

# The Beginner's Guide to **GOOD HEALTH**

NOW AND EVER...



By Itish Jayawant

[www.wellnessredefined.in](http://www.wellnessredefined.in)

# CONGRATULATIONS !!

You are reading this means you have downloaded the Wellness Redefined application from Google Playstore or IOS Appstore. You have realised you deserve a better health or at least you value your health and want to take care of it in future.

This beginners guide will take you through my journey of whooping 30 kg fatloss done during the lockdown of 2020. If I can, you definately can !

**Caution:** This book is not for people looking for six packs abs or chisealed body but for all those, who want to lead healthy drug free life now and ever !

**ITISH JAYAWANT,**

Wellness Coach, Certified Nutritionist, Founder, At Wellness Redefined

## DISCLAIMER

Be informed that this book is solely written based on my personal experience and I, in no way claim, that the information in it is 100% verified, as there are more and more researches coming every day, discretion is advised. Furthermore, nothing contained herein is to be construed as Medical Advice. Use of any supplements/ drugs and exercise regimen should only be done under the directions and supervision of a licensed physician. The writer does not claim to be a medical doctor nor does he intend to issue medical advice.

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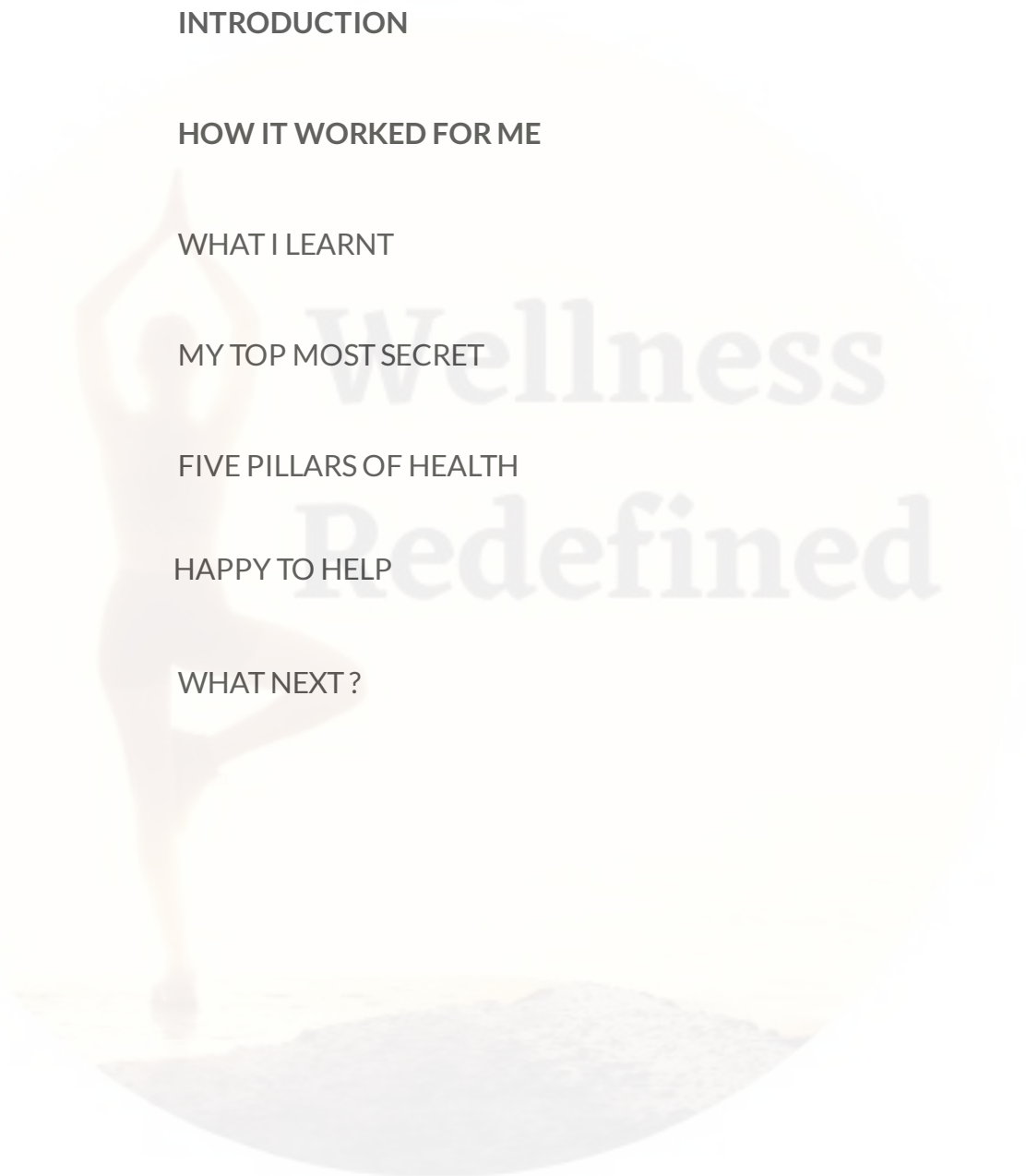
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# INTRODUCTION

