

FAQ



All your questions in one place

HB Fitness

NUTRITION FAQ

CAN I FACTOR IN AN ALCOHOLIC DRINK?

Of course! No foods or drinks are off-limits. It's just about the right balance and ensuring that you are still within your calories. There's no harm in having the odd gin and tonic or small glass of wine, just remember that alcohol holds no nutritional value so shouldn't make up too many of your calories. Opt for clear spirits and diet mixers to save calories. Wine, beer and cocktails will be higher in calories. There are 7 calories in every gram of alcohol. You will be able to either scan the barcode or search these on My Fitness Pal.

CAN I HAVE A CHEAT MEAL?

Of course! No foods or drinks are off-limits. Although I'm not a fan of the word 'cheat meal'. The term 'cheat' implies its negative. So let's refer to this as a 'less nutritional meal' such as a takeaway. It's just about the right balance and ensuring that you are still within your calories. You can search a lot of chain takeaways on My Fitness Pal or use the barcode on the back of the shop-bought pizzas, burgers or desserts etc. There is nothing wrong with treating yourself and enjoying the food you love, BUT try not to make a habit of always eating them and control your portion sizes to make sure you are hitting the calorie goal. I like to try and follow an 80/20 diet (80% whole foods & 20% of less nutritional foods)

DOES TEA/COFFEE COUNT TOWARDS MY WATER GOAL?

Technically, yes, but try to drink 2-3 litres of water outside of this if possible.

Nutrition Continued...

SHOULD I TAKE ANY ADDITIONAL VITAMINS OR SUPPLEMENTS?

There is no need to take lots of additional vitamins/supplements unless you are deficient in something. You can find this out by contacting a doctor for tests.

If you follow a well balanced nutritional diet with at least five fruits and vegetables and a variety of meat/fish then just a multivitamin is adequate. If you are vegetarian/vegan I also recommend supplementing vitamin B12.

I'VE REALISED THAT MFP IS COUNTING THE CALORIES I 'BURN' TOWARDS MY GOAL.

You will need to turn this off on your settings. Do this by going to More → goals → fitness goals → turn off exercise calories.

DO I NEED TO EAT BEFORE A WORKOUT?

Nope, not unless you want too. If you train first thing, it's not essential to eat as long as you have had a good meal the evening previously. If you do have a pre-workout meal leave at least 30 minutes before training.

DOES MEAL TIMING MATTER?

No. There's no need to worry about what time and how many meals you have per day. Just do what works best for you! You may find you like small regular meals or bigger meals less often. However, I do ask for a meal to be eaten within 3-hours of finishing a workout.

CAN I USE SQUASH OR SUGAR-FREE WATER?

Yes! You do not need to track this as long as they are used in moderation.

Nutrition Continued....

IS IT OKAY TO BE UNDER MY CALORIE GOAL?

Yes. This isn't an issue on the odd occasion. However, do try to aim for the total calorie target. You can always bank any calories for another day in the week if needed.

IS IT OKAY TO BE OVER MY CALORIE GOAL?

Yes. This isn't an issue on the odd occasion. I allow 'wiggle room' with your calorie goal but try not to make this a regular occurrence as the goal here is to work hard.

If you are struggling with hunger, please contact Hollie.

I'M FINDING IT HARD TO HIT THE PROTEIN TARGET.

Aim to get as close to this goal as possible (without going over calories). As the protein goal is pretty important, try to plan each of your meals with 20-30g of protein. Do not worry too much about the exact percentages on your carbohydrates and fats.

I'M STRUGGLING WITH TRACKING CALORIES. WHAT DO I DO?

Tracking calories is a great tool for educating yourself on nutrition and portion sizes. Calories in VS calories out is the most important thing for reaching a goal.

EATING OUT

Most chain restaurants can be searched for on My Fitness Pal (for example, Nando's) but if you are eating at a smaller restaurant, do your best to estimate the dish and enter singularly (e.g. 1x chicken breast, 2 slices of bacon, 20g cheese and 1 portion of chips). The same applies if you are eating with friends/family where the food is not prepared by yourself. Do your best to estimate as this is better than not tracking at all.

