

PWR FIT

APRIL 2021

CALORIES? WHY DO WE NEED TO KNOW ABOUT THESE?

Calories do exist, even if health gurus tell you you don't need to worry about them. YOU DO! In order to achieve a specific fatloss goals understanding what a calorie is, is very important!

RECIPE OF THE MONTH

Start making healthy delicious breakfast to start your day off well!

FEATURED ON THE BLOG

Learn how women like you are all on their own empowering health and fitness journey.

WWW.PTWITHRENEE.COM



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WHY DO CALORIES MATTER?

"How many of you have seen the headline "calories don't count".... I know I have and it makes me soooo upset, why??? BECAUSE ITS MISLEADING!

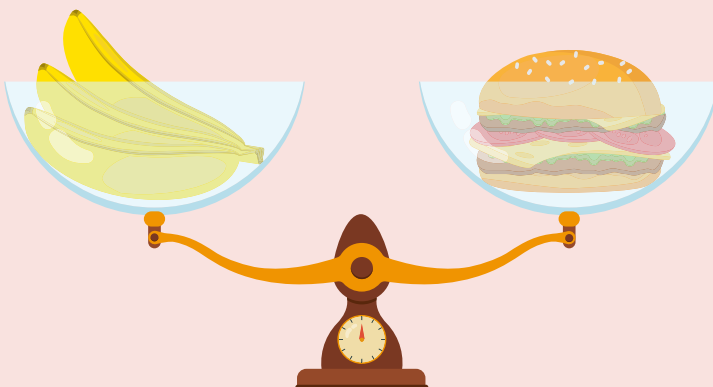
When you have a fat loss goal, understanding the importance of calories and specific calorie requirements is very important.

Some of us are mislead to think that if something is labelled "healthy option", "keto", "paleo" "vegan" "gluten free" "dairy free", that it is healthy and it will make you lose weight.

I hate to break it to you, but this is definitely not the case. Lets look at my brownie example with Racheal:

Racheal has decided she's going to go on a refined sugar, gluten, and dairy free diet to help her to lose some body fat. She doesn't know anything about calories, because the "clean eating" guide that she brought online for \$169 doesnt tell her about them. What Racheal is told however is that she can only eat foods from these specific lists, and nothing she eats must contain gluten, dairy, or refined sugar.

Racheal being a lover of her mum's famous brownies, is gutted one day when she turns up to a family gathering and that's what they're serving for dessert. She tells her mum she cant eat them so misses out on dessert, and at the family gathering she avoids potatoes, garlic bread and the dish with cheese sauce. When Racheal gets in her car to go home she feels down and sad, because she has been on this "clean eating diet" for 4 weeks now, has only lost 1 kilo, and feels mentally like shit.



Food for thought:

Roughly 5-6 medium-large bananas is the same calorie value as 1 Thunderbird burger from burger fuel...



When leaving the family gathering Racheal feels hungry and left out, so she goes home via the supermarket, as she walks around she uncontrollably grabs 2 bars of chocolate, a large bag of chips, a tray of cookies, and a "gluten free, refined sugar free brownie".

Racheal gets home, chucks on her PJS and sits in front of Netflix with all of these snacks. She starts off with the "healthier brownie" (500 calories per serve) to help comfort her binge decision and eats the entire brownie. She then grabs the chips, then the cookies and before you know it she's consumed most of the "treats" that she brought because she missed out on 1 brownie that her mum made and some potatoes at dinner.

If Racheal had been educated that a "normal brownie" like her mums was only 280 calories per serve, verses the "healthy supermarket option" which was 500 calories per serve, she could have actually just had dessert with her family. Same goes for the potatoes and dish with cheese sauce, if she had been educated that its okay to eat it, just have smaller portions, she wouldn't have felt as though she'd missed out, and 99% chance of not binging, consuming triple if not more calories in that one evening.

Moral of this story, is that you can actually achieve fat loss without restrictions, you can eat whatever you want within your calorie range and STILL SEE RESULTS! You just need to know how, and learn why it is important. You should never have to miss out on a family dessert just because you are trying to lose some body fat, you need to enjoy your life, and I don't know a single fad diet on the market that assists with this value.

