



# A comprehensive guide by *fitpage* for getting fitter at home



Things are currently not as favourable as one would like. The pandemic has made it difficult to move or work freely, workout, or even go on a vacation with family and friends. You cannot also fully control if and when you would fall sick, or how your body would react if you do.

However, you can surely work towards preparing your body, so as to be able to:



Improve your immune system



Feel healthier



Feel confident



Fight better in case of illness

This calls for a focus on Nutrition, Physical Fitness, and Recovery. It's important to remember that you can start anywhere and take small steps every day till these habits become sustainable. Check out this **fitpage** handbook, which you can follow at all times for a healthier lifestyle.

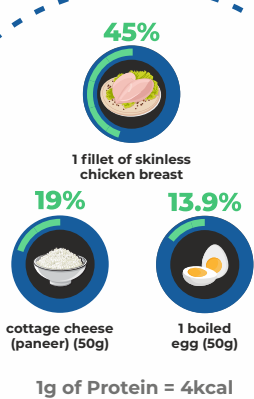
# Nutrition

The right nutrition helps you improve the immune system, manage stress, move, and sleep better. Additionally, some specific nutrients can support gut health and improve your ability to fight infection.

**% of Daily Value\***

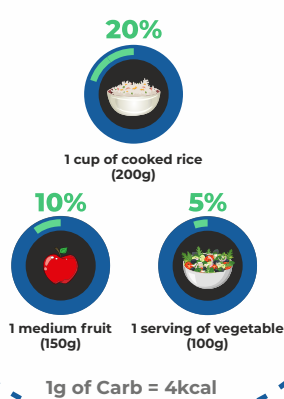
## Protein

~10-15% of total daily calories or 1g protein/kg/body weight/day



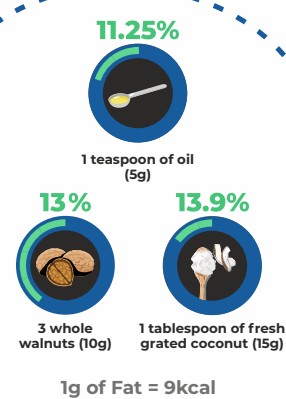
## Carbs

~55% of total daily calories



## Fat

~ 20-35% of total daily calories or 0.5-1.5g/kg/bodyweight/day



\*based on a 2,000kcal diet

A critical nutrient that helps you fight diseases, promotes growth repair, and maintenance of muscle. You may go up to ~2.2g protein/kg of body weight in a day in case you are into intense physical activity.

This is the main source of energy and hence, critical for body functions. You may aim for them from the right carbohydrate sources (unrefined whole foods like whole grains, fruits and vegetables).

Fat helps your body absorb vital nutrients and may help reduce inflammation in the body. Aim for fat consumption to be from healthy sources such as nuts, seeds, fish, and minimal cooking oil split between all meals, ~5ml per person per meal.



### Water: ~3 litres daily

Your body weight includes ~60% water, which is essential to transport nutrients, manage body temperature, create saliva, and help with digestion.



### Vitamin D: ~600IU daily

It strengthens the immune system and also decreases inflammation. Exposure to sunlight is the best source however, when not exposed enough to the sun, you may get this through foods like eggs, salmon, whole milk, and supplements on a daily or weekly basis. If you have a deficiency, you may first need to get within the normal range, and then maintain it.



### Vitamin C: Men ~80mg, Women ~65mg daily

A key micronutrient needed to fight infections. Vitamin C also contributes to maintenance of your skin, muscle, and cartilage. Fruits are rich in vitamin C. One 100g guava may be more than enough to meet your daily needs.



### Zinc: Men ~17mg, Women ~13mg daily

It plays a role in the body's defence from pathogens. It aids in cell growth and contributes to wound healing. It is a major contributor to our sensation of taste and smell. Seafood, meat, and legumes (pulses, chickpeas, beans, peas, soybeans, peanuts, etc) are good sources of zinc.



### Omega 3: ~0.5% of total daily calories or 1.1g/day

Known to fight inflammation, it also promotes heart and brain health and improves depressive symptoms. Three whole walnuts are more than enough to meet your daily needs. Animal sources of omega 3 are recommended over plant sources. Therefore, eating fatty fish like mackerel two to three times a week, or taking a supplement under medical supervision is advisable.



### Iron: Men ~19mg, Women ~29mg daily

A key nutrient in promoting blood flow and delivery of oxygen in the body. Including chickpeas, spinach, and cashews may provide a good quantity of iron in your daily diet.

## Pick the right sources of food

All calories are not the same. You may get the same number of calories from a burger and a fruit. However, both are at the extreme ends of the spectrum when it comes to quality.

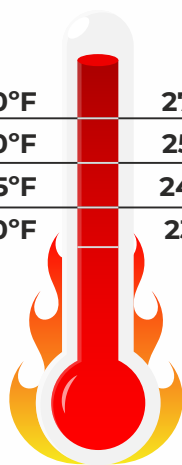


Processed food is stripped of micronutrients and fiber, and so may at times, spike your blood sugar erratically and contribute to fat deposit in the arteries.



Whole foods carry fibre and nutrients, which are critical for body functions. The sugar from them is also released slowly into the bloodstream, causing less spikes and stabilized blood sugar. Consume most of your calories from fruits and vegetables, whole or minimally processed grains, seeds, and pulses.

Refined Avocado Oil	520°F	270°C
Rice Bran Oil	490°F	254°C
Refined Olive Oil	465°F	240°C
Peanut Oil and Clarified Butter (Ghee)	450°F	232°C



### Smoke Point

While making an oil selection, select one that has a high to medium smoke point, like peanut, rice bran, refined avocado or olive oil, or clarified butter (ghee). Prolonged cooking in oils of low smoke point may impact their nutritive value significantly. Additionally, switch between different varieties of oils every three months for the different vitamin profiles present in them.



