



**THE NAKED
WARRIOR**

**WHY BE AVERAGE
WHEN YOU CAN BE**
Alpha?

**3 Key Principles
to Amplify the
Alpha female
Within**





She remembered who she
was and the game
changed

Lalah Delia



Many women have turned to this quote after times of hardship and found inspiration to get reconnected to their internal power source of determination and focus. You can see and feel the vibe a female has when she has stepped into her power, you know she has chosen to become an unstoppable force and is driven to get what she wants. It's at this point she has gone from average to alpha and is truly on fire.

This is truly a great inspirational quote yet I want to know why she forgot in the first place. Whoever she is, she is not alone, I have worked with many women who at times have felt lost, confused and empty.

We can all look back at one point in our life when we were winning! Yes that's right when you felt in your prime and on top of the world, everything was falling into place and you looked and felt incredible. You were on the right path and life was playing out exactly how it should be.

Then something changed - there was a small loss of focus, a change of priorities or simply the foot was let off the gas just a little too much and where you were slowly started to slip away. The feeling of being in your prime, having the physique and fitness you finally wanted, the body that you had worked so hard for has become something you don't recognise and it doesn't feel like you.

You didn't really notice things creeping up on you, or actually maybe you did but you chose not to acknowledge it and before you know it you are in a place that you really don't want to be in. Now that you are here, you question how you could have let this happen plus how you can get back to where you were! The hardest part is getting past the anger, hurt and feelings of self-loathing from deep inside that slowly continue to push you further into depression. Even though you know it's not doing you any good, you find comfort in the very foods that got you to exactly where you don't want to be!



When you arrive at the place you don't like, it's hard to see the way out, and this can often lead to self-destructive behaviours as you sabotage any attempt to move forward.

To start the climb back out of the darkness and reclaim your mojo, ask yourself what caused it to fade as this provides the key to preventing being thrown off track again. Something was either missing or trying to be avoided that caused comfort to be sought through mindless eating. Has the void been filled? It cannot be left unaddressed as ugly old habits will rise again. The key to breaking these habits is to create new ones. Losing your mojo will leave you feeling faded, dull and unmotivated. This will only stop when the pain of where you are now is greater than the discomfort of taking the necessary steps to change.

There are 3 key principles to get a handle on in your life to truly feel connected again to you. By creating the right foundations which each of these you can be confident in achieving success with whatever goal you are working towards. Let's explore each one to help you get started.





PRINCIPLE NUMBER 1 – MASTER YOUR MINDSET

What is mindset? Well your mindset is the frame of mind you are in at any single time. It is a strong powerful tool whereby thoughts and the way you think about anything can either hinder or help you. Your mindset and the way you think (and subsequently feel) about anything is shaped by your habitual thoughts. Your perspective is created by your values and beliefs so therefore impact your behaviour to the situations that life throws at you. Your ability to cope with these challenges is determined by your mindset. Your beliefs are formed from a young age with your family upbringing impacting this, from the language you use to speak to yourself through to your beliefs around money, relationships, work, family and your own ability.

There are two types of mindset, fixed and growth. A fixed mindset is when people believe their traits are fixed and cannot be changed, an example being “I am not good at sport”. As you can see telling yourself this is very limiting and by believing this to be true no action will be taken to try! A fixed mindset is quite closed yet its beneficial in understanding your responsibilities.

A growth mindset allows you to be open to learning, improving and comes with an understanding that it is ok to be where you currently are at. It comes with the belief that you have the ability to be in control of changing your destiny through developing the necessary skills or educating yourself to make that happen. It is a lot more open and empowering as well as provides the ability to be fluid and proactive to change rather than reactive. Having a growth mindset allows you to evolve regularly and be dynamic in becoming the best version of you.

People can be referred to as having a positive or negative mindset and often you can recognise this from the language they use to talk. It is highlighted by the words they use, the descriptions they say plus their use of tonality. Think of someone who is energetic with a can-do attitude, one who speaks with enthusiasm using phrases such as “I will try”, “I can do”, “how can this be done” and “if I did” then you’re most likely thinking of someone who has a positive mindset. They are willing to give things a go and will often lift up those around them energetically and through words of encouragement.

Now think of someone who is the opposite to that, someone who limits themselves with phrases such as “I can’t do that” or “that’s not possible”. They may appear to be unwilling to try new experiences or get out of their comfort zone. You are likely to hear them moan about a situation or look for the bad things about something rather than looking on the bright side. Often this person criticizes themselves and has low belief in their capabilities.

The famous car manufacturer Henry Ford is quoted as saying “whether you think you can or you think you can’t, you’re right” which is one of my favourite quotes. I love it as it reinforces my beliefs and experiences around what you say to yourself. The person you will talk to most in your entire life is you so why not make the conversations positive! Think about all the times you’ve been self-critical saying “I’m rubbish at ..”, “I’m not good enough to do ...”, “they don’t like me” “I wish I didn’t” “I’m no good” “I’m stupid”the list of negative terms we use with ourselves is endless! Imagine if every time you caught yourself speaking down to yourself, you turned this around to put a positive spin on it. I can guarantee that by doing this, that you

will soon start seeing more opportunities plus feel more confident, empowered and have the belief in you to go grab life and live it to the full!

