



RÂSE

with Toril

**GETTING STARTED GUIDE
SAMPLE**

ABOUT ME



Hey! My name is Torie and it is an honor to be right along with you over these next 6 weeks.

As long as I can remember, I enjoyed being active and challenging myself physically. However, when I became a mother, I started to neglect my body, mind, and spiritual well being. I knew that this was not healthy for myself, nor my family, and I had to make a change. That is what lead me to where I am today. It is not only my hope to inspire other women to take care of themselves, but to lead by example and provide my insider knowledge of how.

My mission is to help women break free from the lie that they aren't good enough, to give them the tools needed to reach their goals, and help them renew their minds to transform their bodies.

My belief is that health and fitness should begin from within. With a healthy mind, and spiritual foundation, we will begin to move closer to a healthy body.

We won't be mastered by food or punish our bodies, but we recognize that food is fuel, movement is a "get-to", as well as a tool to love ourselves and serve others well. We show up and do the work so we can live with excellence.

I have had the privilege of helping thousands of women transform their bodies, but even greater than that is the privilege of seeing Christ transform their hearts.

I wholeheartedly believe that as you become restored, you will learn how to get free from the crazy fitness and diet culture and move toward a healthy relationship with food, exercise, and most importantly, Christ.

MORE WAYS YOU CAN CONNECT WITH ME:

WWW.TORIELINFITNESS.COM

[FACEBOOK/INSTAGRAM/YOUTUBE/TIKTOK - @TORIELINFITNESS](#)

[EMAIL: TORIELINFITNESS@GMAIL.COM](mailto:TORIELINFITNESS@GMAIL.COM)

Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This program offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this program. The use of any information provided in this program is solely at your own risk.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge TorieLinFitness from any and all claims or causes of action, known or unknown, arising out of TorieLinFitness's negligence.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

TorieLinFitness is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

**RISE UP,
TAKE COURAGE,
AND DO IT!**

EZRA 10:4

NUTRITION

Setting you up for success

WHAT IS CLEAN EATING

Clean eating is the elimination of processed foods, sugars, refined breads and starches (think white bread and flour), and replacing them with whole foods like veggies, fruits, whole grains, etc. Read this article to get an in-depth description of clean eating. torielinfitness.com/single-post/2016/04/20/What-is-Clean-Eating

The key here is changing our language around food. We will cover this more in depth as we go through this program.

I know many people have an all or nothing mindset, and at times that's ok at times, but a balanced life is something that is more sustainable and not one of depravity. Maybe you want to be able to enjoy pizza with my family, or cake at a birthday party.

So how does one do that? I follow what is called the "80/20 rule".
torielinfitness.com/single-post/2016/08/17/Living-a-Balance-Life-The-8020-Rule

WATER

Do you know how much water you should be drinking? Take your body weight, divide it in half, and that's how much you should be drinking in ounces. If you're not use to drinking that much water start out with 6 cups a day. Every day add a little more until you reach your goal.

MEAL PREPPING AND PLANNING

Meal planning is a great tool for helping you reach your goals, especially when you know you are going to be busy. You can make it as detailed and thought out as you want to. There's no set rule to it. Just find what works for you and your family.

Here are a few tips to make meal planning and prepping easier for you.
torielinfitness.com/single-post/2017/03/20/Simple-Meal-Planning-and-Prepping

WHAT TO EAT PRE WORKOUT

Most of the time it's suggested to eat a little something before exercise. It will give the best chance to get the most out of a workouts. Not eating enough before a workout can make you dizzy, lightheaded, nauseated, or lethargic. But I know that realistically everyone won't always have the time (or desire) to eat before a workout (especially if you are fasting). What do you do if you workout in the morning but don't have enough time to eat breakfast before hand? Or don't want that sloshing feeling during a workout from food being in your stomach? The truth is, for most people it's OK to workout on an empty stomach (I would not recommend doing that if you have blood sugar issues), but if you are wanting to eat before hand, here are some options for you:

CARBS

Carbs = energy. When we eat them, they break down into glucose, enter our muscle cells, and give us fuel to exercise at our maximum capacity. Your muscles store glucose in the form of glycogen, and dip into these reserves when you're putting them to work. Eating carbs before you exercise ensures that you'll have extra glucose on hand if you need it to replenish those glycogen stores. If you're strapped for glucose during your workout, you'll likely feel weak, tired, and tempted to call it quits and take a nap. Before a workout, it's good to eat simple carbohydrates, because they are digested fast and provide quick energy.