## Nutrition supplements

Supplements are not meal replacements and should only be consumed when needed, under expert supervision. A high quality protein supplement can be included (whey or plant-based) if one can't meet the protein intake through food and this should be a part of total caloric consumption. If you are deficient in micronutrients, consult a qualified nutritionist.

# Sleep

Sleep over it. The very powerful statement points to how sound sleep aids in recovery and good health almost at all times. As you sleep well, and for longer, there is an increase in blood flow, which essentially supplies the muscles with oxygen and nutrients, to help recover, repair, and regenerate cells.



Helps in releasing growth hormone for muscle and bone development



Manage stress



Regulate appetite and improve digestion



Recovery from illnesses, improve immunity



Helps in weight loss



Good target for sleeping soundly

## How to get enough sleep?



Keep your evening workouts at a moderate intensity. High intensity workouts release endorphins and increase core temperature, which may not come back to normal by your bedtime and hamper sleep



Avoid caffeine in late afternoons and evenings, it may limit your ability to sleep properly



Shower with warm water 60 minutes before bedtime — it helps change core temperature, giving your body the indication to sleep



Activities such as meditation, reading, light stretching, sex, leisurely short walks help



Drink less liquids before bedtime, which will reduce the urge to urinate



Go to sleep and wake up every day (including weekends) at the same time



Make your room as dark as possible (curtains drawn, devices off/ face-down) to maximize melatonin production and promote sound sleep



Maintain an optimum temperature of 18°C to 22°C in the bedroom, not necessarily with the help of your AC. This will help sound sleep

# Stress management



Stress is our body's reaction to any event or issue that makes us feel overwhelmed or vulnerable. It is not so much about the stressor but your reaction to it. The same stressor can motivate someone, while others can get overwhelmed. Also, it is impossible to remove stress completely from our lives. So, it is important to manage it well so that it does not negatively impact your immunity, sleep, digestion, heart, and overall health.

## Ways to manage stress



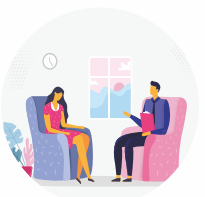
**Do not worry about what you can't control:** There is a lot going on but solving these is not within your power. Do not worry about what you can't control; worrying about media reports on incidents and situations doesn't help. Focus on what you can do within your own limits. Taking care of your own health. Not compromising your immunity is in itself a contribution.



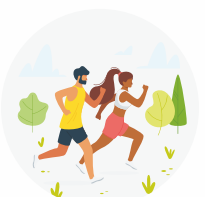
**Take a break from social media:** All of what you see on social media is not necessarily accurate. Use your common sense to filter information, and it might be even better if you stay away from some platforms for a while. If you uninstalled a social media app and came back to it a few days or weeks later, you would be surprised to find that you haven't missed out on much.



**Break it down:** If you are feeling overwhelmed in any situation, break it down into small, actionable steps. This will give you confidence and help you work on specific goals. For example, if you have a financial strain to pay off a huge loan, break it down to monthly EMIs, consider you requesting the bank to give you a breather, or seek help from someone who can help you pay it off.



**Seek help:** You can't solve all problems by yourself, and so it is fine to seek help from experts or people close to you. This also brings another perspective to the same issue.



**Workout regularly:** Working out improves your mood, regulates sleep, activates positive hormones, aids in weight loss, and overall health.



**Practice meditation:** Meditation not only improves your immune system, but also regulates your sleep, focus, and recovery. A very basic module for meditation could be done through a **5-minute pranayam**

## Breathe with *fitpage*

Close your eyes and focus on your breath.

Keep both hands on your lap with the palms facing up.

### Exercise 1



1. Breathe in for 2 seconds
2. Hold your breath for 4 seconds  
(do not hold for people with medical conditions)
3. Breathe out for 2 seconds
4. Repeat 10 times

**You can increase the breathe in and out ratio as you improve.**

Keep one hand on your lap with the palm facing up. Use the other hand to alternately close one nostril.

### Exercise 2



1. Breathe in normally for 2 counts through your right nostril
2. Breathe out for 2 counts through your left nostril
3. Breathe in for 2 counts through your left nostril
4. Breathe out for 2 counts through your right nostril
5. Repeat the cycle 10 times
6. Breathe in deep
7. Chant 'OM' by exhaling the breath through the mouth slowly and completely
8. Repeat 5 times

# Physical fitness

A total weekly workout time of ~150 minutes is good for heart health. Get 30 minutes of moderate intensity (where you can speak a full sentence while working out) workouts for five days a week. Note that a workout always does not mean doing your one favourite exercise. For example, do not just do 10 push-ups and a few sit-ups each time you think of working out. Follow a plan.



## It is recommended to:

- Get 30 minutes of moderate intensity (where you can speak a full sentence while working out) workouts. Total weekly time of workout for ~150 minutes should be a good starting point.
- Move through the day at least every 30 minutes for a few minutes



