



# JANUARY 2024

21 DAYS TO RESET YOUR HEALTH  
WITH DAILY ONLINE FITNESS, A PLAN TO FOLLOW  
AND DELICIOUS RECIPES TO HELP YOU CREATE  
GOOD HABITS YOU CAN STICK TO

TORS CORBETT

[www.damsonhillcottage.com/online-health-club](http://www.damsonhillcottage.com/online-health-club)



# WELCOME

## MEET TORS

Tors (Victoria) has been a personal trainer for 18 years, independently running her own business 'Damson Hill Cottage' since 2014. With her wealth of knowledge and experience she will lead you through her Lift Lean Lifestyle programme - a 21 day 'reshape' of your lifestyle habits. Lift Lean should help you feel more energised and on top of things so you won't want to revert back to your 'old ways'. It's not meant to be a quick fix fad to make you lose 'weight'. It is a programme to make you think more clearly about your health, but also your mind and how you feel. You'll be encouraged to exercise daily, use weights, eat nutritiously, up your protein and variety of vegetables, maintain hydration, omitting sugar, caffeine and alcohol (or at least cutting down!) and get plenty of sleep and then most importantly, carving out a daily plan to suit YOU. You will be able to incorporate these elements enabling you to continue developing and benefitting from the programme once it has come to an end.





# WHAT'S INCLUDED IN THE 21 DAY PROGRAMME?

- A **welcome video** from Tors, explaining all you need to know and what you need to do, sent out during the week before, so you are prepared and raring to go on the Monday
- 3 x **LIVE** Zoom 25 min workouts every week at 6.30am: Monday - Pilates, Wednesday - Dumbbells, Friday - HIPP (High Intensity Power Pilates using 1-2kg weights)
- 2 x 25 minute **prerecorded** dumbbell workouts per week on Tuesday and Thursday . Available to view from the [\*Online Health Club\*](#) drop down and under [\*Lift Lean Lifestyle Videos\*](#) (at a time to suit you) on [damsonhillcottage.com](http://damsonhillcottage.com) (remember your login details!)
- Quick and easy breakfast, lunch and supper **recipe ideas**
- **Daily motivation** and support from Tors via the private WhatsApp group plus lots more recommended recipes throughout the 21 days
- A **Q&A** session during the programme from our resident LLL **Nutritionist Hannah Pateman**, where she will answer any questions that you have



# WHAT IS IT ALL ABOUT?

Primarily this plan is not meant to be a diet or deprive you in any way, I'd like to set that out first and foremost. It's meant to be achievable, realistic and doable in our very busy lives. We all know how to be healthier, so here's your chance to do it now with support from me.

The next 21 days might be a time to assess your current fitness and nutritional habits, to see where you can improve on them so you can feel on top of the world, revitalised and energised. Especially after the Christmas festivities. Its time to rebalance, reset and bounce back, ready for the Spring.

I will be with you every step of the way to motivate and help you. You will have access to the **private WhatsApp group** but you can also contact me individually, privately and daily, I'm all yours!

Another important point to consider is to use these 21 days for **YOU** only, try not to worry if you are doing things a bit differently to someone else in the group, if your meals are at different times, if you are a morning or an evening person. We all have different timetables, our bodies are different and we have to make different food choices.

I have not taken into account any food intolerances, you will have to manage these yourself please. But I have given you lots of options in the recipes to swap out foods and add foods in. Ideally I am trying to encourage you to live your life simply & healthily with a doable fitness and eating plan that you can continue with long after Lift Lean Lifestyle has ended. Remember the key word is **CONSISTENCY**.



# LIFT LEAN LIFESTYLE

## THE GUIDELINES



- 1 Start each day with a hot lemon.**  
Optional: add 1 slice of fresh root ginger  
*Ginger* is warming, anti-inflammatory and has great circulatory properties, especially good if you wake up with stiff joints and muscles. Or try a dash of Apple Cider Vinegar which aids digestion and reduces glucose spikes.
- 2 Omit all refined / processed / packaged foods.**
- 3 Cut out all sugar and refined/white carbs** to reduce extra inflammation and help limit blood sugar fluctuations.
- 4 Cut out or reduce caffeinated drinks** to a max of 2 a day and **NO ALCOHOL!**
- 5 Drink a minimum of 2 litres of water a day (including herb/fruit teas)** to ensure all organs are adequately hydrated to help detox and for all body systems to work efficiently.
- 6 Ensure good quality protein at every meal (or snack):** nuts, seeds, chickpeas, lentils, salmon, mackerel, tuna, trout, nut butters, tofu, hummus, turkey, chicken etc to help keep energy levels stable and prevent fluctuations in blood sugar levels.





