and change something to then compare how it affects you to the previous meal. For example, add more carbs, add more protein or reduce the portion size etc.

APPETITE SATIETY CRAVINGS	Feel full, satisfied Do NOT have sweet cravings	Feel physically full, but still hungry Have desire for something sweet
	Do NOT desire more food Do NOT feel hungry	Not satisfied, feel like something was missing Already hungry
	Do NOT need to snack before next meal	Feel the need for a snack
ENERGY LEVELS	Energy feels renewed	Meal gave too much or too little energy
	Have good, lasting, "normal" sense of energy	Became hyper, jittery, shaky, nervous or speedy Felt hyper, but exhausted "underneath"
		Energy tanked from meal – lethargy, sleepiness,
MIND EMOTIONS WELL-BEING	Improved well-being	Mentally slow, sluggish, or spacey
	Sense of feeling refuelled, renewed and restored	Inability to think quickly or clearly
	Some emotional upliftment	Hyper, overly rapid thoughts
	Improved mental clarity and sharpness	Inability to focus or concentrate
	Normalization of thought processes	Apathy, depression, withdrawal or sadness
	Anxious, obsessive, fearful, angry or irritable	

## **NUTRITION PICK A PLAN !**

There are no right or wrong for picking a food plan. We simply need to make a choice based on what most appeals to you and your personality.

### **NUTRITION PLAN 1 – WHOLE FOOD LIVING**

There are many ways to follow a whole food diet. This could be at its most basic form eating sensibly so you do not over eat in bad foods. Another approach would be to follow a Vegan or Paleo diet based on whole natural foods. A similar approach is a no food from a packet diet where you reduce all bought packaged items.

The main aim of this diet is that you are focused on eating more of the right foods (vegetables etc) which hopefully by impact of having them will result in you eating less food overall and therefore create fat loss (if doing your steps/exercise).

### **NUTRITION PLAN 2 – TIMED BASED EATING**

Some of the most popular diets are those that restrict eating during certain parts of the day. Intermittent fasting in the classical sense has you not eating from 8pm at night until midday the next day. This means your window of eating for the whole day is just 8 hours. Other people do no eating after 6pm. A daytime fast works better for some with no food from breakfast until dinner.

The 5 & 2 Diet works along slight different lines in that it asks you for 2 days a week to have a very low calorie day (500 cal) and the rest of the time eat naturally. I have had clients do a day on, day off approach of low calorie days Mon-Weds-Friday.

There are no right or wrongs. Simply select the one that most appeals to you. Included in this area is the old classic approach of no snacking between meals. This is very effective for many people.

### **NUTRITION PLAN 3 – PORTION CONTROLLED EATING**

Many people prefer to bring some numbers to their plan of action. Macro, calorie or points based nutrition plans are very effective if it suits your personality type. The science shows that when you count your food you usually eat less as a result.

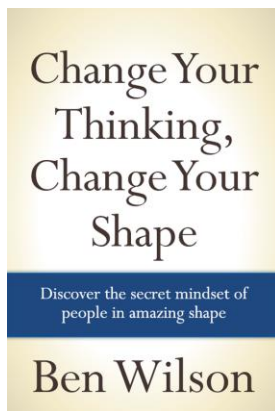
The flip side to this is that the counting process is laborious and often inaccurate. As a result it often leads you towards eating packaged foods for ease of counting. The counter argument to the other nutrition approaches of course is they are inaccurate and easy to overeat on when not tracking any elements within it. There is no right or wrong, simply what works for you!

## MIND SET – BEHAVIOUR DEVELOPMENT

You will get your results through the food and exercise protocols you follow. However, success is determined more by how well you follow your plan over what the actual plan is that you are following. To develop this area we need to focus on specifically doing things to strengthen our mind set.

### CHANGE YOUR THINKING – CHANGE YOUR SHAPE

One way to develop your behaviour is to expose yourself to new ideas. My book covers everything about the mind set of getting into shape and how to establish new and more effective strategies and behaviour patterns. You can buy it on [Amazon.co.uk](http://Amazon.co.uk) or [Amazon.com](http://Amazon.com) in print or kindle format.



### BEHAVIOUR EXPERIMENTS – BREAKING MENTAL BARRIER

The next way develop your behaviours and mind set is to purposefully do small mini challenges to teach your brain and establish new neural connections to certain behaviour patterns. This essential and powerful step can transform who you are around food and exercise. It should be part of any fat loss approach. Experiments could include changing the time you eat or exercise, purposefully doing more or less than what you are used to and exposing behaviours to social influences.

The end result of such challenges is that you become a different person around food and exercise so that you do the necessary behaviours naturally.

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### ARMED & DANGEROUS

You are be now ready to get going! Complete the form below to confirm your plans of action-

<b>Area</b>	<b>Plan Following</b>	<b>Example</b>
Steps		10000 steps/day
Exercise		Run x 3 / week
Nutrition		Intermittent fasting
Behaviour Change Book		Ben's Book bought + read
Behaviour Experiment		Early/late exercise session challenge

# Body Transformation Blueprint

## THE JOURNEY

With everything in hand you are now ready to get going, but how does the process work so that you actually stick to it?

### WEEKLY REVIEW

Reporting to your accountability partner (s) you set up in “Forming Your Squad” tell them –

- How your goal clothes felt / changed this week?
- What went well this week?
- What didn't go so well this week?

After discussing this set out and tell them the answer to the following –

- What will you do this week for food, exercise etc?
- What is the most likely thing(s) that will prevent this from happening?
- If this obstacle occurs, what can you do to resolve this problem?

### MONTHLY REVIEW

At the end of the month, return to this document and start from “Forming Your Squad”. Go through the entire process, if needed add to or change your support partners, re-choose your plans to follow (can change them or keep them same) and embark on another month with this updated formula

Continue with the weekly and monthly reviews until the 6 months have finished or you achieve your goal.

### AFTER THE 6 MONTHS REVIEW

At the end of the process it is time to review the whole plan, take some time out to reflect. I would love to hear your experiences of it! When you have reflected for a while you may then decide your next step.

## Body Transformation Blueprint

### CONNECT WITH ME

If you have a questions, are interested in working with me or for any more information please contact me by email on [info@one2onenutrition.co.uk](mailto:info@one2onenutrition.co.uk) or to chat directly then via

Text / Whatsapp / Call – 07915 397 703.

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If you are not already on my weekly newsletter then please join on the homepage – [www.one2onenutrition.co.uk](http://www.one2onenutrition.co.uk)

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