Get fit at home with *fitpage*

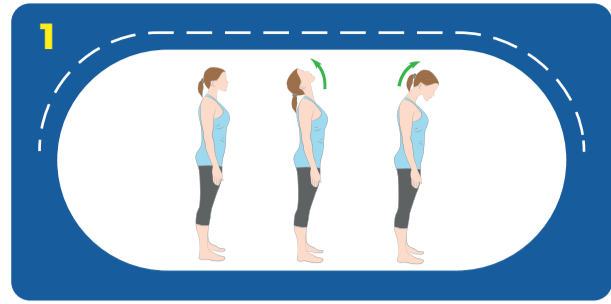
**S M T W T F S**

Get lean with <i>fitpage</i>	<b>Rest day</b>	Move with <i>fitpage</i>	Core correct with <i>fitpage</i>	Move with <i>fitpage</i>	Get lean with <i>fitpage</i>	Fit yogi
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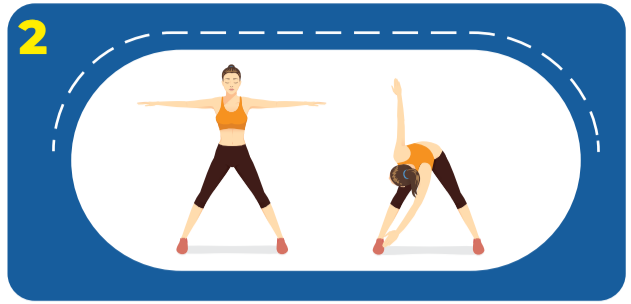
# Get lean with *fitpage*

## Warm-up

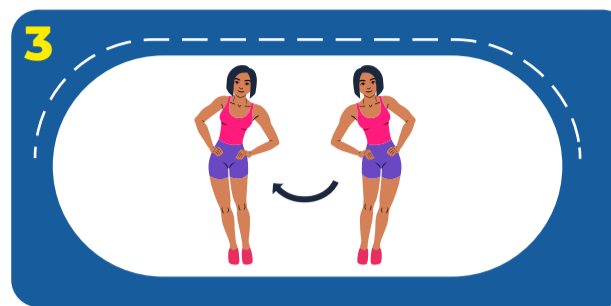
5x2 - Standing neck bends



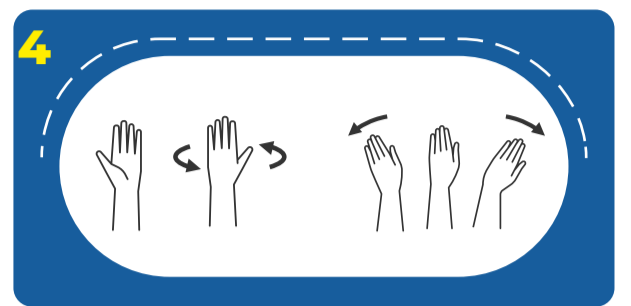
5x2 - Standing crossover toe touches



5x2 - Hip rotations each side



5x2 - Wrist rotations each side



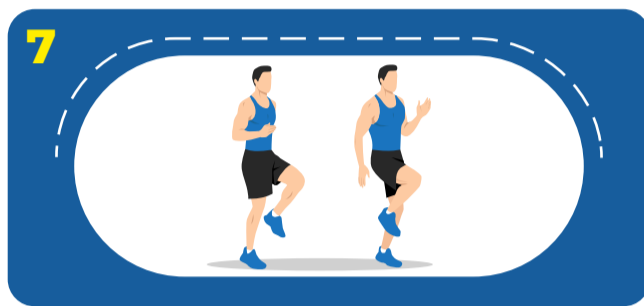
5x2 - Ankle rotations each side



30 sec x2 - March



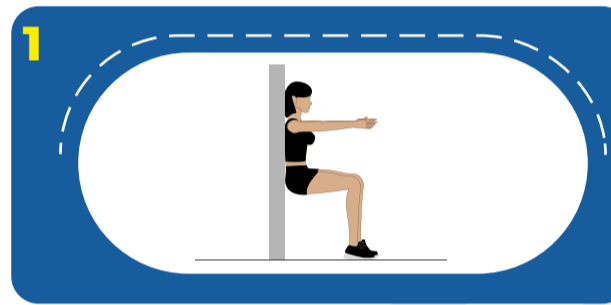
30 sec x2 - High knees



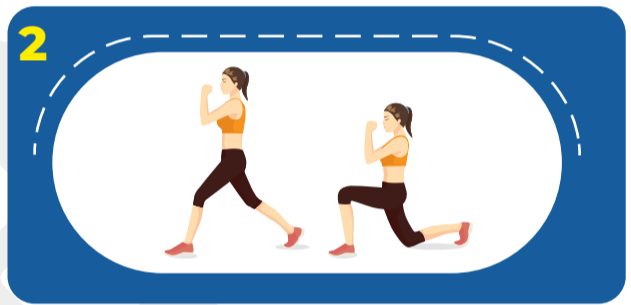
## Workout

Perform the seven exercises in a circuit one after the other. Complete 2-3 rounds of the circuit. Rest for 2 mins between rounds.

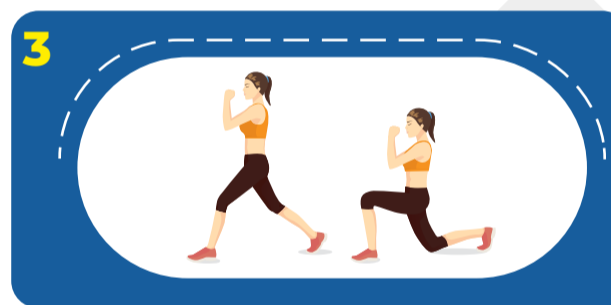
30 sec Wall sits



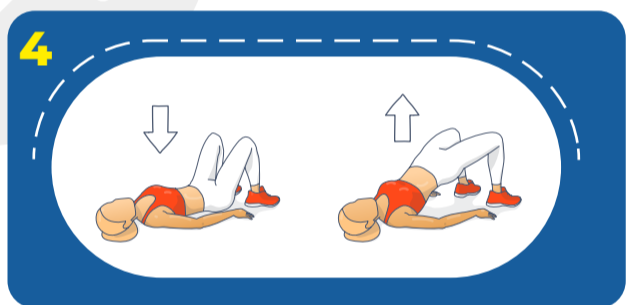
10 Static lunges (right)