# LIFT LEAN LIFESTYLE

## THE GUIDELINES



**7** Ensure a good intake also of **healthy fats** (some of which are also good protein sources): like cold water fish, nuts, seeds, cold pressed oils. They slow down the rate at which the stomach empties so making carbohydrates even more slow-releasing. They boost your metabolism and reduce inflammation and help control blood sugar levels. Ensuring inclusion of fats in your diet also help absorb essential fat soluble vitamins like A, D, E & K.

**8** **Carbohydrate choices:** brown rice, sweet potatoes, chickpea, quinoa or pasta alternative (omit wheat based & refined carbohydrate). Slow release carbohydrates will help sustain energy levels but also provide valuable sources of fibre and B vitamins essential for stress support and energy conversions.

**9** **Live Zoom workouts are at 6.30am on: Mondays - Pilates, Wednesdays - Dumbbells, Fridays - HIPP (light weights). On Tuesday & Thursdays you will have a pre-recorded workout which will be uploaded on Lift Lean Lifestyle Videos.** The lives will be recorded and uploaded later in the day (into the Online Health Club area). You will need dumbbells & sometimes we will use cotton looped resistance bands (from Amazon) also, but please don't worry if you don't have any.



# LIFT LEAN LIFESTYLE

## THE GUIDELINES



- 10 Try and get out in nature for a bracing walk, even if broken up into 3 separate walks, just try and squeeze some outside moving time into your day. Obviously some days will be far easier than others, diarise if you have to. Its especially effective on sugar spikes to go for a post meal walk too, have a go. Make it brisk and elevate that heart!
- 11 **OPTIONAL on Tuesdays & Thursdays:** You can try intermittent fasting so you will miss breakfast but have a larger brunch lunch, bring your lunch a little forward on these days. This isn't for everyone so have a go or carry on with your breakfast as normal.
- 12 Create a good morning routine. Try and get that workout in when you wake up. Have that hot water & lemon etc Try and body brush before your shower. Brushing towards your heart, then a quick blast of cold at the end of your shower, see if you can bear it for longer each day.
- 13 And likewise with your evening routine, bath & book, no phone, no snacking! Good rest will support your body and give maximum benefit to your 21 days.



# THE 21 DAY MEAL PLAN

**The aim of these 21 days is to keep it SUPER simple** for you, so it's doable and you don't have to faff around in the kitchen, we don't have time for that. There is a little prep for these recipes, but they are recipes for the whole family to enjoy that also saves you time! You don't have to buy lots of different food and follow tricky recipes to be healthy. So you will notice that there are only a few choices on the meal time, so batch cook if you want to and use your leftover dinner recipes as your lunch the next day in your Buddha Bowls.

*Just be mindful to have protein at every meal and lots of veg, healthy fats are your drizzle of extra virgin olive oil, a topping of half an avocado or some seeds. Build your meals around your protein.*

## YOUR THREE WEEKLY PLAN

**WEEK ONE:** Things to really consider apart from curbing caffeine, alcohol, sugar, refined carbs, refined/packaged foods and grazing all day.

**Eat regularly but not hourly**, it's so easy when stressed, bored or simply out of habit to reach for something to nibble on. But the idea of this plan is to break those habits, not diet and count calories but eat wholesome nutrient dense foods which will fortify you and help your body reset.

**Most of your meals and snacks in week 1 should be focused on increasing the amount of vegetables** in your diets - the more varied and rainbow coloured the better. This not only supports detoxification pathways but are rich in vitamins and minerals essential for health and vitality. When you switch the focus of your carbohydrates coming from vegetables you will find your vegetable intake will be going up without you even realising. New research is showing the more varied our fruit and vegetable intake supports our gut microbiota health which in turn supports our immune health, but also our overall wellbeing.

**Limit sweet fruit intake this week** - the hidden sugars in fruit will imbalance blood sugars and can be counterproductive whilst trying to stop cravings from stimulants. Choose fruits with lower sugar content this week like berries, granny smith apples & under ripe bananas.

**Limit dairy this week as it is inflammatory** and this week is about limiting anything that may cause inflammation. There will be plenty of calcium sources from good quality protein source suggestions like chicken, fish, beans and pulse and seeds. Milk alternatives are soya, oat, almond milks (please check out the dairy free milk ingredients though!).



# THE 21 DAY MEAL PLAN

## WEEK TWO:

Carry on the same as WEEK ONE but **reintroduce dairy sources and all fruits.**

## WEEK THREE:

Carry on the same as WEEK ONE & TWO but **you can optionally reintroduce wheat, red meat & potatoes if you'd like to.**

## After Lift Lean Lifestyle has ended:

**Follow the 80/20 rule!** If 80% of the time you are following the principles of avoiding sugar, excessive stimulants, including protein at every meal, eating complex carbohydrates, a rainbow of vegetables, including essential fats and staying hydrated 80% of the time then you can enjoy treats or social occasions 20% of the time without feeling guilty or worrying about reforming old habits.