It was the strict lockdown of April 2020 due to CORONA pandemic and whole world was stalled. Being an Architect by profession, it had been almost 18+ years, I was working non stop due to the profile of project management and progress I wanted to make in my career. I just wanted to earn more and to do that I was working more and saving more. When suddenly everything around me stopped (like for everyone else), I enjoyed the first few days by watching webseries, youtube channels to make delicious dishes for the family, just to compensate for the guilt, I was having for not giving enough time to my wife and two lovely daughters. April went in full enjoyment and in hopes, that everything will come back to normal like before and probably you also might have thought the same thing.

## Two things happened in the next month i.e. May 2020

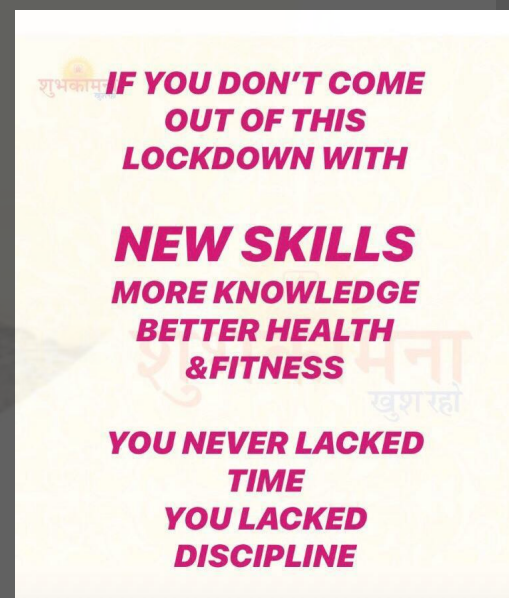
1. My mother lost her eyesight ( due to heavy diabetes ) and no one was ready to treat her, as all the hospitals had been converted in to the corona emergency centres and
2. I received one message on whatsapp, which shook me to the core and made me think of the path I was heading towards

I was obese from my childhood. As everyone tells you, I also believed, it was due to hereditary ( blame on your ancestors and genes ) and my weight kept on increasing slowly from 75 kgs to 95 kgs until I shifted to morbidly obese category of BMI calculations ( You will know about BMI as you read ). I was also warned for Pre hypertension by my family doctor earlier that year in Feb 2020, when I went to consult for regular fever.

Coming back to the point number 1, let me give you brief about my mother. Vasudha Jayawant ( Aai ) has always been strong mentally and most of my upbringing was done by her only. My father is a simple and humble retired person from SBI. He was always busy throughout his life (devoted to his second wife) SBI. Aai, became thyroid patient just after her second delivery around 1982, then came the blood pressure, followed by Diabetes and massive heart attack in year 2002. I had just finished my Architecture degree that time. What I knew was, my aai has lot of life style diseases and I will also get those ( remember hereditary ) sooner or later. I was somewhere getting ready for the same lifestyle issues, as that was what I was aware of. When my aai, lost her eyesight due to Glaucoma in May 2020, she almost gave up on her life and that was not easy to accept. She was in Nagpur at my brothers place, losing hope everyday and I was helpless in Pune not sure of what to do.



My Transformation of 30 kgs  
FATLOSS in 6 months



Whatsapp message, I received during the lockdown



# MY TRANSFORMATION JOURNEY FROM FAT TO FIT



When you are in stress, your mind doesn't work either and probably that was the reason, I completely ignored my maternal uncle's advice to join virtual community call on ZOOM. As a person, I am very cautious and skeptical of any new thing introduced to me. I not only told NO to my uncle to attend any calls but also warned my mother not to join any calls as I thought, when best of the doctors are not able to treat her, what these calls will do. Today I see the same reluctance from lot of people, who wants to transform but doesn't want to understand the body science which is taught in the morning community calls

My Uncle, not only persuaded my mom to attend morning community calls but also couriered something to consume, as he just wanted to regain her lost desire to live.

During the lockdown, like everyone else, I also used to call my close circle of friends and relatives just to check wellbeing and my mom was not the exception. She didn't tell me anything about what she is up to but I immediately felt ( new energy, hope and ) desire to live again in her voice which was so surprising.