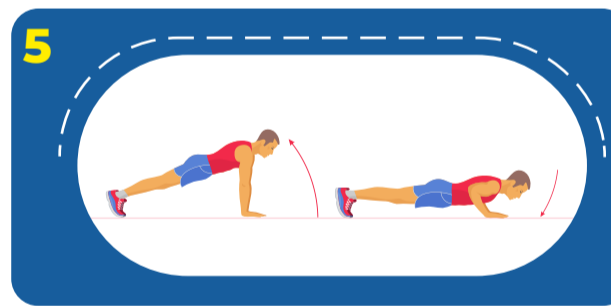
10 Static lunges (left)



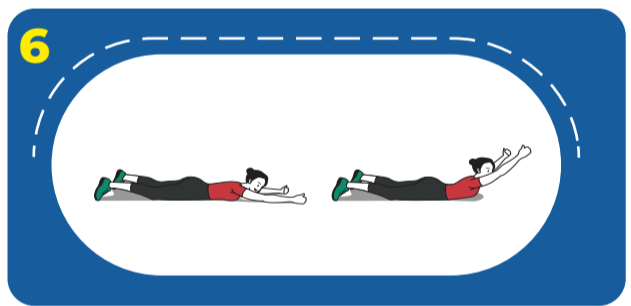
12 Bridges



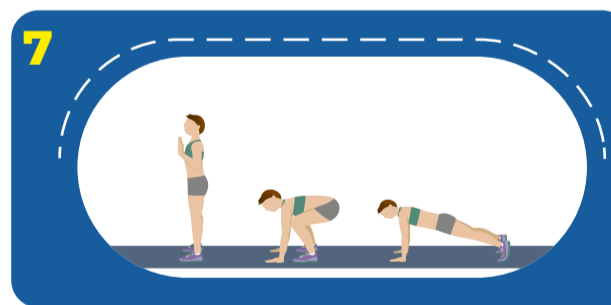
10 Push-ups



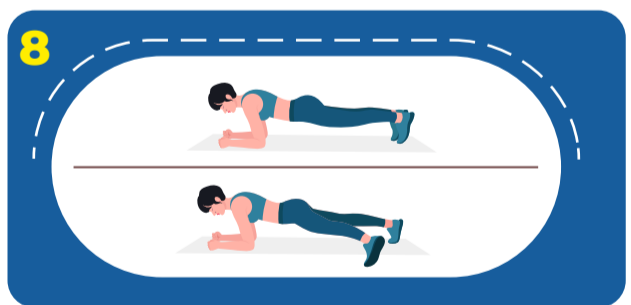
10 Prone Y raises



10 Half burpees



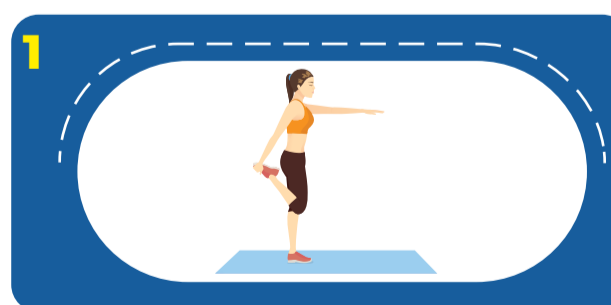
30 sec Plank toe taps



## Cool-down stretches

Hold each stretch for a minimum of 15-30 sec. Perform on both right and left sides.