Creating an awareness of the language you use is the first step to being able to proactively create a positive change. By learning to notice your thoughts and subsequently the way you react emotionally is the key to changing behaviours and mastering your mindset.



PRINCIPLE NUMBER 2 – MASTER YOUR MEALS



What you eat, when you eat as well as how you feel about food will obviously have a huge impact on getting a handle on your health and your weight. Most importantly though, every woman wants to feel sexy, confident and vibrant on a daily basis and this can only be achieved by putting the right fuel in your body.

Ladies it is time to ditch your obsession with the scales, you are more than just a number!

Remember the last time you woke up feeling amazing yet after stepping on the scales your mood crashed as they did not say what you wanted? Learning to feel good without stepping on the scales is essential to build your confidence. You know what you are eating and you also know how your clothes feel so use these as your reference point whilst getting a handle on your eating habits by mastering the basics first. By building the right foundations with your eating you can be free to still enjoy wine, chocolate, dinners out and the treats you fancy! If you are looking to lose a little or a lot of weight, or make changes to your physique then the secret is to take a good look at what you are eating. What you look like is a direct reflection of what is going on inside the body which is heavily impacted by the food you eat. Yes, I know this may seem like a harsh statement yet I need you to be honest with yourself as that is the only way you can start making steps to getting the body you want.

Whether you desire weight loss for health, confidence or even a special occasion if you focus on eating the right foods at the right time you can be confident of losing weight and gaining health.

I understand it can be confusing and you may not know where to begin so these tips are designed to show you how simple weight loss actually is – all that is required are a few little adjustments mixed with some dedication and consistency for you to start seeing results.

So are you ready to learn the biggest secret to weight loss? The key fundamental principle of weight loss is essentially the amount of calories you consume must be less than the amount of calories you use. This means you have to eat less than what you burn or work off throughout the day.

Now having made such a bold statement, what does it mean? Well your body requires energy to be able to function and it obtains this energy from the food we eat. Food not only provides this energy it also gives us a wide range of essential nutrients that help the body perform every function that gives us alive! Obviously the better the quality food we eat the better the quality of life we achieve.

So what is a calorie and should we be counting these? Well a calorie is a unit of energy given to the energy in food and whilst it's important to be aware of these you should not put your full focus on counting calories. Why?

Firstly you need to look at foods in their purest form. When deciding what to eat, select nutritiously rich foods that are as close to their natural form as possible rather than looking for foods low in calories.

Let's compare two snack options – an apple and a regular chocolate bar from the supermarket




The average apple contains just 45 calories, is low in fat and low in carbohydrates plus its packed full of vitamins, fibre and phytochemicals essential for your optimum health. There is a reason for the infamous quote of 'an apple a day keeps the doctor away!' A standard chocolate bar has a whopping 242 calories, is high in fat, sugar and salt! Yes this will give you an instant energy hit yet what goes up, will inevitably come crashing down!

If you listen to your instinct, it tells us that the apple will clearly be the better choice – it contains natural energy that the body recognises and is able to break down and digest efficiently. The chocolate bar, well it is purely saturated fat, refined sugar and other processed chemicals.

When you eat foods that the body does not recognise (i.e. unnatural foods that were not made as Mother Nature intended) it gets confused and unsure of how to break them down, this causes inflammation in the body which leads to disease. So when looking to lose weight it really doesn't need to be complicated. I believe in keeping it simple, delicious and nutritious!

Here are my top tips that you can start following straight away to kick start the kilos falling off:-

- 🏋️ Eat off a smaller plate
- 🏋️ Fill half your plate with vegetables
- 🏋️ Always eat breakfast
- 🏋️ Drink minimum of 2 litres water a day
- 🏋️ Watch out for hidden calories in drinks
- 🏋️ Practice active daily living and be active for at least 20 minutes every day
- 🏋️ Make exercise fun – do something you love as you are more likely to do it
- 🏋️ Regulate your sleep patterns and try to go to bed at the same time every day
- 🏋️ Eat foods close to their natural form – ask yourself these questions when making your food choices:
 - 🏋️ o Would your grandparents recognise this food
 - 🏋️ o Can you pick it, catch it, grow it, kill it or pull it
- 🏋️ Steam your vegetables rather than boil
- 🏋️ Grill meat and fish rather than fry or roast
- 🏋️ If you want to indulge choose quality over quantity
- 🏋️ Eat regularly – don't leave it until you are starving
- 🏋️ Eat when you are hungry not because you are bored or stressed
- 🏋️ Avoid processed, packaged or fast foods as much as possible



PRINCIPLE NUMBER 3 – MOVE & BUILD YOUR MUSCLES

Every female on the planet wants to have a fat free body, they want to feel tight, toned and sexy. Many women fall into the trap of overtraining on cardio and forget the most important type of training for fat loss and shape change which is strength or weight training. So why do ladies avoid weights? Generally the comments you hear are: “Weights are for men”, “I don’t want to look like a man” or “I don’t want to get big and bulky”. Well Ladies let me tell you that this simply won’t happen unless you start taking illegal supplements – we simply do not have enough testosterone in our bodies to build muscle like men do.

