



# THE BIG 3 FITNESS, FOOD & MOTIVATION

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# About THIS BOOK

During each of the Teleseminar sessions it's important to really reflect on your own habits, feelings and behaviour. It's so easy to skim over details and shrug off how you feel and behave around food, fitness and motivation. This workbook is designed for you to slow down and reflect on yourself so you really understand what you do, how you feel and why.

It's all about YOU so take some time out for yourself and get down to the nitty gritty!

Joy

# TELESEMINAR 1: MACRONUTRIENTS

How many teaspoons of added sugars are you having each day?

Are your meals balanced (slow carbs, protein, fibre and favourable fats)?

Are you getting sugar cravings?

How are you feeling after your main meals?

# TELESEMINAR 1: TACKLING TIME

Look at your weekly schedule for next week and decide exactly which days are your fitness days and how much time you will be committing to fitness that day. Be realistic and make it achievable!

Take the time to plan when you will lock in to do some exercise and what.

List 5 things that make you excited about exercising. These are your stimulants for tackling procrastination.

1

2

3

4

5

# TACKLING TIME (con't)

What is the biggest challenge you face in exercising regularly?

How can you get over this hurdle? What are the possibilities that you can create?

# TELESEMINAR 2: HORMONES & WEIGHT

Do you experience bloating, irritability, breast tenderness or cravings prior to your period?

Do you emotionally eat before your period?

Do you feel like you're running on adrenalin (i.e. "tired but wired")?

Do any specific foods bloat you or give you fluid retention?

# TELESEMINAR 2: EVERYDAY ATHLETICISM & MOTIVATION

On a scale of 1 – 5 (1 being never and 5 being regularly) rate how often you complete the different fitness components below over a 14 day period.

- a. Stamina
- b. Speed
- c. Suppleness (stretching)
- d. Strength
- e. Agility
- f. Power

How many fitness sessions per week could you maintain (mostly) for 12 months +?

What causes you to fall off the fitness wagon?

# EVERYDAY ATHLETICISM & MOTIVATION

What are all your excuses/ reasons for not prioritising your fitness?

Look at your list and circle the excuses / reasons you believe are within your control to sort out and manage.

Decide now how you are going to manage them in order to create a long term belief in the importance of your own personal health and wellbeing.



# TELESEMINAR 3: GUT - BRAIN AXIS

Do certain foods make you feel down or irritable?

Do you have a varied fibre diet?

Are your bowel motions regular (daily), formed and complete?

# EXERCISE FROM THE INSIDE OUT

How do you feel about your body?

Think about the last time you exercised regularly and describe how it made you feel.

What do you say about your body?

List 5 things that exercise makes you feel, do or experience.

How do you want to feel about your body?

## WELL DONE!!

I hope this workbook has enabled you to work through your habits, beliefs and experiences. It's all in your hands to make the difference. I believe in your ability to see the possibilities for yourself!! Thanks for being a part of The Big 3! We hope to offer as much help to you as you need on this journey to wiz bang health & fitness.

If you are keen to learn more, be more and do more then jump into [Joy's Fitness Hub](#).

All the best and keep that belief in fitness, food and motivation humming!

Joy & Stacey



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## OFF THE TRACK TRAINING

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