Don't get mislead like Racheal did, learn, educate and invest in your nutrition for fat loss and never have a bad relationship with food again.

"My diet does not contain restrictions, but I am aware of my portion control so I can maintain a happy balance"

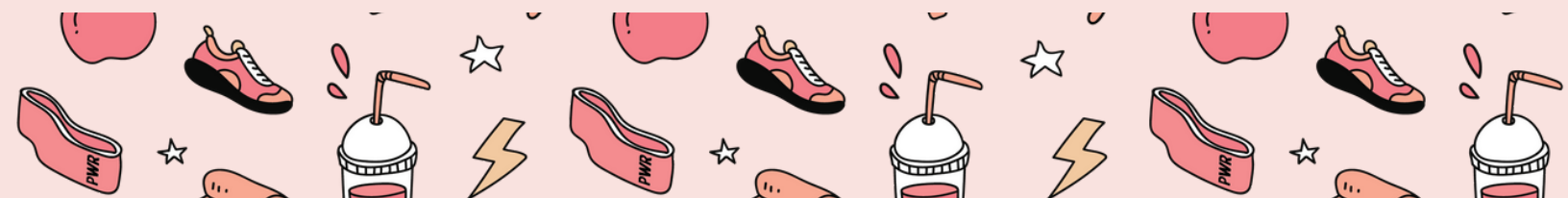


RECIPE OF THE MONTH



SUPER OATS

- 50 grams of oats
- 1 cup of cashew milk
- 1 teaspoon of chia seeds
- 1/2 cup of blueberries
- 1 teaspoon of crunchy peanutbutter
- 1/2 teaspoon of hemp seeds (optional)



1. In a pot place 50g of oats, 1 cup of cashew milk, 1/4 of water and chia seeds.
2. Keep stirring until oats come to a boil, and you see bubbles arising from the mix.
3. Once cooked, pour into a bowl and serve with 1/2 cup of blueberries or raspberries or strawberries or even a mix!
4. Spoon one teaspoon of peanut butter on top and an optional sprinkle of hemp seeds for something a little extra.

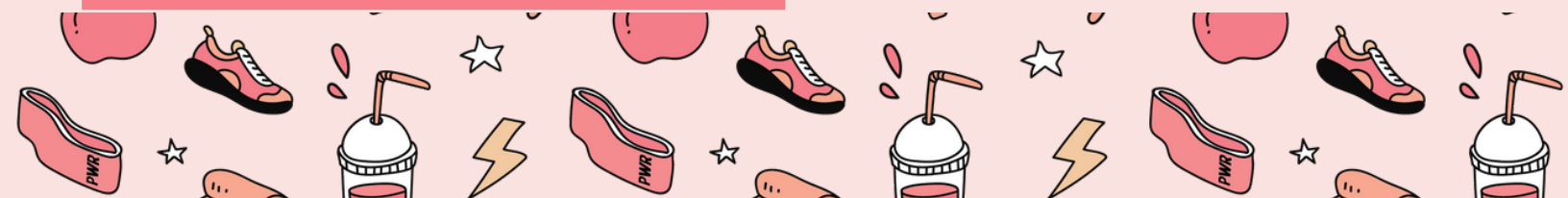
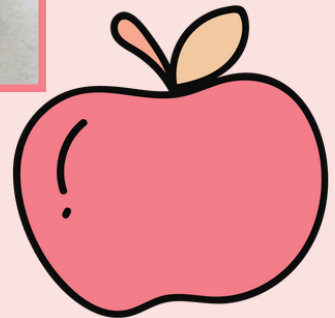
EASY - DELICIOUS - NUTRITIOUS

SERVES: 1

MACROS: P:11G | C: 40G | F: 13G

CALORIES: 315 PER SERVE OR 345 WITH HEMP SEEDS

MACROS: P:13G | C: 40G | F: 16G (HEMP SEEDS)



OUR FAVES IN HEALTH / FITNESS / WELLNESS



Super Greens D from Tropeka

Superfood Greens with Natural Vitamin D is a daily greens formula packed full of alkaline superfoods.

