



**DVCC**  
YOUR BEST BODY EVER

# Nutrition Core Habits



## THE FIRST HABIT:

# SLEEP

Going into this program you're going to be pushing yourself hard.

All of your strength and fitness improvements actually improve at rest, so your sleep is going to be crucial to your progress.

Rest up; your muscles, nerves, your energy levels will all contribute toward your strength and fitness improvements - they all need to rest up in order to go again the next time.

8 hours per night is the golden rule, but you know yourself. If you only get 5 or 6, then aim for 7. If you get 7 or 8 and feel tired, aim for 9.

Then you'll reap the benefits of your effort in the gym.

Is that extra episode of Netflix worth it?

There will be a new 'Squid Games' every week so over time the 'one extra episode' turns into a bad habit we need to kick.

On the next page are 4 tips to improve your sleep hygiene and ensure you are well rested between gym sessions.

# HOW TO GET BETTER SLEEP:

01

## Keep bedroom dark, quiet and limit screens 1 hour before bed

You are a cave-man/cave-woman and your eyes don't know the difference between screen light and sunlight.

Seeing a screen tells the brain to be awake and hearing loud noises means danger, so turn off the TV, put the phone down, read a book or have a conversation.

02

## Limit Caffeine after 3pm

Caffeine is a stimulant (increases your heart rate). From what we know about sleep a lower heart rate = better sleep so best to limit it.

Caffeine has a 'half-life' of 3-5 hrs. So if you have a coffee at 4pm, half the caffeine is still in your system at 9pm. Try switching to decaf.

03

## Have a routine

Okay, this one is boring but that's only because it's very effective.

The boffins say being asleep for as many hours consistently, i.e. 00:00 - 06:00 is beneficial for sleep 'rhythm'

It doesn't mean you'll never break it, but put some effort in especially when dieting to make this a priority.

04

## Take some type of magnesium

Magnesium glycinate has been shown in studies to have superior absorption compared to other forms of magnesium. It's generally well-tolerated and especially suited to those with sensitive digestive system. Check your supplements are using this form. Not all do.

## THE SECOND FOUNDATION:

# PROTEIN

Protein is a fundamental necessity for health and fitness particularly muscle and strength gain. Mainly by supporting growth and recovery but also:



### Satiety

Protein is very satisfying, making you feel full for longer. Meaning you're less likely to snack on the high calorie 'junk'.



### Muscle Retention

Protein causes an Anabolic Response. Meaning it increases your muscle retention. Which is important to maintain muscle when gaining strength/muscle!



### Thermic Effect of Food

Protein has a very high TEF which means that it takes more energy to digest than other foods.

**The exact amount is dependent on your weight but you can't go wrong by increasing the amount of lean protein you have.**

## THE THIRD FOUNDATION:

# CALORIE BALANCE

Being aware of how much you are consuming is a critical habit to develop.

For a simple guide on your 'maintenance calories' take your body weight (kg) and multiply by 22 for women, and 24 for men. Then multiply by a factor of 1.1 - 1.7 depending on how active you are (THIS DOES NOT INCLUDE EXERCISE).

E.g. Sedentary office worker = 1.2 | Active manual labourer 1.7+.

Then, with this calorie goal implement the 80:20 principle for a balanced, healthy diet that gets results!



### There are certain criteria you have to hit within your 80%:

- > Sufficient Protein
- > Sufficient Fibre
- > Sufficient healthy fats (Omega 3,6,9)
- > Unprocessed carbs
- > Micronutrients; Vitamins and Minerals.

By hitting your 80% you have the complete freedom of your 20%.

To be spent daily or saved. Think of it as your disposable income.

The key word here is; **Moderation.**



# Pre & Post Workout

Before and after your gym sessions your body needs to prepare for either a big session, or active recovery. Here's how you can best utilise this time nutritionally:

## <1hr PRE-GYM



### Caffeine + Carbs

Before a gym session you want to be in a state to perform your best.

Caffeine is a stimulant and will increase your heart rate and alertness to improve performance.

Simple carbs such as fruits and sweets will give you an immediate glucose hit to ensure you have energy available to perform at your best.

## <3hr POST-GYM



### Protein

After your gym session, your muscles are in a state of 'shock'. Your muscles are looking to recover.

So muscles are extra receptive to protein intake.

Hence, having a protein dose of 25g+ within <3 hours of your gym session will help you make the most of this effect for more gains!

THE LAST FOUNDATION:

# HYDRATION

Did you know your body is 10000% water?

...ok not that much, more 75% but hydration is still very important.

All our bodily functions which keep us functioning rely on us being hydrated. So having a drinks bottle at hand all the time is pretty useful

BUT, it's not all about water!

If (like me) you find water a bit bland, then here is a list of the most-to-least hydrating drinks and some may surprise you:



- Electrolyte drinks
- Skimmed Milk
- Orange Juice
- Cold Teas
- Diet Coke
- Still Water
- Sparkling Water

Things to be wary of with hydration:

## Calories

Drinks contain calories, diet options are great but don't make any assumptions, read the labels.

## Caffeine

Caffeinated drinks are fine, just be wary of hidden caffeine in your beverages and their potential impact on sleep.

## Alcohol

We believe alcohol has a place in a healthy diet if you enjoy it. However, it is important to note alcohol has 7kcal per gram and may leave you craving a McMuffin the morning after so be wary.



Put it all together for:

# THE 5 HABITS FOR HEALTH

1

## Get Your Sleep

Between 7 - 9 hours on average per night

2

## Eat High Protein

1.6g per kg body weight, plan accordingly

3

## Calorie Balance

Get more active in daily life, not just more classes.

4

## Pre and Post Workout

Carbs and caffeine before, protein after.

5

## Stay Hydrated

Use your favourite beverages to control, allowing for calories, caffeine and alcohol.

These fundamentals set an extremely solid foundation for your physical and mental wellbeing.







# TAKE ACTION!

Work with our exceptional trainers in the gym, then follow these 5 simple habits outside the gym for guaranteed results.

Many of our clients find that nutrition is the weakest part of their fitness thought process, if you are feeling frustrated and you know it is something you need to focus on but don't know where to start, if you ever feel that you want some private coaching, please, please reach out.

Email [nutrition@thedvcc.com](mailto:nutrition@thedvcc.com)

with '**Nutrition**' Now

