



COLUMN DUTHIE COACHING PRESENTS

# QUICK FIX GUIDE

**5** LASTING FIXES TO  
BUILD A HEALTHY &  
SUSTAINABLE LIFESTYLE

[WWW.CDFITNESS.CO.UK](http://WWW.CDFITNESS.CO.UK)

# INTRO



Building these 5 quick fixes into your daily life will have a positive impact on your overall lifestyle. They will help you develop a strong mindset, teach you how to create daily rituals and most importantly learn the fundamentals to succeed and anything you put your mind to.

Health and fitness for me is not just about the four walls of the gym and the shiny exterior of body composition but what lies beneath all that. This guide will help you address all the under the hood elements and allow you to focus on what really matters.

In **The 5 Lasting Fixes To Build A Healthy And Sustainable Lifestyle**, I'll offer you a collection of simple fixes to abide by if you want your health and fitness to improve.

These are your fixes - use them at your own risk

Calumn Duthie

Physical, Mental, Emotional, Intellectual and Spiritual

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## 1 Sleep

Sleeping between 7-9 hours helps improve both your physical and mental health

Did you know that sleep is the most powerful restorative tool we have available to us. It's better than any supplement out there. The thing is, we tend to abuse this on a daily basis and we are the only mammal in the world who does not prioritise sleep... crazy right?

The fact that we abuse sleep so much means we are unable to recover from the daily stress we have exposed our bodies to through out the day. So how does this effect us physically and mentally?

If you sleep less the 6 hrs a night the physical effect will be weight gain as, on average, those who sleep less than 6 hrs will eat an extra 250 kcals extra the next day. Over the course of a year thats 11kg of weight gain.

By having a bed time routine you can seriously maximise your chances of getting the required amount of sleep in. Create good habits like switching off from your tech such as iPads, phones and laptops a minimum of 30 minutes before bed. Blue light emitted by these devices will destroy your sleep as the light elevates your stress hormone production and reduces your bodies natural production of melatonin which is the neurotransmitter responsible for setting you off to sleep.

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# 2 Time Management

Manage your time or it will manage you.

Imagine that you have been given a bank amount preloaded with £86,400 and this amount refreshes every day. The catch? At the end of the day all the money is gone regardless of whether you spent it or not. What would you do? Knowing that the money will be gone and there's no way to get it back, the correct thing would be to spend every pound to its fullest.

Each day has 86,400 seconds. Once each of those seconds ticks away they are gone forever. Money is different than time though. Money comes and goes, it Flows.

Time is your most valuable asset. Work to buy it back and when you do, spend it wisely.

Planning your week will help you massively with time management and remove any anxiety when it comes to unforeseen circumstances.

When it comes to booking in your gym sessions, book them in with the mentality you would if you are booking a doctors appointment. This increases the chances of you adhering to the session and you are able to plan around the session times. It's these little consistent changes that will successfully enable you to achieve your goals.

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# 3 Guided Meditation

All that we are is the result of what we have thought.

Meditation has become popular in many Western nations. An increasing body of research shows various health benefits associated with meditation

Meditation, as described in the ancient Vedic texts, is an exercise of consciousness that results in the expansion of consciousness beyond the day-to-day experience of duality. It is an experience of unity, which reduces stress and brings increased creativity and efficiency to the functioning of the inner faculty. This is an exercise that occurs without the mind directing the process. In physical exercise, the mind does not tell the muscles to get stronger; rather, the muscles are strengthened automatically by the exercise process. Likewise, in this exercise of consciousness, that is, meditation, the results are achieved automatically, not by controlling the mind or any other mental manipulation. The process of meditation goes beyond the mind to the deepest level of the inner Self.

Effects of Meditation - accumulated stresses are removed, energy is increased, and health is positively affected overall..

Two great apps to consider downloading are **Calm** or **Headspace**

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# 4 N.E.A.T

## Non Exercises Activity Thermogenesis

Basically, this means move more and it's the number one secret for fat loss.

N.E.A.T is the energy expended for everything we do that is not sleeping, eating or participating in sport like activity's.

A couple of easy suggestions would be to:

Every time the phone rings at work, stand up and answer it. Stay standing for the duration of the phone call.

Take the stairs rather than the lift.

Park further away than you normally do.

Go out for a lunchtime walk regards less of the weather.

# 5 Hydration

## How Hydrated Your Are Plays A Key Role In Your Body Composition

If you are dehydrated you will not be able to go hard in the gym. Dehydration limits athletic performance and concentration levels and therefore will make your gym session twice as hard and if not longer than normal. Stay hydrated.

Water is used to help break down body fat. If your main goal is to lose body fat, then drink up.

Drinking water has a great benefit in aiding/improving your digestion. The more water you drink the more effective and efficient your digestive tract is.

So how much water should you be drinking in a day? Whilst there are hundreds of apps out there that will help you come to your daily target. Here is a quick calculation that will tell you how much you need to drink.

Your body weight in KG x 0.033. Eg - my body weight (90kg x 0.033 = 2.97L. Lets call it 3L)

However, as good as this rule is, like anything you can have too much and over-hydrate so stick around your guidelines for best effects.

# In Closing...



Be purposeful,

As you can see, there are a lot of different elements to consider but what matters most is that you think critically about what works best for you and your situation. Align your efforts into building the best version of yourself you can for you, your family and your life.

The common thread above is that there is no one way to achieve success but if you desire to achieve your goals you need confidence in the direction that you chose to take. You need to trust your decision and stay the course, no matter what other distractions may arise. Those points are common themes in each new client I take on as part of the CD Fitness Coaching Transformation Academy. I look forward to continuing to help you build your confidence and help you unlock your training, nutrition and mindset.

Calumn Duthie

# Your Next Steps...

Are you stuck in a rut with your Training, Nutrition, Lifestyle or Mindset? My unique coaching programme can help transform your BODY & MIND in JUST 90 DAYS!



[Online Coaching](#)

My world renowned Online Transformation Academy gives you an incredibly deep insight in how to take back control of your health and fitness. So whether it's to lose that stubborn body fat, increase your confidence and tone your body you will be coached by me 100% of the way.

If your gut is telling you working with me online this is what you need to do:



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