## YOUR MENU PLAN

**Breakfasts:** Overnight Oats, Chia Pots, Homemade Granola, quinoa porridge or Eggs / omelette with veggies etc. I've added in a couple of smoothies plus a pancake and a weekend special. If you know oats don't suit, choose one of the others.

**Lunches:** Build your Buddha Bowl - and make ahead / batch ideas

**Dinners:** Choose your Dinner recipe (leftovers can even make part of your Buddha Bowls)

**IMPORTANT Remember:** 4 to 5 hr gap between meals, close the kitchen 2 to 3hrs before bedtime (approx 7pm), protein at every meal, minimum of 2 litres of water a day (herbals, hot water/lemon etc) , get your steps in and plenty of sleep!





# OPTIONS

If you find that you are still too hungry on 2 to 3 meals a day with NO snacking, and if you need extra energy at lunch or brunch then add 2 oat cakes or a thin slice of sourdough to your meal.

If hungry between meals though have a glass of water first, remember 'thirst first'.

But if that doesn't work, here are some healthy snack options:

- Chopped veg and 1/3 pot of hummus
- Apple and a small handful of unsalted nuts (or nut butter)
- 3 oatcakes or 2 ryvita, 1/2 avocado, chilli flakes and squeeze of lime
- Roasted chickpeas (with spices and herbs)
- Tamari roasted seeds

Having your evening meal earlier may help with hunger cravings between lunch and supper. Close the kitchen and don't re-enter for any snacks before bedtime, you will sleep much better as your food will have digested before you go to bed.

Aim to have a luxury bath to relax you and get you ready for bedtime, leave your screen alone and pick up that book before lights out or write down your to do list to empty your head before sleep. (Have your workout gear ready to step into in the morning!).

Disclaimer: This Lift Lean programme is not designed to be adopted as a permanent programme. Any individuals who are pregnant or breastfeeding, have thyroid, adrenal or diabetic conditions, cancer or Addisons, or have previous or current eating disorders, or have any other diagnosed medical conditions should not undertake this Lift Lean Lite programme without advice from their GP or Consultant. Any individuals who adopt this guide do so entirely at their own risk.





# THE WORKOUTS

A regular routine helps you make the best of your day. If you start off well, it has a huge impact on how you feel and how you make the most of the day ahead. Get the workout done early, tick it off the list and those endorphins will power you through. Try not to think of exercise as a punishment, or exercising just to improve your physique. Try and reframe this old idea and refresh it by understanding all the benefits exercise has on your heart, bones, joints, muscles, brain, and mental health.

On Monday morning at 6.30am you will do the Pilates class, Wednesday at 6.30am it's a strength workout heavier weights and Friday its HIPP (High Intensity Power Pilates), with lighter weights. Sometimes I will use the cotton elasticated looped resistance bands as well, not necessary if you don't have one, but they do intensify a great deal. Those that have done Lift Lean Lifestyle will know about these! If you'd like to buy one from Amazon then check out the link below. Tuesday and Thursday mornings you will have a prerecorded zoom workout to do, try and do this early morning before you start your day, before everyone else gets up, I promise it sets you up and its done!

Strength training (same as resistance training) is more effective for fat loss than cardio alone, because it burns more calories and you continue to burn them after you finish your workout too, the more strong muscles we have, the more calories we burn without even trying. As we age we know that we lose bone and muscle mass, so resistance training helps so much as we try and build that muscle back especially for menopausal women, who lose bone and muscle mass due to the lack of oestrogen. Therefore lifting weights will reduce the risk of developing osteoporosis, and improve menopausal symptoms.

Ideal weights? This is personal to you, if you are a total beginner aim for 2kg for arms 3 to 4kg for legs, otherwise 3/4/5 kg arms and 4/5/6kg for legs (even more!). You want to be fatigued by the end, you want to be able to use your core to stabilise, be honest with yourself but be safe, its all about good form which I will be repeating over and over during the class.

Get out in nature every day for a brisk walk, whatever the weather. Aim for hills, aim for getting out of breath. Have a go at a walk after each meal? I promise you if you make yourself get out every day even if its three times for a small walk each time, or one longer one.

<https://www.amazon.co.uk/resistancebands>. <https://www.amazon.co.uk/dumbbells>



LIFT LEAN LIFESTYLE  
WWW.DAMSONHILLCOTTAGE.COM

“

GOOD HABITS  
ARE AS  
ADDICTIVE AS  
BAD HABITS  
BUT A LOT  
MORE  
REWARDING

”

Harvey MacKay

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