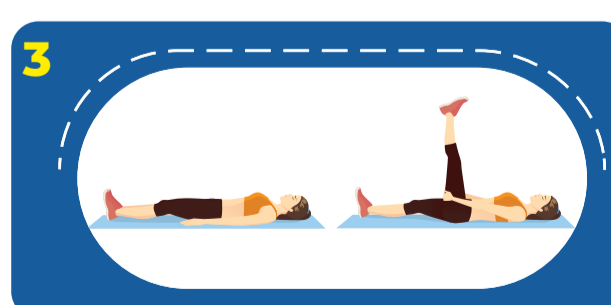
Quad stretch



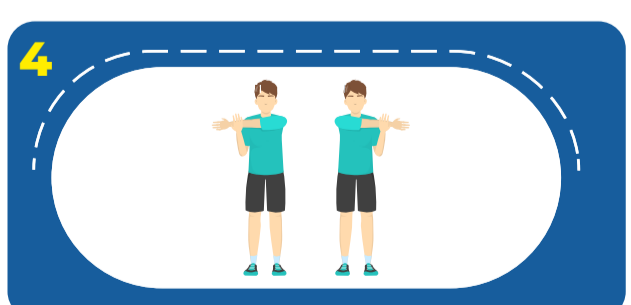
Glute stretch



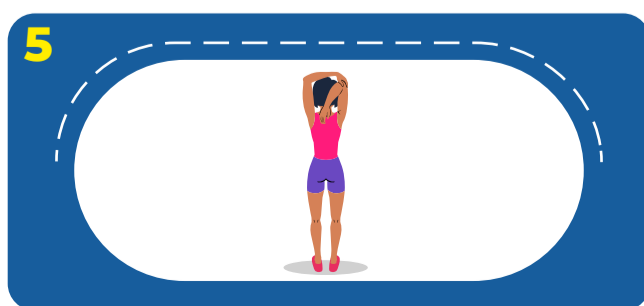
Lying hamstring stretch



Cross body shoulder stretch



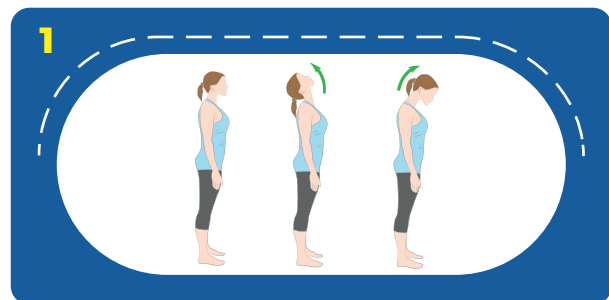
Overhead tricep stretch



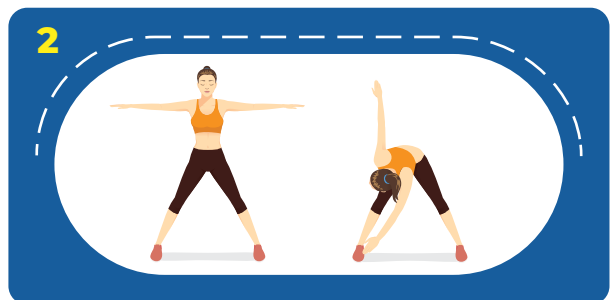
# Core correct with fitpage

## Warm-up

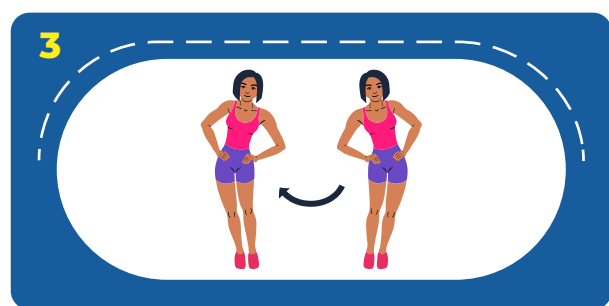
5x2 - Standing neck bends



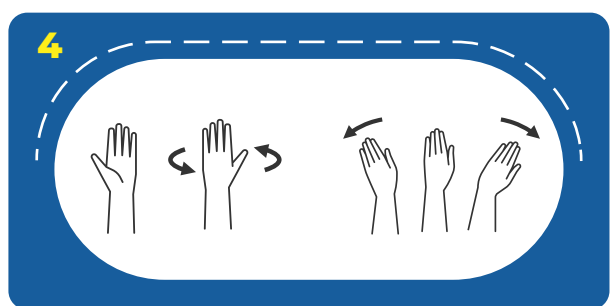
5x2 - Standing crossover toe touches



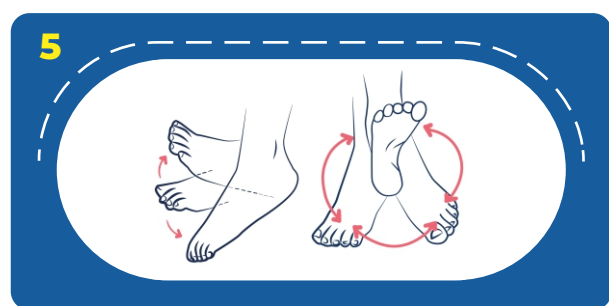
5x2 - Hip rotations each side



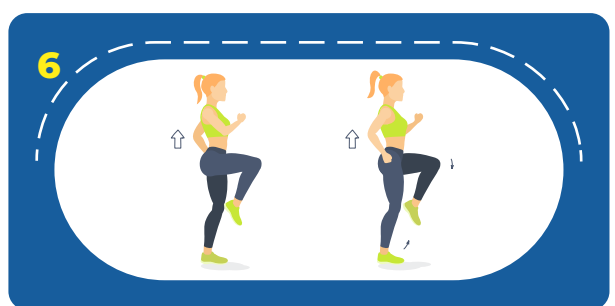
5x2 - Wrist rotations each side



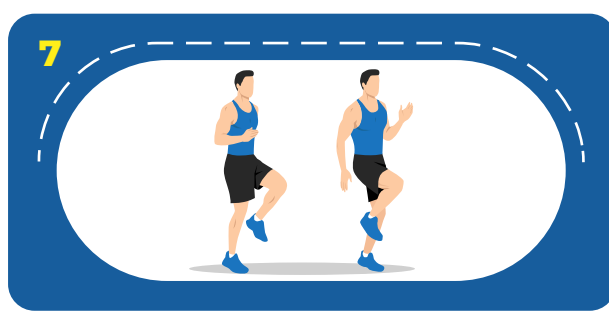
5x2 - Ankle rotations each side



30 sec x2 - March



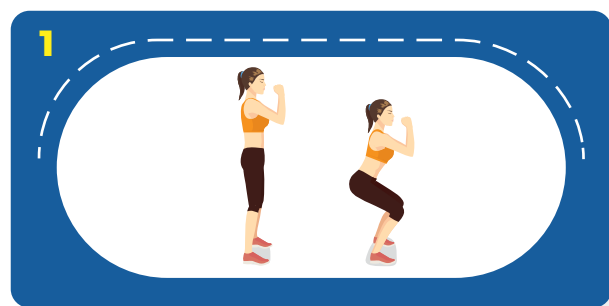
30 sec x2 - High knees



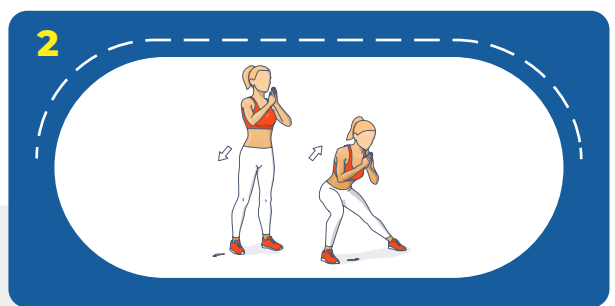
## Workout

Perform the seven exercises in a circuit one after the other. Complete 2-3 rounds of the circuit. Rest for 2 minutes between rounds.