Nutrition Continued....

THINGS THAT DON'T NEED TO BE TRACKED

(UNLESS DISCUSSED OTHERWISE WITH YOU)

Low-calorie vegetables and salad: leaves, spinach, kale, broccoli, beans, celery, mushrooms, asparagus, cabbage, cucumber, peppers, tomatoes etc.

Sugar-free water / squash: but drink in moderation

Sugar-free sauces and syrups: such as flavour drops or zero calorie syrup

Sugar-free energy drinks: such as Coke zero

THINGS THAT DO NEED TO BE TRACKED

1 calorie oil spray

Sugar in hot drinks

Any liquid calories (such as juice, alcohol or milkshakes)

Butter or actual oil added to a pan

Sauces such as mayonnaise and salad dressing

Milk in oats, smoothies, cooking, hot drinks etc

If you are using the hybrid meal planner please refer to the Hybrid Meal Planner FAQ.

TRAINING FAQ.

HOW DO I KNOW WHAT WEIGHT TO START WITH?

Start with a lighter weight, if you are new to training, take your time watching the videos and understanding the technique. If you can then you can do more than the highest reps stated then increase your weight/resistance.

I MISSED A WEIGHTS SESSION. CAN I DO 2 WORKOUTS IN ONE DAY?

No. Please do not do 2 resistance sessions in one day as this is too much volume. Just choose one and move the other to a different day.

I CANNOT WORK OUT ON THE DAYS SET ON THE CALENDAR. CAN I CHANGE THEM?

Yes! You can move the days to suit you, this is the beauty of online coaching. However, try to be sensible with rest days and try to give yourself one every 2/3 days if you can.

DO I NEED TO STICK TO THE SET REST PERIODS?

Yes it is recommended to have 30-60 seconds rest in-between each set to full recover.

I HAVE INJURED MYSELF. WHAT SHOULD I DO?

Stop exercising and rest! If the pain continues after a day or so see your GP or physio. If you have injured yourself badly, please contact Hollie directly.

TRAINING CONTINUED..

WHAT INCLINE / LEVEL SHOULD MY CARDIO BE AT?

I would suggest the following:

Incline walk: 5-6% gradient and 5.5+ speed

Bike: Level 3-4

Cross trainer: Level 3-4

Stair master: Level 4

I'M NOT SORE AFTER TRAINING DOES THAT MEAN I'M NOT TRAINING HARD ENOUGH?

No, being sore isn't a prerequisite of a good workout. What does matter is pushing yourself to train harder each time.

WHAT IS LISS CARDIO?

LISS cardio stands for Low Intensity Steady State cardio, this is not running, this is incline walking at moderate speed, stepper/stair master/ bike etc, the purpose of this is to preserve muscle tissue and keep metabolism working.

WHAT IS HIIT CARDIO?

HIIT cardio is High Intensity Interval Training, this means 30 seconds maximum intensity versus 30 seconds rest, sprints/rower/bike etc.

WHAT IS FASTED CARDIO?

Fasted cardio is cardio which is performed upon waking, do not consume any food prior to this, this is great for fat loss.

TRAINING CONTINUED..

SHOULD I BE AIMING FOR A SPECIFIC CALORIE BURN WHEN WEIGHT TRAINING?

Not particularly. Ensure you keep your session intensity high but do not worry too much over 'calories burnt' or BPM during weights.

THE SESSIONS ARE TOO LONG/TOO SHORT.

Sessions should last between 40-60 minutes, however, if you feel they are too long or short please speak to Hollie to make adjustments.

DO WE NEED TO SWITCH THINGS UP?

It's really difficult to master and progress in any movement, especially highly technical movements, if you are constantly switching things up one workout to the next.

