

ULTIMATE FUPA GUIDE

By Jen Patterson



Live to be happy. Inspire to be you.
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KEY ELEMENTS TO GETTING RID OF THAT FUPA

- Intentions
- Mindfulness
- Nutrition
- Portion Control
- Exercise
- Emotions
- Sustainability

We're going to get into all seven of the above key elements in the following pages. I'm going to break it all down for you. You may be relieved to know it's not all about exercise. Every key element has to do with the other, they all tie in together creating the perfect blend of sustainability for you.

INTENTIONS

Set an intention and stick to it. Set multiple intentions throughout your day and stick to them. It may actually be easier to stick to an intention which you set for a shorter duration of time. You may intend on waking up 30 minutes early every morning, if that's the case you want to set that intention for all the days you plan on exercising, meditating, reading or whatever it is that you're using your extra 30 minutes for.

You can set an intention to eat nutritious all day long, really focus on your cardio, do a weekly meal prep, or cut out refined sugar. Play around with your intentions. I like to segment when setting intentions, only because it's easier and more effective for me. I might set 5 a day like, get up early, go to bed early, kick butt on my workout, eat only whole foods, and be kind. The kicker is following through. However, I recommend starting with just one intention or two at the most. It does no good for you to be setting 1 or 10 intentions a day if you are not going to follow through. Stay accountable. You may need help from a friend or maybe even a coach, like me. Remember, be playful and have fun with it!

MINDFULNESS

Simply put....pay attention. Pay attention to what you do and how you do it. You can put a little into a workout or a lot more. You know when you're not giving it your all and when you can put in more energy. When you're mindful of that, up your energy.

Pay attention to your self talk. Simply put, start thinking about what you've been thinking about. Be kind to yourself and others. Never beat yourself up. Even if you complete a whole workout and think, dang, I could have done better. Give yourself grace and do better next time. Be thankful for your accomplishments.

Pay attention to your nutrition. Some people workout 5 times a week for 1 hour in duration and just aren't losing weight. Typically something is off. A lot of times it's people's nutrition. Pay attention to what types of foods you're eating, how much (were going to get to portion control) and how often.

When you're eating mindfully enjoy & pay attention to each bite you take and chew slowly.

Be sure you are mindfully taking note of your actions and habits. This will allow you to know what you need to work on or what habit you need to work on breaking.

Set your intention to being mindful.

NUTRITION

To simplify, eat whole foods and minimally processed foods.

Be mindful or pay attention to what you are drinking throughout your day. Any sugary drinks may be sabotaging your waistline. You be the judge. You can always start by slowly cutting out the not so good foods or drinks that you may have a slight addiction too. If you're drinking two sodas each day try cutting back to just one. Eventually, you won't miss it, it will become habit.

Whole foods, think food that comes from the Earth. Lean meats, beans, legumes, fruits, vegetables, whole grains. Yummmm! There's also dairy, that's probably up in the air for a lot of us. Just take note, be mindful of how you feel after you eat dairy. If you are left feeling bloated or crampy you might not feel bad about omitting it.

Minimally processed foods, think some canned food such as chili beans, green beans, most beans for that matter. Corn tortillas, whole wheat bread, granola bars without a lot of added crap.

Remember to keep it simple, set intentions, and be mindful.

PORTION CONTROL

Again, pay attention or be mindful of the size of your portions. I get it, it is not common knowledge of the amounts of certain foods you should be eating. I'm going to try to make this as simple as absolute possible.

TIPS

- Use a salad plate & don't overload it
- Use this hand portion guide ([Hand Portion Guide](#)) as to portion size
- Do NOT go back for seconds
- You should have more veggies on your plate than anything else
- Veggies & Meat...Veggies & Meat....and a little carbs
- Be mindful, when you feel satisfied - stop

EXERCISE

My favorite part!

Never beat yourself up! Never! Always give yourself grace! Always!

Do what you can when you can!

