

FREE GUIDE

Start Strong: Your Beginner's Guide to a Healthier Body, Clearer Mind, and Better Lifestyle

By Sanem Bourdier, Personal Trainer & Lifestyle Coach



Welcome & Foundations

Welcome! I'm so glad you're here.

This guide is designed to help you take your first steps toward a stronger body, a calmer mind, and a lifestyle that supports long-term well-being.

You don't need a gym.
You don't need perfect discipline.
You don't need to "start on Monday."

All you need is a **fresh intention** — and this guide will help you structure it.

In the next few pages, you will find:

- A simple framework to understand your current fitness level
- Basic exercises you can start today
- Practical lifestyle habits that actually work
- Mindset tools to stay consistent
- Small daily actions that lead to big change

My philosophy is simple:

Fitness should feel supportive, not stressful.

Let's begin.

1. Understanding Your Starting Point

Before beginning any program, it's important to understand where you are right now. Take a moment to reflect on the following:

Your Body

- How is your energy during the day?
- Do you experience pain or stiffness?
- How active have you been in the last few months?

Your Mind

- What motivates you?
- What discourages you?
- Which habits feel supportive? Which ones drain you?

Your Lifestyle

- How is your sleep?
- How much water do you drink daily?
- How balanced is your nutrition?

There is no right or wrong answer — only **awareness**, which is the foundation of growth.

Movement

2. A Simple 10-Minute Daily Movement Routine

This beginner-friendly routine improves mobility, strength, and posture without requiring equipment.

Repeat it 3–4 times per week.

Warm-Up (2 minutes)

- Shoulder rolls – 30 sec
- March in place – 1 min
- Gentle spine rotations – 30 sec

Strength (6 minutes)

1. **Squats – 10–12 reps**
Keep your feet hip-width apart. Go slow and controlled.
2. **Incline push-ups – 8–10 reps**
Use a table or counter if needed.
3. **Glute bridge – 12–15 reps**
Squeeze glutes at the top.
4. **Bird Dog – 8 reps per side**
Supports balance and core stability.

Cool Down (2 minutes)

- Hamstring stretch – 30 sec
- Chest opener – 30 sec
- Deep breathing – 1 min

Consistency is more important than intensity.

This 10-minute routine creates momentum and builds discipline gently.

3. Weekly Structure (Beginner-Friendly)

Here's a simple weekly plan you can follow:

Monday — Full-body strength

Tuesday — Walk 20–30 minutes

Wednesday — Mobility routine

Thursday — Strength + core

Friday — Light movement (walk, stretch)
Saturday — Optional: short workout or rest
Sunday — Rest + reflection

Your goal is not perfection — it's progress.

Lifestyle & Healthy Habits

4. Lifestyle Habits That Actually Make a Difference

Sleep: Your Superpower

Quality sleep improves fat loss, muscle recovery, and emotional balance.

Try:

- Going to bed 30 minutes earlier
- Reducing screen time before bed
- Keeping your room cool and dark

Nutrition: Simple, Not Strict

You don't need a diet — you need balance.

Focus on:

- Protein at every meal
- Colorful vegetables
- Whole fruits
- Adequate hydration
- Limiting ultra-processed foods

Small changes, done daily, create long-term results.

Stress: Your Hidden Obstacle

Chronic stress affects metabolism, cravings, and motivation.

Try:

- 5 minutes of deep breathing
- A short walk
- Journaling for clarity
- Setting realistic daily goals

5. Healthy Recipe Ideas (Quick & Practical)

Protein Breakfast Bowl

- 1 Greek yogurt
- Fresh berries
- 1 tbsp chia or flax seeds
- A handful of nuts

Balanced Lunch Plate

- Grilled chicken or tofu
- Mixed greens
- Quinoa or brown rice
- Olive oil + lemon dressing

Energizing Snack

- Apple slices + almond butter
- Or a handful of nuts

These are simple, fast, and nourishing — perfect for busy days.

Mindset, Motivation & Your Next Step

6. Mindset Tools for Consistency

Start Small

Big transformations begin with small, achievable steps.
Start with:

- 10 minutes of movement
- One healthy meal
- A short walk
- A glass of water every morning

SMART Goals

Your goals should be:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

Example:

“Walk 20 minutes, three times this week.”

Celebrate Small Wins

Progress is not only measured in kilograms or centimetres.

It's measured in:

- More energy
- Better sleep
- More confidence
- A calmer mind
- Renewed motivation

Your journey deserves celebration.

7. A Personal Message from Me

Your past does not define your future.

Your body is capable.

Your mind is powerful.

You are stronger than you think.

This guide is just the beginning.

If you feel ready to take the next step, I would be delighted to work with you.

You deserve a lifestyle that supports your well-being — not just today, but for years to come.

Your next step: Book your free 30-minute introduction session.

Let's talk about your goals, your challenges, and the healthier, happier version of you that you're ready to create.

With love,

Sanem