When insisted, she just told me upfront - "Itish let me do what I am doing, as it is making me feel better, happy and reinstaling the desire to live again".



APRIL 2019

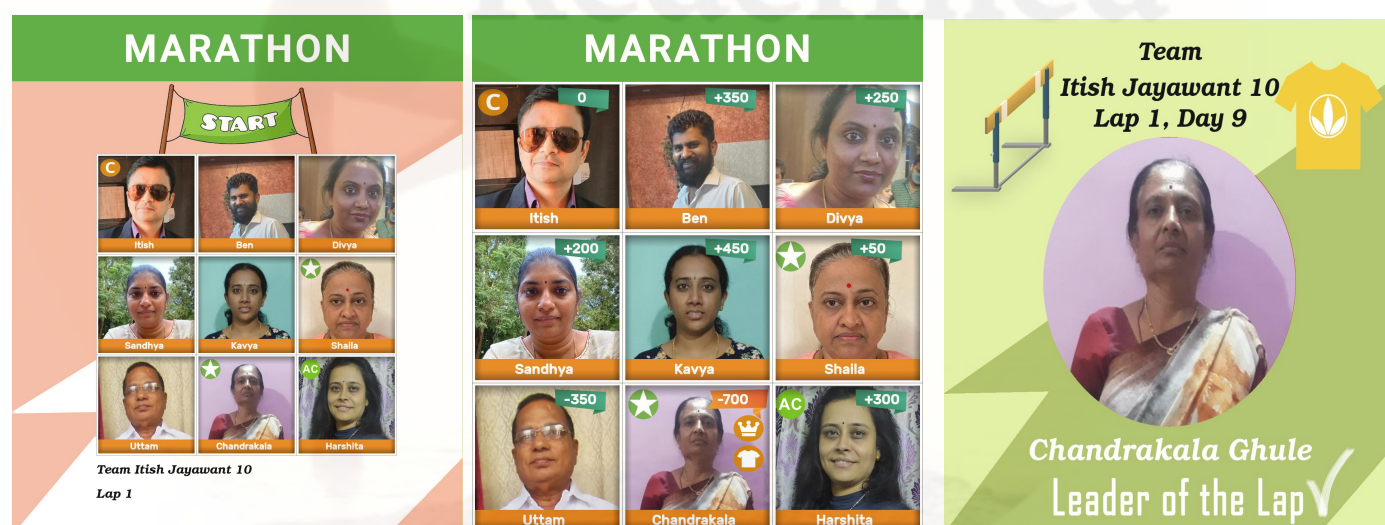


MAY 2020

## HOW IT WORKED FOR ME..

I was chubby by birth. Apart from my youth days ( after 12th ) I never felt, I should build muscles or physique like our bollywood actors because I used to think body building is for those who are jobless and they just eat, workout, sleep and repeat. But when I saw drastic improvements in my mothers health, I had to listen to the morning community calls, which I was avoiding till now. I started attending morning calls with LISTENING mindset and slowly started finding them logical, science based and relatable to common man's life like me and you. During that time a unique program called Marathon\* 18 was launched which was 21 days challenge program and it was " **You vs You**".

I attended the introductory session and quickly enrolled for the program, as only one seat was left in one of the group of 9\* nine participants. It was an engaging competition with set of activities to be followed along with my regular routine. Everything was supposed to be shared in one closed telegram group, where daily results used to be announced. This was so encouraging to see me losing few grams daily, as I never lost anything that easily over the past 18 years of my struggle to lose weight. 21 days just went like that and I became the winner of my team by losing around 6 kgs. That was followed by surprise gifts and appreciations in our community. I never felt so energetic, light, beautiful within for so many years



After the recognitions, next batch was announced & I was double excited to participate in Marathon 19.

During those 21 days, I literally forgot the chaos, negativity ( due to news channels ) around Corona and learnt a lot, but to participate in the challenge was bit costly for me ( considering the amount, I used to spend on my self care till that time ). The investment for the online coaching, workout, hand holding, knowledge and nutrition was around Rs 18,000/- per marathon. One mind was saying go ahead and participate and other was saying, it is too much ( save that amount for future ) I didn't confirm my participation even after winning the 18th batch and as expected, I received the call from my coach and after my initial lame excuses, he came to the point directly - **Do you want to make your investment on your health more affordable ?**

Without a delay for moment, my eyes lit up and I exclaimed YESS.. He told me, I need to opt to become coach so that, I can contribute to the community by helping more and more people to work on their health, exactly the way my mom, my younger brother and myself was working so far. **I became the COACH.**



# WHAT I LEARNT

## LOSE FAT NOT WEIGHT

We can all lose weight on fad diets, calorie restrictions, fasting etc. For many, the scales are what keep them on track when watching their weight. However, what you are losing is both muscle and fat. The goal of successful weight loss is to preserve as much muscle as possible or gain some, while at the same time lose as much body fat as possible. Your body fat is a key indicator of success, NOT the scales.