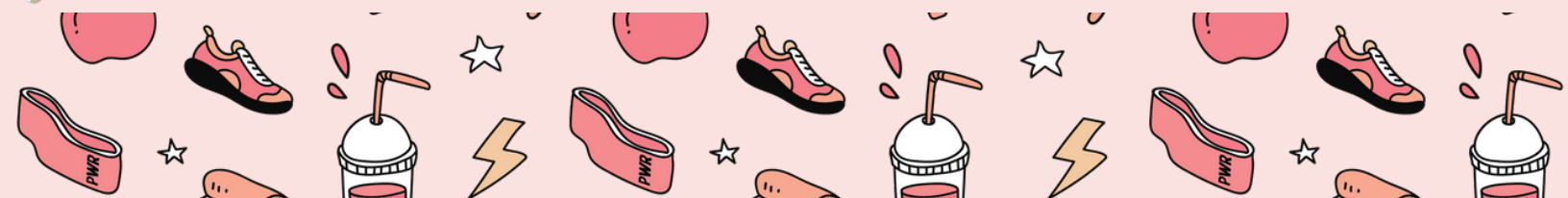
This high-powered blend boasts a wide range of superfoods making it a complete daily greens powder that promotes wellbeing for those looking to live an active and full lifestyle. This greens powder is packed with amazing ingredients : Alfalfa Grass*, Wheatgrass*, Barley Grass*, Lemon Juice Powder*, Gotu Kola Powder Extract, Chlorella*, Kale*, Astragalus*, Spirulina*, Bitter Melon*, Oat Grass*, Vitamin D Mushroom Powder*, Natural Pineapple Flavour, Natural Mint Flavour, Stevia Leaf Extract

*Certified Organic

Tropeka uses a combination of certified organic and organically-grown ingredients in its products.



We love using super greens D in our green smoothies with spinach, frozen banana, frozen pineapple and almond milk.



OUR PWR FIT COMFORT COLLECTION

SHOP ONLINE: WWW.PTWITHRENEE.COM



MOVE
LIFT
STRETCH
NOURISH

NEW! Comfort collection, created for more than just the gym.



FEATURED ON THE BLOG

1. What was it that got you to start your health and fitness journey?

I have always had a relatively active lifestyle, I used to ride horses competitively from the age of 8-14. Once that ended, the main thing that got me back into health and fitness was wanting to be more confident with my body as well as feeling stronger and better mentally. Since the age of 14, I have tried many different gyms as well as F45 for around a year

2. What have you loved about it so far, what have been the highs for you?

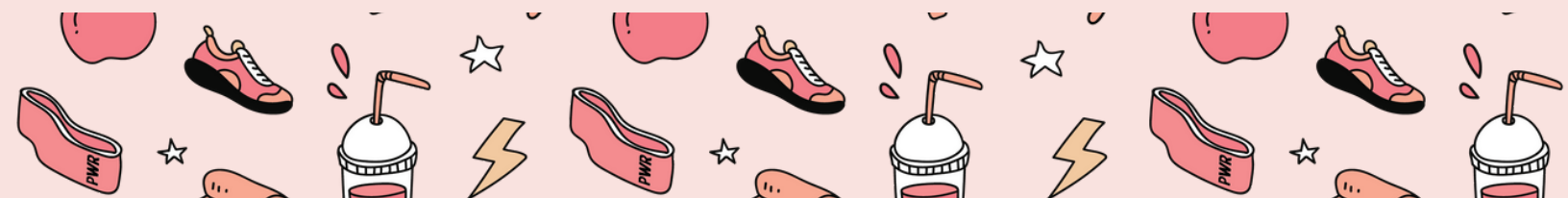
The best part of my health and fitness journey so far is the fact that it really helps with my mental headspace and happiness. I love the way exercise makes me feel, and I have built a lot more confidence in my physical appearance

3. And what about the lows?

I have always struggled with back problems which have affected my fitness from time to time. I've also struggled in the past with maintaining a healthy mental mindset surrounding guilt and bad thoughts about myself if I do slip up every so often. I often found I was pushing myself too hard to aspire towards an unhealthy and unrealistic image of what I wanted to look like.



