



Roots
Fitness Coaching

The Roots Rulebook



Got a question on nutrition or fitness?

Get some free advice from Roots

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About this book

The aim of the Roots Rulebook is to help you identify the best way to move forwards with your nutrition to ensure you're achieving your long-term goals.

At Roots we believe the **only** way to maintain a lean physique which looks good both in and out of clothes is to set your nutrition up in a way which suits your lifestyle.

Meal plans are fine for getting you started, especially if you're not sure which types of foods will help you or hinder you, however they can only take you so far. You can't stick to a meal plan all the time.

This book will show you how to set up your own diet, teach you the most important principles of nutrition, and allow you to eat foods you love, along with foods which are nutritious to your body.

Enjoy!

Head Coach Andy

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Roots Rulebook

Your guide to your new lifestyle

Step 1- Which category are you?

Here we will help you determine which approach to dieting will work best for you, by identifying which category of dieter you are. This is merely to decide the best way for you to get the most out of your experience with Roots, no single category is 'better' than another. You will get the best results by following what works for you, not for anyone else!

1. **Are you willing to use a free nutrition tracking app on your phone? Yes> 2 points, No>0 points (automatic category 1)**
2. **Have you used one in the past? Yes> 2 points, No> 0 points (Automatically category 2)**
3. **How long did you use it for? 0-7 days> 1 point, 7-14 days> 2 points, 14-28 days> 3 points, 28 days +> 4 points**
4. **Did you lose weight using it? No> 0 points, Yes, but it was too hard to keep up> 1 point, Yes, it was fairly easy to use and lose weight>3 points**

Points to determine how to proceed with your Roots Blueprint!

0 points- You are a category 1 dieter, this means you won't be using an app to track your food, but you must follow our other methods which will be explained next.

2-8 points- You are a category 2 dieter. This means you will be using an app to track your total calories and protein target. Don't worry, We will explain how next!

9-11 points - You are a category 3 dieter. This means you'll be using an app to track your calories, proteins, carbs and fats. We will explain in the next step.

Step 2- The underpinning principles

This step includes our basic guidelines which are essential to your progress. You must follow these steps no matter which category dieter you identified yourself as! If you want more detailed information as to why we work with such a simple group of principles then feel free to visit our website and download our **free** eBook ([click here](#)) which will explain in detail why we work like this. There are a few rules specific to each category, which will be explained in step 5.

Roots Principles for Nutrition

- 1. Eat the correct amount of calories across the day/week to suit your goals.**
- 2. Eat an adequate amount of protein for your bodyweight.**
- 3. Eat plenty of fruit and vegetables each day (at least two of each).**
- 4. Eat junk food no more than 25% of the time, the other 75% will be made up of minimally processed, nutrient dense foods.**

Step 3- Setting your calorie intake

Now you know which category dieter you are (if you're still not sure, send us an email and we will figure it out for you!) the next step is to figure out how many calories you should be intaking each day, then across the space of a week. Please note that this is **vital** for all Roots small group clients, no matter which category you are (this will be important in step 4).

Estimate your basal metabolic rate (BMR) with the following equation, you will need to know your height in centimeters and your weight in kilograms.

For Men:

▸ $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5 = \text{Your BMR}$

For Women:

▸ $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161 = \text{Your BMR}$

Once you have your BMR (Basal Metabolic Rate) you must multiply this number by your daily activity figure, shown below.

- Little to no exercise, = $\text{BMR} \times 1.2$
- Light exercise, (1–3 days per week) = $\text{BMR} \times 1.375$
- Moderate exercise, (3–5 days per week) = $\text{BMR} \times 1.55$
- Heavy exercise (6–7 days per week) = $\text{BMR} \times 1.725$
- Very heavy exercise (twice per day, extra heavy workouts) = $\text{BMR} \times 1.9$

To maintain weight- Use this number

To lose weight- Minus 300-500 calories

To gain weight- Add 250 calories

Step 4- Setting up your personal guidelines

This final section will allow you to set yourself (with our support of course!) some weekly guidelines to ensure your diet is sustainable in the long-term. The worst thing you can do is assume a diet has to be hard to lose weight! If you have lost weight on a diet which you deemed to be successful in the past, then why aren't you still following that diet? Probably because it was unsustainable! Would you rather lose a stone in two weeks, then regain it in four weeks, or lose a stone in 8 weeks which stays off indefinitely?