Don't depend on them for measuring progress. A scale can't tell you if your clothes fit better, it can't tell you if your body fat percentage has changed, and it definitely won't tell you if you're looking any better. Progress is not just measured in kgs lost.



WEIGHT LOSS	FAT LOSS
Slow metabolism	Increases metabolism
Decreased fitness levels	Increase fitness level
Improper nutrition + crash dieting	Proper nutrition
Reduction in muscle mass + fat + water loss	Reduction in fat percentage only
Cardio only = results in skinny fat	Weight training + cardio + sleep
Decreased body strength	Increases body strength
SAY NO TO WEIGHT LOSS...	AND YES TO FAT LOSS!

Source- Coreprogress

## TO LOSE FAT, YOU NEED TO BE IN CALORIE DEFICIT



Weight loss comes down to one thing: calories **IN** versus calories **OUT**. That means taking in (eating) fewer calories than you're putting out (exercising/burning).

In the simplest terms: to lose weight you've got to eat less and/or burn more.

Calorie counting is a great place to start for weight loss. But you need to know where to start.

Here's a basic breakdown for how to determine how much you need to take in versus how much you need to put out in order to see weight loss results over time:

BMR ( Basal Metabolic Rate ) is the indicator of daily calories you need to be alive.

Calculate your BMR here - <https://www.calculator.net/bmr-calculator.html>

Lets understand this with simple example:

If you keep your vehicle **ON** without driving, still it will consume FUEL to run the engine. Similarly our body keeps on working 24/7 for which a lot of energy (calories) are required which is your BMR. Add more calories for general movement and exercise to BMR to arrive at **TDEE** ( Total Daily Energy Expenditure ). When you start consuming 300 - 400 lessor calories daily, you go in to the deficit and start experiencing the weight loss ( I repeat weight loss not Fat loss )

#### Few notes:

- Healthy weight loss is 0.5- 1 kg each week. You can target your health goals accordingly as sudden extreme weightloss disrupts the normal body function.
- Rate of loss will be faster for those with higher body fat percentages or those going from being sedentary to regular activity. It will eventually slow down which is important for your metabolism and for long-term maintenance.

This is a beginning system for tracking and losing weight using calories.

Inside **Wellness Redefined**, we take it a step further by teaching our clients how to count and track macros. Macro counting not only gets you results in faster time, but it also helps with body composition change (fat loss) where calorie counting alone focuses solely on weight loss.

The combination of fat loss and weight loss happens when you're accurately tracking macros customize for your body and goals will get you the lean look you want while following a healthy nutrition and exercise program you can maintain alongside an enjoyable lifestyle.

Now that you learnt calorie deficit is the secret for weight loss, lot of people jump to crash dieting process, where they literally stop eating. This will give initial results of losing few kgs quickly but will lead to poor health due to weakened strength and immunity ( Relate it with malnourished people who starve to death due to non availability of basic food requirements )

These further leads to more health challenges, such as wrinkles, poor strength, poor muscle mass , stamina and many more health issues. So key is to understand what are the food source which are required on daily basis which will help to lose weight but will make you healthy and young while you keep on losing those extra kgs.

#### Basic components of foods includes

- |                  |                          |
|------------------|--------------------------|
| 1. Carbohydrates | 4. Vitamins and Minerals |
| 2. Proteins      | 5. Water                 |
| 3. Fats          | 6. Fibre                 |



## Carbohydrates:

or carbs, are **sugar molecules**. Carbohydrates are one of three main nutrients found in foods and drinks. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.

