



21-Day

Drop zone Club

**DROP THE BODY FAT, STRESS, ACHES AND OLD HABITS -
NOT THE FUN !**

**GAIN STRONGER, LEANER, FITTER BODY, AND A BIG SMILE.
HERE, LOSING FEELS LIKE WINNING.**



www.fit2shine.co.uk



Welcome Pack

FOR WOMEN 40'S, 50'S, 60'S, 70'S +



At Fit2Shine, we want your age to be a mystery — guessed by your moves on the dance floor, look and energy you radiate, not the candles you're blowing out.

At Fit2Shine, we celebrate progress beyond the scales. We're here to help you shine brighter, stand taller, and feel unstoppable in every decade.

OUR 4 PILLARS

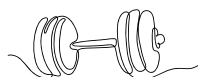


1

Calm Yourself

If you calm yourself, you don't need to "stuff yourself."

Balance your autonomic nervous system using breathing as your most powerful tool. Rebuild a healthy relationship with food and intuitive eating. Understanding the importance of the gut-brain connection.



2

Train Smart / Move More - NEAT

(Non-Exercise Activity Thermogenesis)-Small daily movements matter just as much as formal workouts.

Train smart - step out of your comfort zone, but you don't need to overwork or push your body to extremes to have a "good" workout. That approach often backfires, leading to unsustainable routines and increased risk of long-term wear and tear.

Instead, learn when to push and when to pull back. Rebalance, recover, and focus on consistent training that meets your body's needs. **Respect your natural cycles and unique capabilities.**



3

Respect Your Body

Don't treat it like a rubbish bin.

Hydrate well and Fuel it with balanced meals, following the single-ingredient rule, with nutritious and delicious foods you enjoy.

Practice Portion Awareness and stop random snacking !

Pay attention to hunger and fullness cues, not just calories.

Open our Fit2Shine recipe book and start!



4

Recovery

Prioritise sleep to restore, repair, and thrive.

Look after your skin.

WAY TO SUCCEES

- Celebrate Non-Scale Victories - notice energy levels, mood, strength, and body composition changes
- Progress v Perfection - every small action counts. Consistency matters more than flawless effort.
- No Quick Fixes - only sustainable, hormone-friendly, age-positive strategies
- Power of Support - we learn with and from each other, wisdom flows both ways
- Respect & Confidentiality - what's shared here stays here
- Jugment Free Zone - positive selftalk

WEEKLY FLOW

Sunday afternoon:

- Check-in and weekly progress review
- Quick tracker check-in (hydration, nutrition, movement, mood)
- Plan for next week

DAILY TRACKER PROMPTS

Nutrition: Did I fuel my body well today? (balanced plate, protein, variety)

Movement: Did I strengthen/move/stretch today or took Fit2Shine class?

Hydration: Did I stay hydrated?

Mood: How do I feel physically & emotionally today?

Breathwork: Did I practise any breathing exercises for calm or focus?

Non-Scale Win: What am I proud of today?

Tomorrow: One supportive action I'll take

WHAT ARE YOU GOING TO DROP?

PICK maximum 3 and write them down by priority.

Body fat

Back pain

Knee pain

Stress

Sleepless nights

Comfort eating/ over eating

Sweet food (specify what)

Alcohol

Coffee

Feeling Low energy

Busy mind

Breathlessness

Weak muscles

Stiffness (specify where)

Spending lots of time on my mobile

Late bedtime

Skipping meals

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**WHAT DO YOU WISH TO
ACHIEVE/IMPROVE? BE SPECIFIC.**

1.

2.

3.

Choose a class every day
(For the latest timetable and
bookings, visit our website.)



FIT 2 SHINE

Weekly classes Schedule

WEEK
COMMENCING:
1 June



MONDAY

-  8:5 AM – Breath in Movement
-  9:30 AM – Resistance Bands with Balance
-  10:30 AM – Functional Fitness
- 6:00 PM – Full Body Strength



TUESDAY

- 9:30 AM – Get Together with JUDI
- 6:30 PM – Get Together Fit Beat



WEDNESDAY

-  8:15 AM – Morning Mat Workout
-  9:00 AM – Full Body Strength
- 6:00 PM – Full Body strength



THURSDAY

- 10:30 AM – Feel Good Workout
- 6:00 PM – Summer Shaper



FRIDAY

-  9:00 AM – Balance
-  9:45 AM – HIIT to the Beat



SATURDAY

- 9:00 AM – Feel Good Workout



All classes on ZOOM



Pre-recorded classes



Outdoor workouts: Lauriston Castle Estate



Recording of this class will be available later in
your account on Fit2Shine website: www.fit2shine.co.uk