My Health and Fitness Journey with Letitia Clunie



4. How do you make the time to exercise?

I normally fit in a workout early in the morning before work, I've recently started some of the amazing classes at PWR Fit which I do quite early in the morning, as well as some PT sessions. I also love exploring the beautiful bush walks we have available in NZ which I've found have been a good way to get cardio in, whilst also seeing the beauty NZ has to offer!

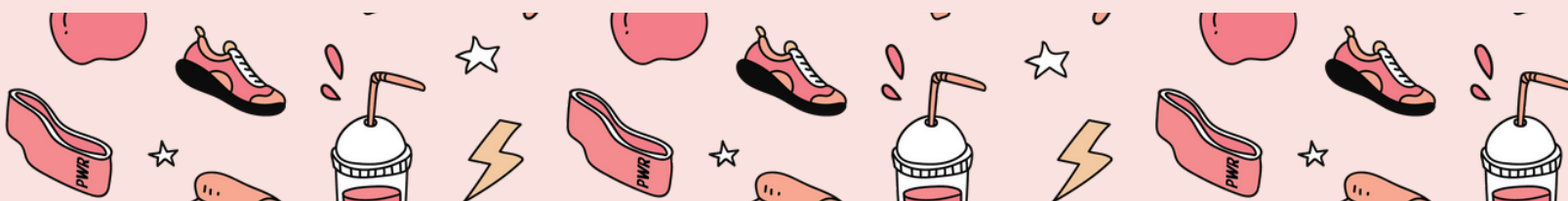


5. What is your go-to brekkie?

My current go-to breakfast is the chia oat pudding recipe that's in my [PWR fit nutrition guide](#). It's super easy to make, really nutritious, and yummy and you can make batches of 4 at a time, so it's super easy to fit into my routine when I'm on the go before work!



**For the full blog check out our blog on the website :
www.ptwithrenee.com/blog**



PWR FIT ONLINE STUDIOS

Getting fitter & stronger from the comfort of your own home!

Three uniquely designed workouts per week that will help you to see a difference in how you move your body daily!

Functional workouts created for all levels, in live time with me, to help you achieve strength and fitness like never before.

[SIGN UP TODAY](#)



PWR STUDIOS ONLINE IS FOR YOU IF YOU'RE

- ✓ Looking to build a body you love...
- ✓ A body you can sustain for life...
- ✓ A body that gives you plenty of energy, strength and stability...
- ✓ A body that's lean, strong, and efficient at burning energy - meaning you have a faster working metabolism...
- ✓ And a body that does not spend hours on the treadmill or is restricted from food...
- ✓ Or you're just simply tired of going around in circles and hopping on and off that fitness fad merry-go-round. You want to feel good, have more energy again, get your confidence back and love yourself. You want to feel happy and healthy again for yourself and your kids and for the rest of your life





The PWR Podcast is now
available on Spotify!

THE PWR 12 WEEK PROGRAMME



The PWR FIT nutrition programme/12 week challenge has been designed by Renee Diment, to help you:

- Achieve your fat loss goals
- Maintain your fat loss
- Achieve a better relationship with food
- Find peace within yourself, your body image and your life
- Learn how important it is to understand calories
- Learn about macronutrients and why we need ALL of them
- Learn the scientific formula to calculate your maintenance calories
- Learn how to reverse diet and what a reverse diet is
- Create a “diet” balance, how to achieve your fat loss goals, maintain them but also still enjoying the foods that you love.
- Create a restriction free life with food

This programme is what has generated the best results for my clients so far and is highly recommended to get the most out of your nutrition coaching, learning and achieving your goals.



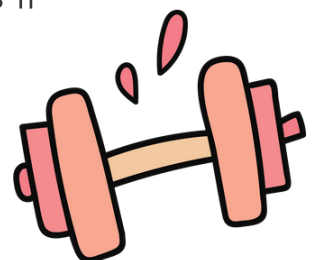
THE PWR 12 WEEK PROGRAMME



In the PWR FIT 12 week nutrition challenge you will get :

FULL PACKAGE (12 weeks in total coaching)