Examples include:

- a homemade granola bar or energy balls
- a piece of fruit
- oatmeal
- Greek yogurt (this contains carbs and protein)
- dried fruit
- a piece of toast
- a rice cake

PROTEIN



**SAMPLE
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FULL GUIDE**

TRAINING

Setting you up for success

BEGINNERS

If you are new to working out, or are picking it back up, I want you to aim for completing 2-3 workouts a week. Spread them out throughout the week, leaving 1-2 days in between workout days. This will give you a more achievable goal and keep you from getting discouraged. It will also give your body plenty of time to recover in between workouts.

The goal is that you get your body moving! If you want to see changes, you will need to put your best effort in the workouts. Yes, there may be days your workout stinks, or you don't give it your all, and that is ok! But remember to just show up. Consistency will create change. Try your best, push yourself, and I promise you will start to feel stronger, healthier, and notice your body changing.

Remember to listen to your body. If you feel like you need to take an extra rest day, then by all means do so. When sore muscles hit, try foam rolling, stretching, or some light calisthenics to loosen up your muscles. Sore is good, injured is not.

Always be aware of your form and slow down to correct it. Think of me saying "form over speed!" More is not always better. Better is better.

WHAT EQUIPMENT DO I NEED?

All you need is your body weight, a set of dumbbells or resistance bands/tubing, and a small space to do these exercises. If you do not have dumbbells or bands you can perform modified or unweighted versions of the exercises.

WARMUP/COOL DOWN

Always take time before you begin any exercise to warm up and cool down after. Warming up will help prevent injury, get your blood flowing, gradually and safely raise your heart rate, and lubricate your joints for movement. Cooling down will help your heart rate and breathing to return towards resting levels gradually. It will help you avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly. It helps to remove waste products from your muscles, such as lactic acid, which can build up during exercise. I will demonstrate a few ways to effectively warm up and cool down to help in these areas.

CLOTHING AND SHOES

Please make sure you are wearing the proper shoes and clothing during exercise. Clothes should be comfortable, light in color if outdoors, and fit loosely in warm weather.

Choosing a shoe that is suitable for your particular type of foot can help you avoid injuries. Many people are unaware of how important it is to have proper foot wear while working out. Whether its for running, lifting, or HIIT workouts, the proper foot wear can help reduce knee, hip, and joint pain and prevent injury.

So, let's start with strength training.

You want to look for a sturdy flat soled shoe. A huge benefit is the ability to activate more muscle and recruit more fibers. These shoes allow you to push through the floor much easier, which will allow you to produce more force during a lift. When you work out, especially during leg exercises you have to be driving through the heels. It is very hard to drive force through the heel in running shoes. The sole does not support that. Lifting shoes can help you to feel sturdier during heavy squats, deadlifts and any other free compound lift.

WHAT IS STRENGTH TRAINING?

Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

WHY STRENGTH TRAIN?

Let's face it: putting everything else aside, life is a little EASIER when you're strong. Carrying groceries? One trip. Keeping up with kids? No problem. Helping your husband move furniture? I'm your girl!

Plus, whether you're 100 lbs overweight or just need to lose the last 10, strength training is one of the most effective ways to burn fat and build muscle.

Lifting has been shown to halt and even reverse sarcopenia – the reduction of skeletal muscle that occurs as we get older – which helps us stay independent (and out of a nursing home) and live longer.

Many women are scared to start lifting weights because they don't want to get "bulky". Let me debunk that myth right now and tell you that you won't. Unless you are eating to gain tons of muscle, or taking some kind of drugs, you will not get bulky. The result will be lean muscle tissue which will help burn fat and speed up your metabolism.

TERMS

SAMPLE

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FULL GUIDE**

Remember, if you feel overwhelmed with something new, start by making a few small changes at first. Over time you will be able to gradually change your lifestyle.

Once again, thank you so much for signing up to join Rise with Torie. I hope you find this guide helpful. Print it out, save it, and reference back to it through out the year.

Please feel free to email me if you ever have any questions through out the challenge.

Have fun and move your body out of love. We are in this together!



**By signing up for Rise you acknowledge you are healthy enough to exercise, and will follow the exercises as demonstrated. You assume full responsibility for any and all injuries, losses and damages that incur while attending, exercising or participating in the Rise membership hosted by Torie Lin Fitness. You waive all claims against Torie Barte, her instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that might incur. You understand that there is a risk of injury associated with participating in any exercise and will do so at your own risk.*

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.