## Proteins:

These are **large, complex molecules that play many critical roles in the body**. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

## Fats:

**Fats** are nutrients in food that the body uses to build cell membranes, nerve tissue (including the brain), and hormones. The body also uses **fat** as fuel

## Vitamins and minerals:

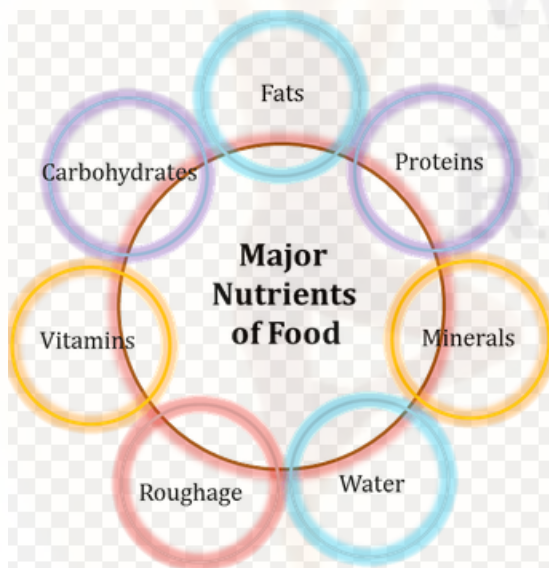
These are micronutrients required by the body to carry out a range of normal functions. However, these micronutrients are not produced in our bodies and must be derived from the food we eat. Vitamins are organic substances that are generally classified as either fat soluble or water soluble.

## Water:

Water's extensive capability to dissolve a variety of molecules has earned it the designation of "universal solvent," and it is this ability that makes water such an invaluable life-sustaining force. On a biological level, **water's role as a solvent helps cells transport and use substances like oxygen or nutrients.**

## Fiber:

Fiber is **a type of carbohydrate that the body can't digest**. Though most carbohydrates are broken down into sugar molecules called glucose, fiber cannot be broken down into sugar molecules, and instead it passes through the body undigested.



Source- Coreprogress

These six vital components of food makes it to the total of lot many nutrients which are essential for secreting various hormones, enzymes which actually drives our entire system. Consider it as central electronic panel of automatic four wheeler which receives and gives command continuously to and from to the engine to perform at the optimum level

**Human body needs 114 ( One Hundred and Fourteen ) nutrients daily to function and perform at the optimum level.**

# MY TOP MOST SECRET

## 80 / 20 Rule

**To lose weight, it's 80% about eating properly and 20% about doing the right exercise.** This makes clear that you can't simply lose weight by exercise alone – diet is the most important part of the equation.

When you workout only once in the morning or evening and eat atleast three to four meals throughout the day, you can only make out, which aspect is more important to focus on.

**Weight loss is  
80% diet and  
20% exercise.**

**We make the 80% bit  
easy & enjoyable.**

Above chart clearly indicates how calories through proper diet are more beneficial than burning the excess calories with regorous workout. Workout, cardio are important for muscle building, lungs and heart health but to lose weight, you need to precisely work on cutting down the calories while maintaining the proper intake of important **114 nutrients**

LOSING WEIGHT WITH 80% DIET AND 20% EXERCISE		
DAY OF THE WEEK	EXERCISE CALORIES BURNED	CALORIES CUT THROUGH DIET
Monday	250 Calories	600 Calories
Tuesday	0 Calories	600 Calories
Wednesday	250 Calories	600 Calories
Thursday	0 Calories	600 Calories
Friday	250 Calories	600 Calories
TOTAL	750 Calories	3,000 Calories
	3,750 Calories	