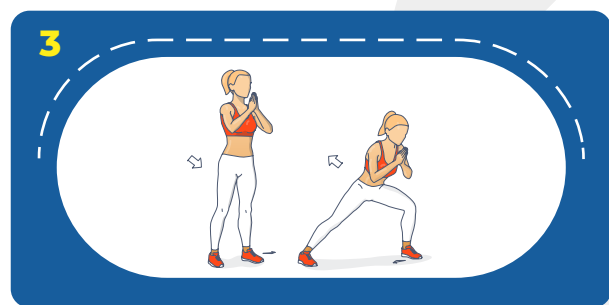
10 Mini squats



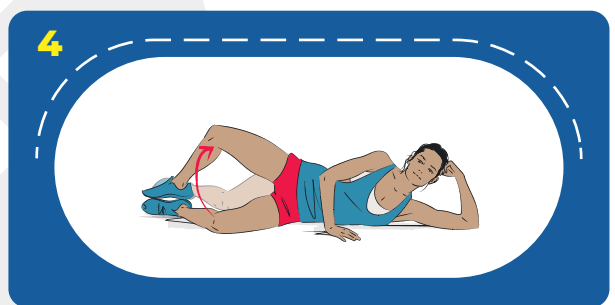
10 Side lunges (right)



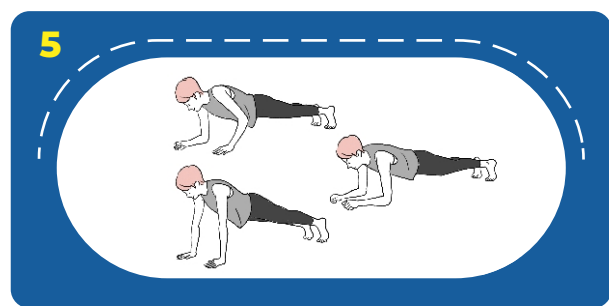
10 Side lunges (left)



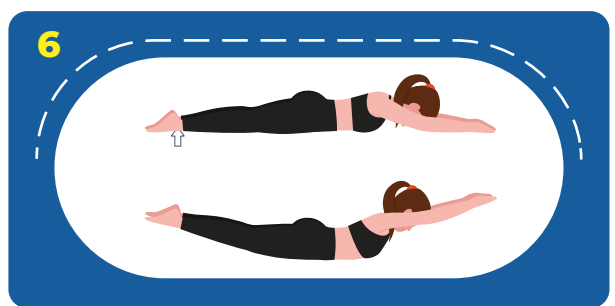
10 Clams



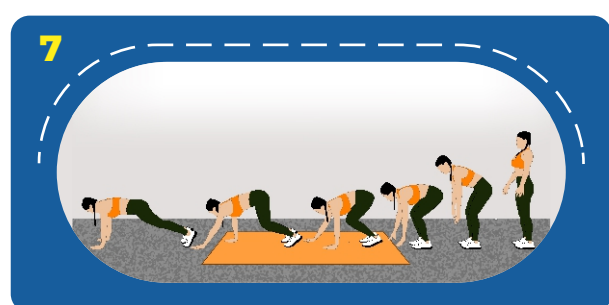
10 Plank to push-up



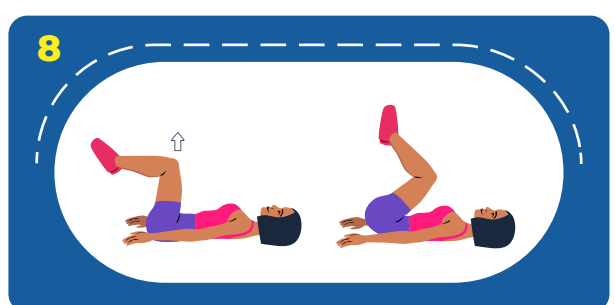
10 Supermans



10 Inchworm



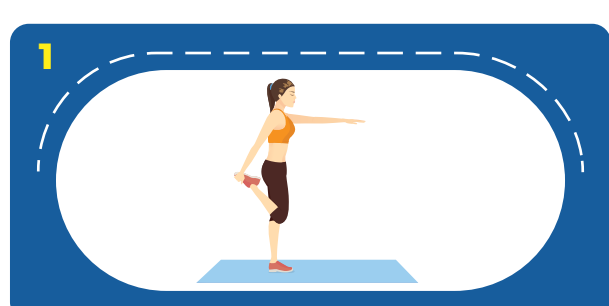
10 Reverse crunches



## Cool-down stretches

Hold each stretch for a minimum of 15-30 sec. Perform on both right and left sides.