So why should you train with weights? The most important reason is that weight training builds and maintains muscle and this is the key element to revving up your metabolism, even when you are at rest, with an increased lean muscle mass your metabolism will burn more energy. The more muscle you have the greater your capacity to store carbohydrates which means you can eat more carbs without them being converted into fat.









Women who regular train with weights will find that their body becomes tighter and their shape will be transformed into a strong athletic figure without saddle bags or bingo wings – isn’t this what every woman wants?

As you get older the metabolism naturally slows down – your resting metabolic rate will drop approx 2% every decade after the age of 20 due to a loss of muscle mass. By weight training and building muscle regularly and consistently you will ensure that your muscle density is maintained and thus ensure your metabolic rate continues to stay fired up.

The process of lifting weights puts stress on the muscles and the body responds by building more muscle cells to compensate for the new loads being placed upon them and this cell generation requires energy – hence your tight toned body has the capacity to burn more calories.

The other essential reason why women should do weights is that it can prevent the on set of osteoporosis or brittle bones by ensuring the bones stay strong. During exercise when the muscles are being stressed the ligaments that attach the muscle to bones pull on the bone which stimulates cell growth and calcium deposits as the body ensures it is capable of taking the stress loaded.

Other benefits of weight training include:-

-  Increased strength and everyday functional capability
-  Reduction in blood pressure
-  Less risk of developing Type II diabetes
-  Stronger immune system
-  Healthier joints
-  Increased balance and performance
-  Calcium Retention
-  'Delayed Aging Process

So if you are going to make the effort to build muscle you need to ensure that you assist with the growth, repair and maintenance of muscle by feeding the body the right nutrients. The key here is to ensure your protein requirements are met. Now when I say protein what immediately springs to mind – steak and red meat. Many women avoid eating foods such as meat and dairy due to the fear associated with them that they will be eating too much fat. This misconception leads to either not eating enough protein or turning to vegetable sources which are not complete – ie contain the essential amino acids needed to build quality muscle.

You should ensure that protein is eaten at every meal – you don't have to eat heaps in one single serve, optimum digestion and uptake of amino acids comes from smaller more regular meals and is the sensible way to go to avoid oxidation/excretion/fat storage. Not only will eating protein ensure that the muscles are looked after, you will also find that you feel more satisfied - protein is more satiating than carbohydrate – having some protein with every meal means you'll feel fuller for longer, assisting you to manage your appetite. Protein helps slow the release of sugars to your bloodstream, maintaining steady energy levels: helping you make better food choices and conquer cravings. As a bonus, protein requires more energy to digest than carbohydrates or fats and is harder to convert into stored body fat.



Ideal protein sources include lean turkey or chicken breast, fish, egg whites, lean steak or beef mince (click on related media to find out more about choosing the right steak for you). Another great option is to supplement with a quality protein powder.

Choosing the right protein powder for ladies can be confusing – when you mention protein shake it conjures up the image of guys the size of Arnie skulling raw eggs and again the big bulging biceps! When looking for a supplement, women should for a quality low carb protein powder. A quality product with a high protein formula will give you more power to manage appetite and cravings and there are many products on the market that are portion controlled, convenient with versatile options for quick meals and smart snacks.

Remember that if you are building a better stronger body, protein is essential. If you imagine you are building a house – protein is the bricks and the weight training is the labour – you need both to build the house like you need both protein and weight training to sculpt the body to your desired shape.

Now that you know these principles you can start to build the foundations for your ideal life. The best way to do this is to integrate each principle in small chunks on a daily basis. By making small changes you can be confident of creating the new habits required to create the new you.

These principles are really just the beginning and if you want to learn more on how you can make serious long lasting changes to your mindset, nutrition habits and exercise routines check out www.thenakedwarrior.co.uk and the wide range of coaching, nutrition and training programs available for you.

“Whatever your goals, dreams or desires for life I will help you regain control of your health, fitness and mind by working with you to discover your own unique needs, drivers and beliefs. I can help you identify any behaviours that may be preventing you from achieving your potential as well as devise success strategies that can integrate easily into your current world that overtime will easily become habitual.

Then seriously it is time to stop what you are currently doing and do something for you that will have long-lasting impactful results!”

? *Why be average, when you can be alpha?*



**THE NAKED
WARRIOR**

Nutrition, Training &
Mindset Coaching for
fearless females
looking to take their
body, health and life to
the next level.

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