NOTE: 1 pound of fat loss takes a 3,500 calorie deficit

**Women'sHealth**

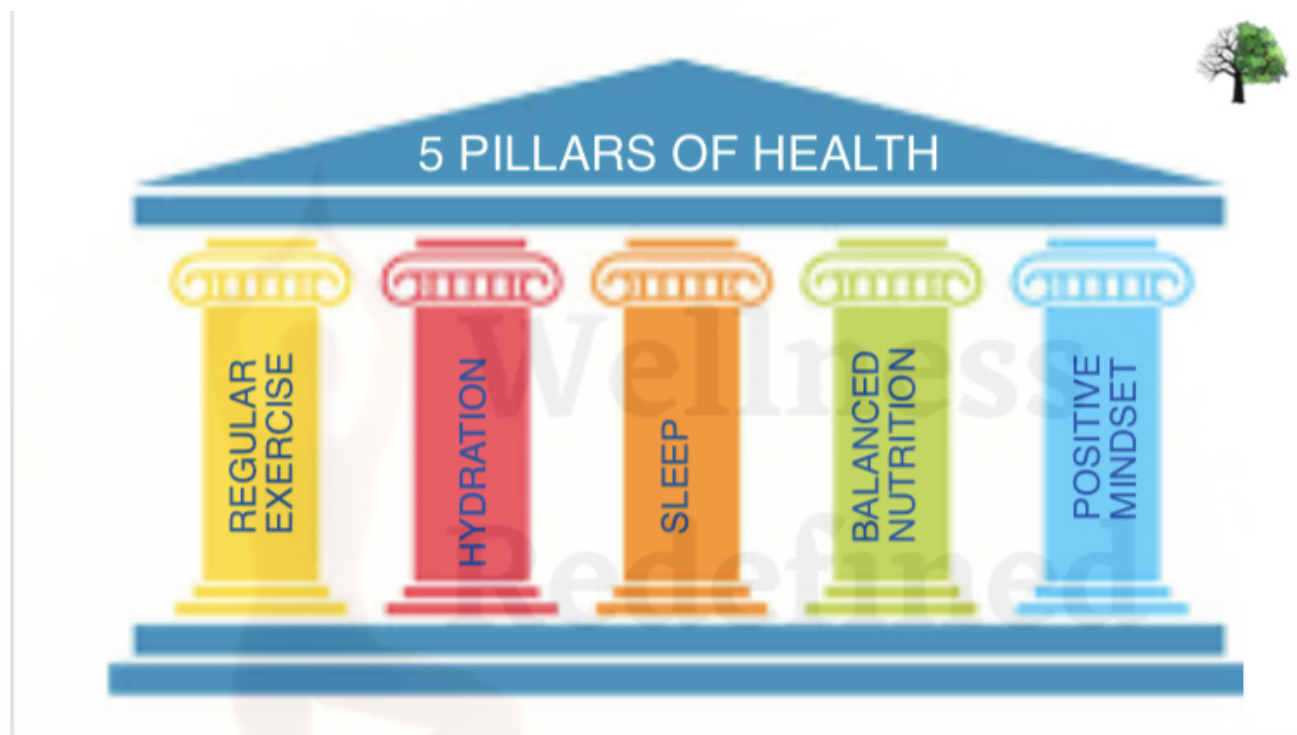
Source: Albert Matheny, R.D., C.S.C.S.

## I FOLLOW CALORIE DEFICIT, WORKOUT REGULARLY STILL NOT LOOSING WEIGHT. WHY?

This is the most common question asked to me by many people who are trying to lose weight with social media knowledge. We need to understand one thing, that one magic KADHA, lemon honey drink, Jeera water is not going to help in isolation.

One should not aim fatloss as the only goal, but living a healthy and happy life is more important and to achieve that I learnt a very important aspect of good health that is **Five Pillars of Health** .

# FIVE PILLARS OF HEALTH



This time tested-proven process having its detailed importance given back in vedas and puranas is very valuable with some basic things to be implemented with today's modern LIFE-STYLE to achieve the good health.

Many of us know some of the pillars of good health out of 5 mentioned above.

However, point to note here is that even if ONE PILLAR is neglected, it will lead to poor health.

There are thousands of examples where we find people who are following one or two pillars but neglecting other pillars knowingly or unknowingly.

We have done the survey to reveal shocking fact that more than 80% people think that EXERCISE is the only requirement for good health. Only 15% people think Proper food and nutrition along with Exercise is required for good health. 90 % people know the importance of HYDRATION but; Shockingly 85 % people are unaware about the water requirement of human body per Kilogram of body weight. Almost, 95% people did not know that positive mind set plays vital role to achieve good health.

This study ensures no surprise for the rising cases of Obesity, diabetes (sugar patients), Blood pressure, Thyroid, PCOD/PCOS, Heart patients and other lifestyle diseases just to name a few. Almost, everyone is suffering from one or more health challenges due to lack of this basic health knowledge. **Wellness Redefined** is on mission to spread this basic knowledge of 5 pillars of good health to 1 lakh people.



## 1. REGULAR EXERCISE

Please make a note that **REGULAR EXERCISE** is one of the key and not only the solution

Daily exercise of 30 - 45 minutes is required for maintainig good health. Don't confuse exercise with weight liftng in GYM. Regular exercise of 30-45 minutes is possible at home. Whole body work out, targeted exercises from beginner to professional are done in our online exercise programs.

Being physically active throughout the day is the key for contineous calorie burning which will lead to good health and avoid sedentry lifestyle

If you like to play any sport like cycling, bandminton, swimming, football, cricket, lawn tennis, running, table tennis and these amenities are available to you, then that is the best way of physical exercise. Regular exercise should be fun in your life rather than task to be completed in your daily routine.