- Calorie and macro breakdown for your specific requirements and goals
- Recipe guide with calorie & macro breakdowns
- Portion control guide
- Shopping list to make life easy
- Meal plan (for week 1, week 2-12 we will do this together to help with your learning)
- Meal planning resources
- One-on-one 30 minute weekly coaching sessions (which include measurement follow ups) online, via zoom or facetime or messenger
- Weekly tasks and “fit homework” to complete and hand in the day before your coaching session (this will help you with accountability)
- Meal diary
- Gratitude journal
- PWR t shirt
- Ebook workout guide for at home workouts as a bonus if you need some workout inspo



THE PWR 12 WEEK PROGRAMME



GOING THE EXTRA MILE PACKAGE (18 weeks in total coaching)

- Calorie and macro breakdown for your specific requirements and goals
- Recipe guide with calorie & macro breakdowns
- Portion control guide
- Shopping list to make life easy
- Meal plan (for week 1)
- Meal planning resources
- One-on-one 30 minute weekly coaching sessions (which include measurement follow ups) online, via zoom or facetime or messenger
- Weekly tasks and “fit homework” to complete and hand in the day before your coaching session (this will help you with accountability)
- Meal diary
- Gratitude journal
- PWR t shirt
- Ebook workout guide for at home workouts as a bonus if you need some workout inspo
- Fitbit !!!!!
- Extra 6 weeks of coaching to help you one on one with the reverse dieting phase
- Reverse diet programme



THE PWR 12 WEEK PROGRAMME

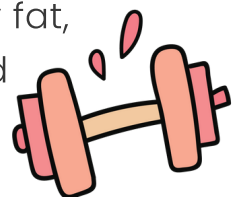


I have been a personal trainer now for 8 years, with this I have learnt a lot. A lot about exercise, how to move the body functionally in the best ways but also that exercise is NOT the most efficient way to achieve your fat loss goals.

Exercise is for us to move our bodies, gain strength, help turn our bodies into a fat burning machine, but the old saying "you can't outrun a bad diet" well that's kind of true. The reason being is because 80-90% of your fat loss results come from nutrition, but again this can be misleading, because what even is "nutrition". Is it "only eating clean", is it "the keto diet", is it "restrict carbs" or is it "no refined sugar".

So many people have turned dieting into a complete mind f*****k, which causes disordered eating, bad relationships with food, binge eating, body dysmorphia and so many more long term effects that affect us physically, mentally and emotionally.

I've created this 12 week challenge, not so you can lose as much body fat as you can in 12 weeks but to learn and grow as a woman, so that you never have to struggle with food and diets again. Everything that you learn from this programme will help you forever, you will never need another bikini body shred programme again, because with my coaching and educating you, you will forever have the resources, tools and knowledge to lose body fat, sustain it, but also do it in a way that is healthy, balanced and mindful so you don't damage your mental health!



THE PWR 12 WEEK PROGRAMME



Once you decide to sign up to the programme, you will be sent an outline of what we will do each week (timeline). We will then organise a day/time for our weekly coaching sessions which ideally will need to be the same day/time each week so we have 7 days in between each session, this allows for more accuracy when we are measuring your weekly results, as well as consistency for you. Every week you'll be sent your "fit homework" to complete, this is to help with your accountability, but also your learning, so that once you have completed the programme you would have learnt what to do on your own (which means I am doing my job).

The idea of you doing this programme is so that you can finish it knowing exactly what you are doing, and so that you won't need to ever purchase another programme etc again, this is so you can effectively and confidently go out on your own without me and my homework tasks every week. That's when I know my job is done, the results you gain are just a bonus in my eyes!



THE PWR 12 WEEK PROGRAMME



Price point:

This is what everyone wants to know first and foremost, but in my opinion your health and wellbeing is an investment. I have spent \$1000's and \$1000's on my own health and coaching and education to learn everything I need to learn so I can then help you!

Full Package: \$3,500

PWR FIT SPECIAL PRICE: \$1,500

Extra Mile Package: \$5,500

PWR FIT SPECIAL PRICE: \$2,200

We have a special running for this first programme experience to help you save \$\$! This will be running for the next 2 weeks, so if you are keen to sign up and receive the special price, let me know by replying to this email so I can send you the registration form.

We have payment plans available over 10 weeks or 6 weeks, and if money is an issue, then let me give you a call so we can discuss other options for you!

I look forward to hearing from you!

Renee x





#moveyourbody