The aim of this rulebook is to **teach you** how to sustain a long- term approach to dieting and nutrition. Please ensure you know your daily caloric intake as written in step 3. Note that we recommend using a tracking app such as MyFitnessPal in order to be as accurate as possible when estimating your caloric intake.

For all categories

Decide if you want to split your calories evenly between each day, or differently across the week.

What we mean by this is that it is in fact your **weekly** calorie intake which is of utmost importance. Many people I have trained over the years find some days far harder than others to stick to their caloric intake: **this is normal!**

If you find yourself eating well monday-thursday then going off the rails on the weekends then this approach is for you! To figure out your weekly calorie intake, we simply take your daily intake and multiply it by seven for the amount of days in a week.

Using 2500 calories per day as an example, I'm going to get the weekly intake first. $2500 \times 7 \text{ days} = 17500$ calories for the week. This can be split differently depending on which days you struggle to stick to your calories!

Below we can see this person is eating less (2000 calories) on Mondays, Tuesdays and Thursdays the normal 2500 calories on Wednesday and Saturday, and 3250 calories on Fridays and Sundays! This still adds together to make 17500 calories across the week, meaning this person is on the right track!

Monday (low day)- 2000 calories
Tuesday- (low day)- 2000 calories
Wednesday-(moderate day)- 2500 calories
Thursday- (low day)- 2000 calories
Friday- (high day)- 3250 calories
Saturday- (moderate day)- 2500 calories
Sunday- (high day)- 3250 calories

Of course you could just try to stick with the same amount of calories each day if you don't struggle on a particular day of the week, but this also works for meals out and special occasions where you need to save a few calories leading up to or after it. If you only struggle on, for example a Saturday night, it could look something like this:

Monday-2500 calories
Tuesday- (low day)- 2000 calories
Wednesday-2500 calories
Thursday- (low day)- 2000 calories
Friday- 2500 calories
Saturday- (high day)- 3500 calories
Sunday- 2500 calories

This person eats their normal intake four days a week (Mon, Wed, Fri, Sun), then less on two days of the week (Tues, Thurs) to compensate and allow for a higher calorie day on Saturday.

All that matters is that this person is eating the correct amount of calories across the whole week. This may not be for you if you're finding it confusing just reading it. In your case it's probably best to stick to your daily calories as best you can then if you go over one day, simply make a concerted effort to go a little under your calories the day after.

Step 5-Specific to your category

Category 1

- Good news for you- you don't *have* to use an app or technology to track your caloric intake! But you do have to note it down each day using a pen or your phone.
- If you are eating something out of a packet, have a look at the calories per serving, then be honest with how many servings you are eating, write down how many you eat. The remaining calories are how many you have left for that day. Do this for each meal you eat, and if you eat or drink anything else between meals.
- If you are eating out, or you have cooked your own meal take an honest guess how many calories you think it might contain- then add on 200 calories to this! This will ensure you're not wildly underestimating how much you're eating.
- Be mindful of how much protein you're eating! Try to eat a palm-sized amount of protein each meal. Protein sources include, but are not limited to; meat, poultry, fish, eggs, vegetarian meat substitutes, dairy products; especially greek yogurt, cottage cheese, milk, and protein powders and bars. Speak to your coach if you think you're struggling to eat enough protein.
- We have put together several meal ideas for you which have balanced calories and which are also high in protein. You should have received these as part of your welcome pack.