## 2. HYDRATION

**How much water is required by your body?**

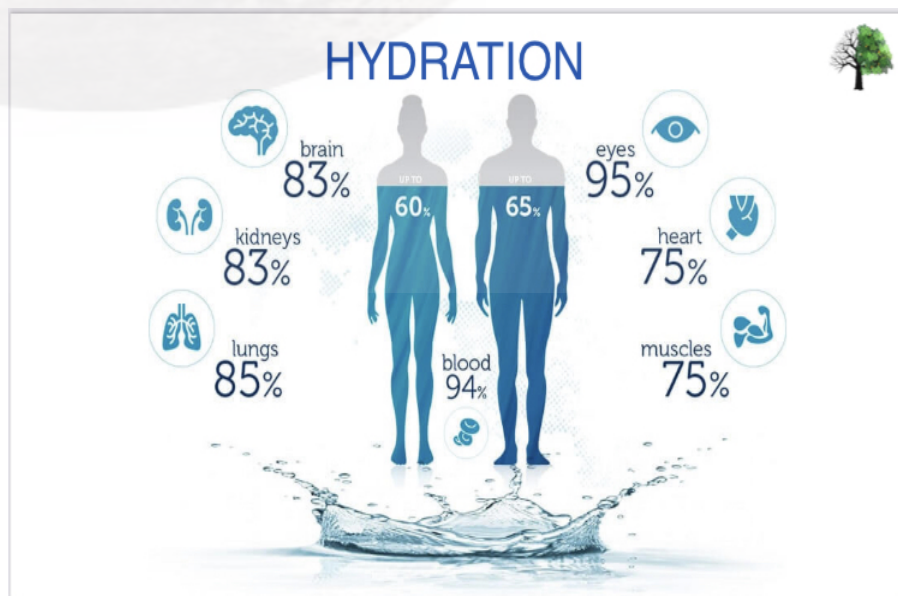
Make a note for life

**1 litre for 20 kg of your body weight.**

Eg

If you are 80 kg then your body needs minium 4 litre of water.

If you feel thirsty then you are already dehydrated !! Keep your body hydrated by drinking water SIP by SIP.





### 3. SLEEP



**1. Ghode bech ke so jao.** Rest and relaxation is very important to achieve fast fat loss which ultimately leads to optimum health.

**2. Our body follows biological clock.** One should always sleep at night. Its myth that even if we sleep late at night and wake up late morning its ok. Actually, late sleeping deteriorates one's health.

**3. Maximum calories burnes during sleep !!**

**4. Eat dinner atleast 3 hrs before sleep**  
Eating just before going to bed can lead to indigestion, which interferes greatly with your sleep cycle. Body needs min 2 - 3 hrs to digest the food and deal with food items which are bit heavy to digest. This ensures deep and sound sleep whole night

#### **5. Avoid using gadgets or watching TV while in bed**

These days almost all of us have TVs in our bedroom, and an overwhelming number of us bring our smartphones, tablets, laptops, and other devices to bed with us on a daily basis.

We watch videos online, chat with friends and family, and even play games right before we sleep. On top of that, most of us claim that the first thing we do after we wake up in the middle of the night is reach for our phones.

Unfortunately, these habits suppress melatonin, a natural sleep hormone. The bright lights of your gadgets tricks your brain into thinking it is daytime, disturbing your natural cycle.

#### **6. Avoid bright light prior to going to sleep**

In addition to banning devices in bed, it is also important that you shut off all lights in your room, make sure that no ambient light is seeping into your bedroom, and that devices like mobile phones that might disturb you are turned off.

A dark room naturally kick starts your sleep cycle and is very important for your sleep hygiene.

## 4. BALANCED DIET



### How much Protein is required by your body on daily basis ?

Make a note for life

1 Gm Per KG your body weight protein is required by your body on daily basis.

Lets understand with the example:

If you are 80 kg then your body needs minimum 80 gm of first class protein as a thumb rule.

However, for body builders, sports persons or pregnant women the requirement of first class protein goes upto 1.5 gm to 2 gm per kg of body weight depending upon the actual physical activity.

Please make a note that **BALANCED NUTRITION is important for healthy life.**

Balanced Nutrition is made up of following 3 Macronutrients

- 1) 25 % First Class Protein
- 2) 25 % Good Fats / Fatty Acids
- 3) 50% Complex Carbohydrates

### 1. Protein:

Feeling tired or weak? Your protein levels might be running low.

### 2. Carbohydrates:

Need more pep in your step? Make sure you're consuming healthy carbohydrates. They'll help you get through your busy day with energy and stamina.

### 3. Omega 3:

Healthy fats (Omega 3s) are important for your heart, brain, and joint functions.

### 4. Vitamins & Minerals:

Vitamins and minerals aid in cell function, convert macronutrients into energy, and help support the immune system.

### 5. Phytonutrients:

Produced by plants, phytonutrients protect us from oxidative stress.