When I say do what you can when you can I mean if you have 5-10 minutes of down time while your waiting on someone or something do squats, jumping jacks, leg lifts, knee kickers, whatever type of movement your feeling at the time. I love doing leg work while I'm in the kitchen cooking. Your family may think you're crazy but who really cares. You are focusing on you. Before you know it they will be use to do you doing "leg work" in the kitchen.

Figure out what time of day you prefer to workout.

If you don't know if you're the type of person who works out in the morning, afternoon, or evening give all time slots a try. See what works best for you. Whenever it is, make sure you put it on your calendar as a priority, everything else will come later. You may have to get up earlier in the morning, devote your lunch hour, or stop by the gym before going home after work. You are worth the time. Before you know it, it will be habit. The more you do it, it becomes repetition.

Carve out 30 minutes a day for your workout.

If you don't know where to start or what to do try it all. You've obviously tried one of my workouts if you are reading this. Thank you! And thank yourself! Be adventurous, try walking, running, swimming, taking classes, hiking, biking. There is so much you can do yoga, pilates, barre. There is something for everyone. There are a ton of fabulous workouts on Youtube all you have to do is explore, hit play in the privacy of your own home.

Set your intention to exercise daily. 30 minutes is very sufficient. Have fun with it!

EMOTIONS

Do they get the best of you?

Guess what? You're in charge! You have way more control of your thoughts, feelings, and emotions than you realize.

This may be the toughest area for most, yet most important and it can without a doubt be achieved. Believe in yourself, always! Conquer doubt and fear with faith, belief, and courage.

Stress and overwhelm are likely the two biggest stressors for most of us. There are many different stressors in the world today, the key is to notice how you deal with them, how you let them control your life, how you let them make you feel. If for instance you get annoyed every time you get stuck in traffic there are two options: get annoyed like you always do or use that time to phone a loved one or listen to soothing music or a really good podcast. You choose! You be the boss because you're in charge. You may not be able to change the situation but you can definitely change the way you handle the situation.

How would you rather feel about a situation or a circumstance. If you hate your body because you believe your overweight switch gears and start to love it for everything it can do. It can get you moving so you can exercise and reach that target goal weight. Make a list of all the great things your body does for you or allows you to do throughout the day and feel good about it.

Believe you CAN do what it is you set your intention to because YOU can!

As you practice mindfulness pay attention to your thoughts, feelings and emotions. Ask yourself “does this thought serve me”? Many times we think thoughts that simply are not true and definitely do not serve us in a positive way. Catch the thought and shift it to a more positive or even neutral thought. What are you thankful for? Start counting your blessings. There is always something to be grateful for.

Make a list of the things you want to achieve in a specific area of your life. It could be one area or more. That is setting your intention. Now think how you are going to accomplish that goal. Write it down and revisit everyday, twice a day is even better.

Get excited about what your goals are. If your goal is to notice negative self talk and eat healthy reasonably proportioned meals you start by setting your intention. Write it down. Begin to think, and practice working on that set intention.

As mentioned earlier all these key elements all play into one another. That brings us to sustainability.

SUSTAINABILITY

Once you have mastered the above key elements this part shall be the simplest part. When you have all the above areas nailed down and you are living, doing, being everything you have practiced you should not have trouble sustaining your new lifestyle. If you struggled in any area I suggest go back to the area and work on it. Meditate on it until you have pretty close to mastered it.

You are human so remember during parties, social gatherings, holidays, that time of the month, etc. do indulge in your cravings. You do not want to deprive yourself. The indulgence isn't going to hurt you every now and then.

All in all to sustain everything covered in this guide is everything you worked on to get here. Keep practicing this lifestyle to sustain it.

Stay tuned.....for Happy Conduct's Total Well-Being program! I'm so excited to create, share and extend this amazing service to you!

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SUMMARY

- Set your intention at the beginning of your day
- Be mindful of your thoughts, intentions and actions
- Eat mostly whole foods, food from the earth
- Be mindful of your portions
- Exercise most days, yet give grace for those days missed
- Practice gratitude & be happy
- Practice the above and maintain sustainability
- Always give yourself grace when you not being your “Perfect” self