

5 WAYS TO BUILD CONFIDENCE IN THE GYM!



Get a Gym Tour

Ask for a gym tour (most gyms will offer this) and film a walk through of the gym layout to watch later. This way you can map out your first session with what you need & where things are located!



Use your warm up time effectively to plan



Start mapping out your session and where you are heading next while warming up so you are already one step ahead!



Read your Program before entering the gym

Read your program outline and watch all instructional videos before entering the gym. You can also pop in your headphones and listen along in real time so you feel like you have a PT there instructing you!



Pick a quieter time to attend



If you can, go to the gym at a quieter time, at least for your first few sessions while you find your bearings. Peak times are typically between 5.30-7am and 4.30-7pm. It is usually quieter on the weekends, especially Sundays!



Start with beginner variations



Pick the beginner variations of exercises (or bodyweight/supported options) until you are feeling more comfortable in the gym itself and with your form and are ready to increase your intensity.

CHOC CHIP COOKIE BAKED OATS

2 servings

🕒 5 minutes to prepare, 20-25 cooking time

A warm, sweet brekky or snack that is an easy way to get a serve of protein in!



Ingredients

- 30g Vanilla Protein Powder of choice
- 2 Extra Ripe Bananas
- 1 cup Almond Milk
- Drizzle of Honey/Sweetener
- 1 teaspoon Ground Cinnamon
- 1 cup Quick Oats
- Chocolate/Choc Chips to top

Method

1. Preheat oven to 180.
2. Add all ingredients (minus chocolate) to blender and blend until combined.
3. Pour into 2 Ramekin dishes of choice.
4. Sprinkle over chocolate, mixing in as you go, leaving a small amount for the top.
5. Bake for 20-25 minutes, until centre is starting to harden and top has risen.

CHOC CHIA PUDDING

4 servings

🕒 15 minutes to prepare, 25 minutes cooking time

Thank your past self for this delicious pre-made brekky



Ingredients

- 4 teaspoons Chia Seeds
- 30g (1 serve) Chocolate Protein Powder
- 1/2 cup Almond Milk
- 1 teaspoon Cinnamon
- 2 Tablespoons Maple Syrup
- Muesli and Fruit to top

Method

1. Place chia seeds and protein in a jar and mix together.
2. Add milk, cinnamon and maple syrup and stir well until combined,
3. Leave to set and thicken in fridge for at least 3 hours (preferably overnight).
4. Top with your favourite muesli and fruit!

NACHOS

5 servings

🕒 15 minutes to prepare, 10 mins cooking time

A crowd favourite!



Ingredients

- 1 Brown Onion, diced
- 1kg Lean Beef Mince
- 400g can Diced Tomatoes
- Nacho Seasoning
- 250g jar Taco Sauce (or Salsa)
- 400g Corn
- Bag of Corn Chips
- Mozzarella Cheese to top
- Olive Oil
- 1 Avocado + Guacamole Seasoning to top once cooked

Method

1. Brown onion, then add mince in an oven safe pot on stove top at medium heat until cooked through.
2. Stir through tomatoes, taco sauce, seasoning and corn.
3. Top with corn chips and cheese.
4. Place in the oven for 10 minutes to melt cheese.
5. Top with Guacamole and enjoy!

PRAWN & PORK CHOW MEIN

2 servings

🕒 20 minutes

A delicious Chinese style dish, also great served with dumplings!



Ingredients

- Drizzle of Olive Oil
- 1 Brown Onion, diced
- 500g Frozen Peas & Corn
- 500g Lean Pork Mince
- 2 Zucchini, sliced
- 300g Peeled Raw Prawns
- 3-5 Tablespoons Oyster Sauce
- 1 Carrot, grated
- Salt & Pepper
- 300g Thin Egg Noodles
- Sprinkle of Sesame Seeds

Method

1. Brown onion in oil at on a large pan at a medium heat. Add pork mince and cook until brown.
2. Add prawns and cook until light orange in colour.
3. Slice zucchini, grate carrot and microwave peas and corn for 3-5 minutes.
4. Add oyster sauce, salt, pepper and vegetables and allow to simmer.
5. Cook egg noodles as per packet instructions and add to pan.
6. Sprinkle through sesame seeds and enjoy!

CHOC CHIP COOKIE DOUGH BARS

8 bars

🕒 10 minutes

The ultimate sweet tooth snack!



Ingredients

- 1 cup Almond Meal
- 1 cup Oats
- 1 teaspoon Vanilla Extract
- 1 teaspoon Cinnamon
- 3 Tablespoon Rice Malt or Maple Syrup
- 1 Tablespoon Almond Butter
- 2 Tablespoons Protein Powder
- 1/2 cup Chocolate Chips
- Approx 1/4 cup Almond Milk

Method

1. Mix all ingredients, stir in milk last, slowly to reach desired consistency
2. Flatten out into a square baking tin.
3. Leave to sit in fridge for a few hours to harden.
4. Slice into bars and serve.

NEED MORE HELP?

YOU KNOW WHERE TO FIND ME!



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