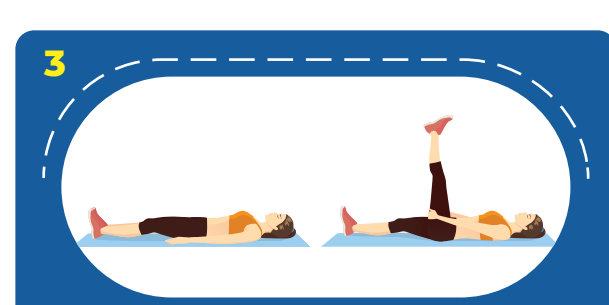
Quad stretch



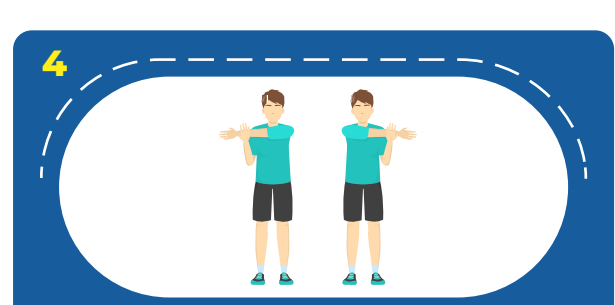
Glute stretch



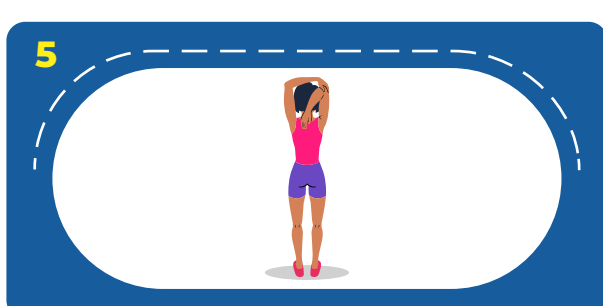
Lying hamstring stretch



Cross body shoulder stretch



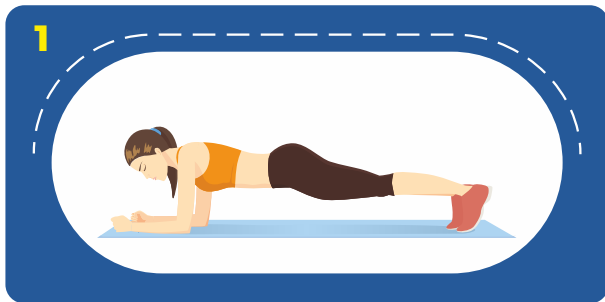
Overhead tricep stretch



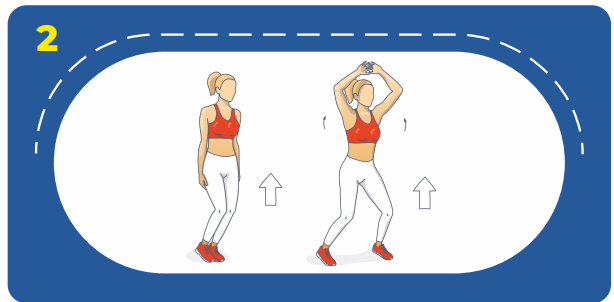
# Move with fitpage

## Warm-up

Plank hold for 30 sec

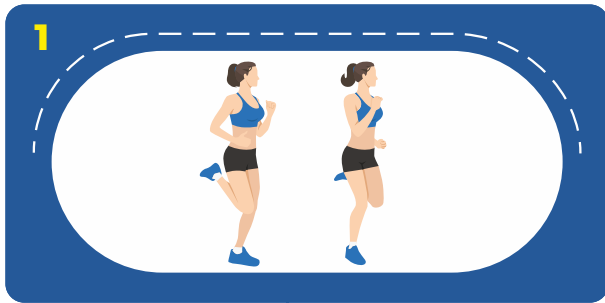


Jumping jacks 30 sec



## Main workout

Jog on the spot - 2 minutes



Run on the spot - 2 minutes

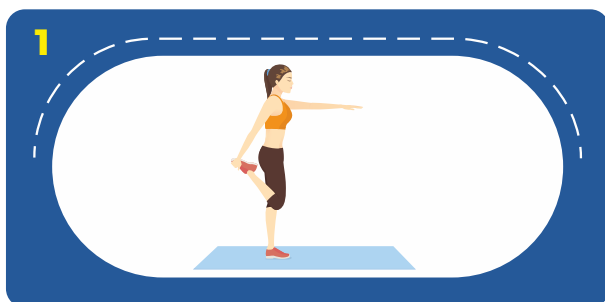


REPEAT 5 TIMES

## Cool-down stretches

Hold each stretch for a minimum of 15-30 sec. Perform on both right and left sides.

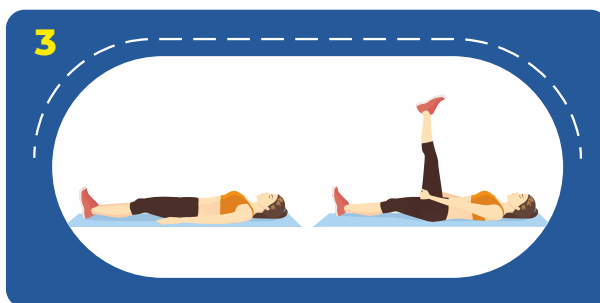
Quad stretch



Glute stretch



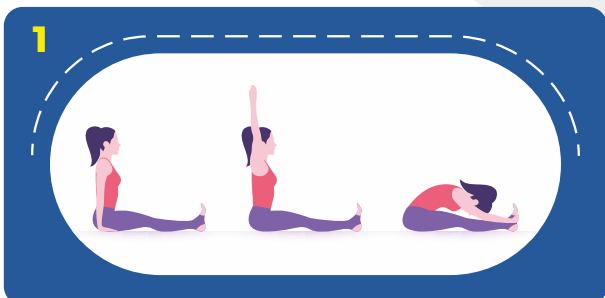
Lying hamstring stretch



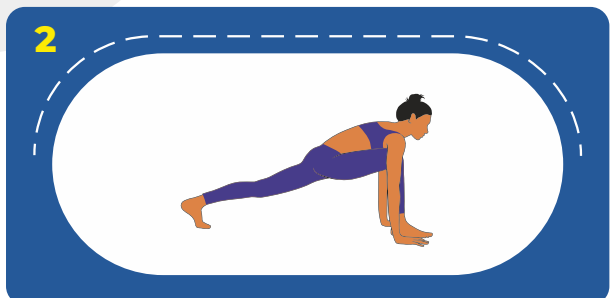
## Fit yogi

Do these poses by holding them for 15 sec each.