### 6. Hydration:

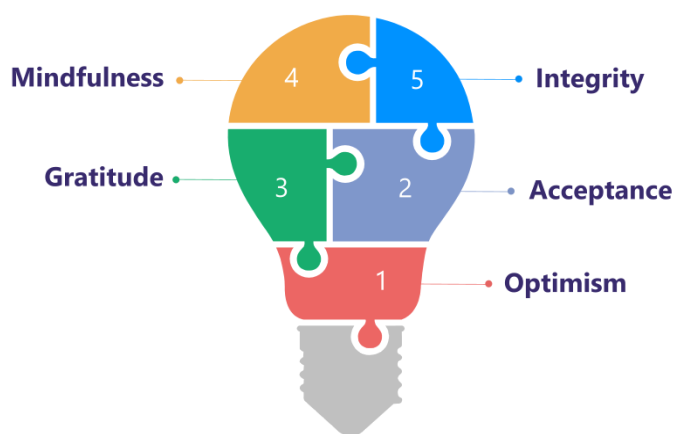
Replenishing the water you lose is critical. Dehydration can lead to fatigue, muscle cramps, constipation and dry skin.



## 5. POSITIVE MINDSET

### Positive Mindset

5 Key Characteristics



Positive mindset is the 5th and most important pillar for achieving optimum health.

You need to have 100% Positive Mind Set not only for achieving good health but to achieve anything in your life.

Positive mindset can be developed through proper mind training. Your mind should always feel resourceful. The simplest way to start having positive mind set is to start paying GRATITUDE.

Always, try to think the brighter picture of the situation. Be thankful to whatever you have. Challenges will always be there in your life. Every body has challenges. Your mind should be open to challenges as it will only make you better person.

It will grow you as a person. Look at all problems as opportunities then only you can grow.

Spend time in RECREATION activities. Work on your hobbies. Do whatever you enjoy. Follow your passion. Listen to some cool music. Dance to your favourite song. This will help you to have positive mind set. These are few things which one should do to have positive mind set.

Positive mind set also depends on the company. We have the same mind set as of 5 our closest people with whom we interact on daily basis. And, the sad news is majority of the people has negative mind set. Every body is suffering. The society speaks negative news. Media shows negative news which has very bad impact on your mind. The best way is to keep away from News channel, News papers, Negative movies, Negative friends, Negative people. The best way to have community of positive mind set people. Listen to motivational speakers and few spiritual leaders.

Read good books, Listen to positive affirmations. Visualize the best future for you. **I would recommend to visit our community for 3 complimentary sessions as guest to understand the positive mind set of people in the community.**

People come with lot of challenges. Every body has challenges, but then how you overcome the challenges and how you look at the challenges will make the difference in you as mediocre or Successful person.

So, positive mindset is not only required for Good Health but also for the growth in all areas of your life. To be specific, Positive mind set is required to have Good Health, Good Wealth, Good Relations to ultimately achieve HAPPY LIFE !!.

Read more, use logic and question everything that's happening. That's the only way you'll benefit your body as well as people around you. I hope this small booklet gave you enough information to start with. Feel free to share it among your friends and family as well. Remember, Fitness is your right, but you have to earn it!



## 6. HAPPY TO HELP



**WELLNESS REDEFINED**  
EDUCATE | INSPIRE | TRANSFORM

YOU ARE INVITED FOR  
**2 COMPLIMENTRY SESSIONS**

**MORNING COMMUNITY CALL**

BECAUSE YOUR HEALTH  
MATTERS !!



**FILL THIS FORM AND**  
**ASK FOR THE LINK**

[www.wellnessredefined.in](http://www.wellnessredefined.in)

The background of the flyer features several wrapped gifts in red and white paper with heart and 'XOXO' patterns, tied with red ribbons.

Click the below link and get connected

<https://forms.gle/mNZPHkE6jhXtH4398>



## 7. WHAT NEXT ?

Start your health journey right now without any further delay because if there is any better time to start, it is **NOW** ! You will have lot of questions queries when you will start working on your health. Do not worry Wellness Redefined is there to help you at each stage of your health journey.

Wellness Redefined has strong presence on social media paltforms and we are waiting for you to serve you and see you getting transformed. Just click the below links, **SUBSCRIBE** and get connected instantly

All the Best !

Your Health Partner

Itish Jayawant

Wellness redefined

You Tube

[https://www.youtube.com/channel/UCsjqnMGM4L2\\_AM3n2GfzXwQ](https://www.youtube.com/channel/UCsjqnMGM4L2_AM3n2GfzXwQ)

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[https://t.me/itish\\_jayawant](https://t.me/itish_jayawant)

# THANK YOU

## We Welcome Your Feedback

<https://forms.gle/mNZPHkE6jhXtH4398>

