

Client name: Sharon Watts
 Age: 55
 Height (cm): 163.83
 Weight (cm): 70.76
 TDEE: 2205
 BMR: 1422

Client Exercise Guidance

Client Exercise Tips to reach NHS recommendations

Cardiovascular (CV) Fitness		Resistance Training	
F	x 5 days a week	F	2/3 days per week
I	moderate	I	67-85% 1RM
T	x 30 minutes	T	x 3 sets of x 6-12 reps
T	running, swimming	T	Variety of muscles with emphasis on core/upper body

Client Nutrition Guidance

Client Nutrition Tips to hit national recommendations

- Cut down on sugary snacks as they are high in saturated fat and will lead to weight gain
- Base meals on potatoes, bread, rice, pasta & other starchy carbohydrates to keep you fuller for longer. These should be higher fibre, wholegrain varieties i.e. wholewheat pasta, brown rice etc.