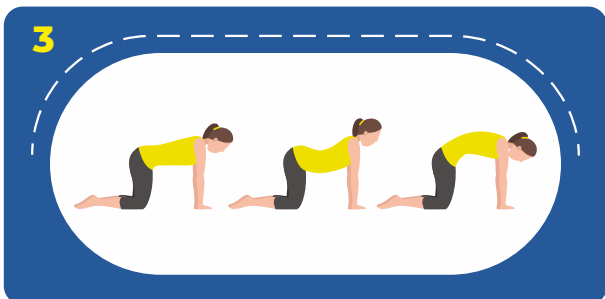
Forward bend pose



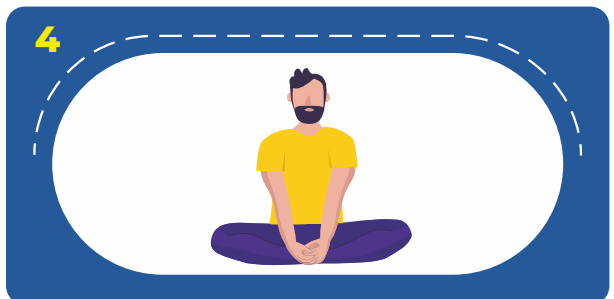
Lizard pose



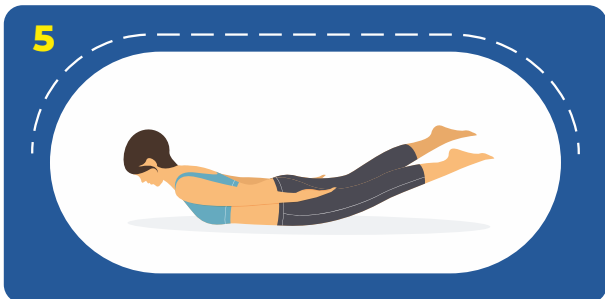
Cat-camel pose



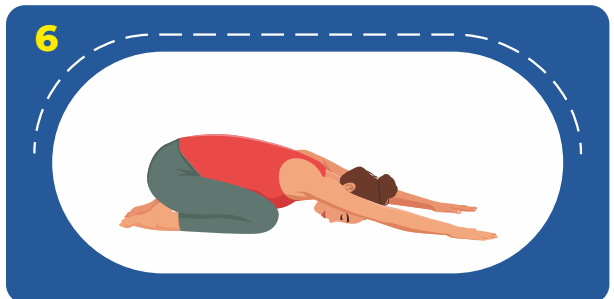
Butterfly pose



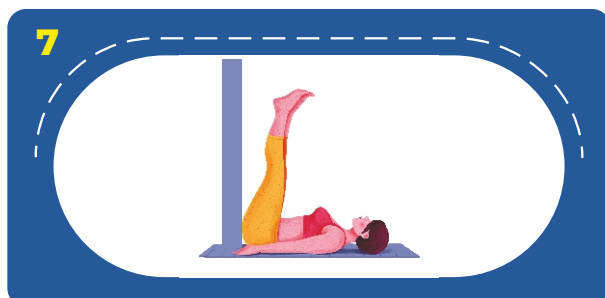
Locust pose



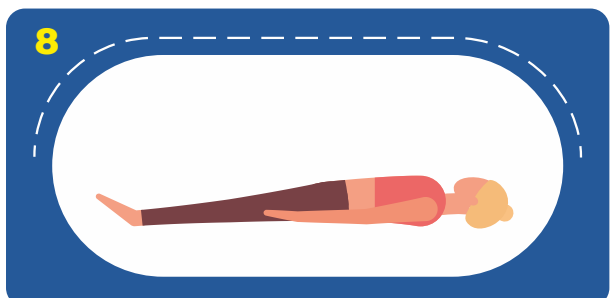
Child pose



Legs on wall pose



Corpse pose







**Vikas Singh,**  
Founder and CEO, *fitpage*

## The journey so far...

I grew up playing gully danda and studied on the banks of a canal, where gunny bags passed for seats. I grazed cows and collected cow dung till I turned 14, when my mother moved mountains to send me and my brother to the nearby city for further studies.

I played every possible sport for the incentive of a samosa at the end of each game; won races from 800m to 5k in the university; worked in security, and learnt to speak English at the age of 22. I worked in Reliance, Morgan Stanley, Goldman Sachs, and APGlobale for well over 17 years before launching **fitpage**. I got to study at Chicago Booth, thanks to a full scholarship from Goldman Sachs, for which I'm indebted.

My journey in fitness has been through experiences, learnings, failures, and experiments. When I started earning in 2004, I also started gorging on pizzas, burgers, cola, and other fast food. These foods were a sign of prosperity. The result: my weight went from 54kg to 93kg and hinted at obesity. My parents too, had begun to look prosperous on the weighing scale.

The organization I was working for then had an annual health check-up program. I loved the idea so much that I got the whole family to do this cool thing. The result: almost every health indicator was outside the green zone. The burgers and pizzas had done their job. Now, the only path open seemed to lead to doctors. But we chose to solve the problem differently and worked our way to fitness.

## The road to *fitpage*



My own fitness journey came with its experiences and showed obvious results. In the process, I learned that, **if you move enough, eat mindfully, and sleep peacefully**, you would be in control of what can be controlled in your body. There is enough data to substantiate this claim, and yet we tend to ignore the basic and most powerful pillars of fitness.

Good cardiovascular fitness, also known as cardiorespiratory fitness, is the pillar of a healthy heart, lungs, and the entire vascular system. Working on a solution that helps improve this fitness is at the core of **fitpage**. It stems from the idea of institutionalizing a platform, where one can understand the hows and whys, and utilize these learnings to get healthier. We went live with our content platform at the end of February 2021, and the training and nutrition platforms are in the works, due to be released mid-May.

**fitpage** today houses the experiences and knowledge of some of the best coaches, nutritionists, exercise scientists, and athletes from across the world. My goal is to democratize the knowledge of moving and fueling well so as to improve one's overall health and fitness.