For example, a movement like the squat takes time and practice to execute with perfect form and then even more time to progressively overload especially if you only do it every few weeks, you might find that you actually never get better or stronger at it. For more long-term lifting, there will be certain exercises that will be staples in your program and others that you rotate in and out. From a physiological perspective, your muscles don't know what exercise you are doing, they are either being loaded or not, so "muscle confusion" isn't a real thing.

TRAINING CONTINUED..

MIND-MUSCLE CONNECTION

As the name would suggest, the mind-muscle connection is quite literally using your mind to control and “feel” your muscle.

As a beginner, most exercises will feel as if they are “movements” rather than very strong muscle contractions from individual muscle groups. The goal of the mind-muscle connection specifically, is to further isolate the desired muscle group of a specific lift. This is done by thinking about the muscle and actually contracting and lengthening the desired muscle as much as possible by focusing all of your attention to it. This is definitely a skill that takes time to acquire.

An example of a mind-muscle connection cue would be thinking about the muscle and thinking about squeezing the muscle while you are performing the rep i.e. “squeeze your glutes.

PROGRESSIVE OVERLOAD

Progressive overload is one of the most important components of your workout plan. To put it simply, progressive overload will manifest itself as adding more weight to an exercise, increasing the amount of reps you do in one set, or increasing the amount of sets you perform in a workout, all while keeping your technique the same. Progressive overload will be a primary focus as the research is very clear on its influence on muscle growth.

LIFESTYLE FAQ

HOW DOES MY PERIOD AFFECT MY WEIGHT AND PROGRESS?

Your period and menstrual cycle can affect your progress. It is nothing to be disheartened about, but it is something to be aware of. I recommend downloading an app such as 'clue' to track your cycle.

This means you can look for patterns with your training, weight, fatigue, cravings and adherences across the month. During the luteal phase of your cycle (last 2-weeks) You might see increased hunger, more water retention (and therefore, an increase in scale weight), low mood and a potential decrease in performance in the gym.

I AM SUFFERING FROM CONSTIPATION RECENTLY.

This may be down to a lack of or too much fibre. As a woman, you should be aiming for 25g per day. To keep an eye on this on My Fitness Pal go to more → nutrition → nutrients and you will be able to see your fibre intake. If everything looks normal there, it might be worth booking a GP appointment.

I'M STRUGGLING TO SLEEP AT NIGHT.

Too much caffeine, screen time or increased stress can majorly affect your sleep. Ensure you cut all caffeine at 3 pm and I recommend putting your phone on "do not disturb" an hour before bed. Try reading or meditation instead. It will help you switch off and reduce exposure to blue light from a screen.

LIFESTYLE CONTINUED..

HAVE MISSED MY DAILY STEP GOAL. WHAT DO I DO?

Don't panic. You can always look at your step goal as a weekly total opposed to a daily one. For example, if you have a 10,000 daily step goal, you can look at this as a 70,000 weekly step goal. So try to make up for the missed steps another day.

HOW IMPORTANT ARE SCALE WEIGHT CHANGES?

Scale weight is just one piece of data and fluctuations will occur from day to day, so don't freak out if it changes rapidly or if there is a big drop or increase.

I do recommend weighing yourself daily, so we can get a full picture and focus on the average across the week, not one single day!

WHEN CAN I CONTACT YOU?

Monday-sunday 7am-9pm

If you can wait till the check in, amazing, if not, reach out and i'll get back to you as soon as I can. I won't reply after 9pm. Please message through Truecoach app.

HOW DO I BOOK MY CALLS?

Premium clients- book your 30 minute calls bio- weekly for when you feel you need it. These must be booked by you, otherwise they will be forfeited.

Your package includes two calls a month.

FINAL NOTES

Thank you for for picking me as your coach.
I take my clients progress very seriously and I love my job,
as I hope you can see.

If you give me 100%, i promise to give that back to you!

My mission is to get 100 'unbelievable' transformations with
you guys and if you're reading this, I believe you can be
one of those.

When you've finished reading this, drop me a message if
you have anymore questions.



Hollie B Fit

PERSONAL TRAINER. PILATES. NUTRITION