Category 2

- You guys are going to be using a calorie tracking app to monitor your daily caloric intake. This is more accurate than simply guessing what you're eating! Using the final number you worked out in step 3, add this into your tracking app. We recommend using MyFitnessPal, which is free!
- You will also be tracking your daily protein intake, to do this simply take your bodyweight in kilograms $\times 2.2 \times 0.8 =$ daily protein intake in grams. Try to get within 25 grams of this number.
- To edit your calories and macronutrients on MyFitnessPal, from the home screen do the following: More>Goals>Calorie, Carbs, Protein & Fat> Calories (input this first)>click protein and manipulate the percentage of protein until it is as close as possible to your daily protein intake as possible
- Try to eat some protein with each meal as a rough guide you could use a palm-sized amount of one of the following protein sources to each meal. Protein sources include, but are not limited to; meat, poultry, fish, eggs, vegetarian meat substitutes, dairy products; especially greek yogurt, cottage cheese, milk, and protein powders and bars. Speak to your coach if you're regularly struggling to hit your protein target.
- We have put together several meal ideas for you which have balanced calories and which are also high in protein. You should have received these as part of your welcome pack. We have also already added the into the MyFitnessPal database! Just search for 'Roots Fitness' to have a look at them and log them.
- Please see our videos on how to use MyFitnessPal effectively on our YouTube channel for tips on how to be more efficient whilst tracking.

Category 3

- You guys are going to be tracking your daily and weekly calories, along with your macronutrients (proteins, carbohydrates, fats). This is the most accurate way to diet, and will yield the best results!
- Using a tracking app (we recommend MyFitnessPal), please put in your daily caloric intake you figured out earlier, then add in your protein intake. To figure this out you need to do the following: body weight in kg $\times 2.2 \times 0.8 =$ your daily protein intake.
- To edit your calories and macronutrients on MyFitnessPal, from the home screen do the following: More>Goals>Calorie, Carbs, Protein & Fat> Calories (input this first)>click protein and manipulate the percentages until they're as close as possible

- The remainder of your calories will make up your carbohydrate and fat intake for the day. We recommend fat intake set as around your bodyweight in kg x 0.8, then rounding up to the nearest ten. Get the figure as close you that as possible by manipulating the percentages in the 'goals' section (it doesn't have to be exact).
- Please see our videos on how to use MyFitnessPal effectively on our YouTube channel for tips on how to be more efficient whilst tracking.

In Summary

- **Figure out which category you fall into**
- **Figure out your daily calorie and protein intake**
- **Eat foods you like which fit into your caloric intake**
- **Stick to 'healthy' foods at least 75% of the time**
- **Minimise junk food to no more than 25% of the time**
- **Eat plenty of fruit and vegetables (at least two of each, daily)**

If you have any questions, would like any additional information on nutrition, or are interested in training with the team at Roots Fitness, please message us on facebook or Instagram and we will respond as soon as possible. Details are found on the back page of this book.

Thank you for reading!

Head Coach Andy



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Author

Andrew Robson

Hi I'm Andy. I'm head coach and co-founder of Roots Fitness.

My goal is to create a private and personal training facility which is accessible and affordable to as many people as possible. A place where small groups of like minded people will receive high quality personal training sessions at a fraction of the price of regular personal training.

My aim is to teach you how to not only achieve your fitness goals but also give you the tools required to keep them long-term.

If you are interested in learning more about a sustainable, fitter and healthier lifestyle be sure to check out our offerings at www.roots-fitness.co.uk. Or simply get in touch on Instagram or Facebook (links below).



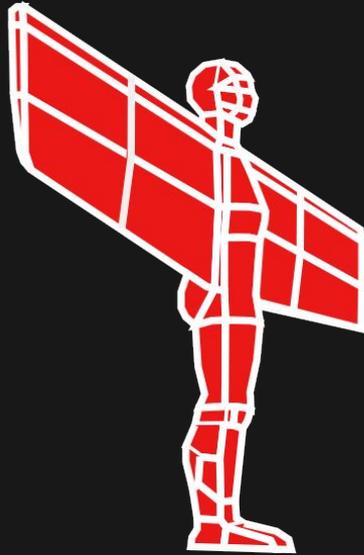
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Or arrange a free fitness consult,
request this on our website

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