Lee-Ann
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A PRACTICAL FITNESS GUIDE • SIMPLE BASICS THAT WORK

10 Fitness Basics for BIG Results

Ten tried-and-true reminders to help you stop overcomplicating fitness, build better habits, and stay focused on what really works.

Hey, friends!

Sometimes we get overwhelmed by all the food and fitness advice out there. One person says to do more cardio, another says to avoid carbs, another says to do the latest trend that's popping up online. It can get noisy fast.

This guide is your reminder to come back to the basics. These are the simple, steady habits that support real results over time. Nothing fancy. Nothing extreme. Just practical fitness basics you can keep coming back to.

Even though these are 'basic,' they matter. In fact, they matter a lot. When you stay focused on the basics and do them consistently, that's when the big results start to happen.

THE BIG IDEA: Don't overcomplicate it. Move mindfully, eat more moderately, and stay consistent.

1. Have fun

If you're not enjoying your food and fitness plan at least a little bit, it's going to be very easy to lose interest.

That doesn't mean every workout has to feel magical. It just means your routine should feel doable, satisfying, and like something you can stick with.

Quick ways to put it into action:

- Choose activities you genuinely enjoy or don't mind repeating.
- Pick meals and habits that feel realistic for your lifestyle.
- Let fitness support your life — not become something you constantly dread.

My reminder: The best plan is the one you can actually keep doing.

2. Set goals

Goals help give you direction. Without a plan, it's easy to drift, get distracted, or feel like you're working hard without really knowing what you're working toward.

Your goals don't have to be huge. They just need to be clear enough to help you stay focused.

Quick ways to put it into action:

- Set a specific goal, like getting stronger, exercising three times a week, or improving your eating habits.
- Break big goals into smaller weekly actions.
- Check in with yourself regularly so you stay on track.

My reminder: A plan gives your effort a purpose.

3. Drink enough water

Hydration is one of those simple things people often overlook. A good starting goal is about 64 ounces of water a day.

A lot of the time, we think we're hungry when we're actually thirsty. So if you've already eaten and still feel hungry, try drinking water first and see if that helps.

Quick ways to put it into action:

- Keep a water bottle nearby.
- Drink water consistently through the day, not all at once.
- If you feel off, tired, or extra hungry, check your hydration first.

My reminder: Sometimes the body is asking for water, not more snacks.

4. Pass the protein, please

Protein matters — a lot. Many women, especially, tend to undereat protein.

Protein helps support lean muscle, and lean muscle helps shape your body. When people say they want to look more 'toned,' what they really need is usually more muscle and less body fat.

Quick ways to put it into action:

- Include protein regularly in your meals.
- Think about protein as part of your daily routine, not just after a workout.
- Remember: building muscle supports metabolism, strength, and body composition.

My reminder: Protein helps build the lean muscle that changes your physique.

5. Pile on the greens

Greens are one of the easiest ways to add nutrition, volume, and fiber to your meals.

A good general target is two fist-sized portions of greens for most meals. Greens help fill you up and provide fiber, minerals, antioxidants, and all kinds of helpful micronutrients.

Quick ways to put it into action:

- Add greens to lunches and dinners.
- Use salads, steamed vegetables, or sautéed greens — whatever works for you.
- Think of greens as one of the easiest ways to improve the quality of a meal.

My reminder: More greens usually means more fullness, more fiber, and better nutrition.

6. Prepare to succeed

You've heard the saying: fail to plan, plan to fail. The more you can prepare ahead of time, the easier it is to make good choices when life gets busy.

That said, even with a solid plan, life still happens. If you miss a workout or something throws off your day, don't panic. Pivot and keep going.

Quick ways to put it into action:

- Plan workouts into your schedule.
- Prep simple meals or snacks ahead of time when possible.
- If the day doesn't go as planned, reset and move on to the next good choice.

My reminder: Planning helps, but flexibility matters too.

7. Sleep sufficiently

Sleep is powerful, and a lot of people underestimate it.

Getting enough rest supports fat loss, muscle building, recovery, and overall well-being. Poor sleep can raise cortisol, interfere with recovery, and make it harder to stay on top of your goals.

Aim for about six to eight hours of sleep each night as a general target.

Quick ways to put it into action:

- Protect your bedtime when you can.
- Treat sleep as part of your fitness plan, not an afterthought.
- Remember that recovery is part of progress.

My reminder: Better sleep supports better workouts, better recovery, and better results.

8. Mix it up

Doing the same thing forever can get boring — and boredom can make you lose interest.

Mixing it up doesn't mean abandoning what's working. It just means introducing enough variety to stay challenged and engaged.

Quick ways to put it into action:

- If you always work out alone, try a class.
- If you always use dumbbells, try barbells or bodyweight work.
- Change the reps, intensity, frequency, or even the gym environment sometimes.

My reminder: Variety can keep you challenged and help you stay interested.

9. Lift weights

This one is big. So many women still believe they should avoid weights because they don't want to get 'bulky.' But the truth is, strength training is one of the best things you can do for your body.

Resistance training — whether that means dumbbells, barbells, machines, bands, or even body weight — helps build lean muscle. And lean muscle helps increase your metabolism, improve your shape, and support long-term strength and health.

Cardio has benefits, but skipping strength training altogether is a mistake if your goal is a stronger, firmer, more capable body.

Quick ways to put it into action:

- Don't automatically skip the weight room.
- Start with bodyweight or beginner strength training if needed.
- Think strength first if you want to build and shape your body.

My reminder: Strength training helps tighten, shape, and change your physique.

10. Stay consistent

Consistency wins. Every time.

You don't need a couple of heroic workouts followed by days of doing nothing. That's not the goal. The goal is showing up regularly and doing a little bit toward your goals over and over again.

Missing one workout or having an off day with food won't ruin your progress. What matters most is your overall pattern.

Quick ways to put it into action:

- Choose a routine you can repeat.
- Focus on steady effort, not perfection.

- Remember that little actions done consistently add up to big results over time.

My reminder: Consistency trumps intensity every time.

Your back-to-basics checklist

- I choose a routine that feels enjoyable and doable.
- I set goals so I know what I'm working toward.
- I stay hydrated throughout the day.
- I make protein a regular part of my meals.
- I eat more greens and fiber-rich foods.
- I prepare ahead when I can, and I pivot when needed.
- I treat sleep as part of my results plan.
- I keep workouts fresh enough to stay interested.
- I include strength training instead of relying only on cardio.
- I focus on consistency over perfection.

That's it, gang — ten simple reminders that can make a big difference. You don't need to master everything at once. Just pick one or two basics to tighten up, and keep building from there.

Stay strong and keep moving!
Lee-Ann Watanabe

Personal training, strength coaching, and nutrition support for women over 40 in Honolulu and online.
LeeAnnWatanabe.com

Note: This guide is for general fitness education and is not individualized medical advice. Consult an appropriate professional before starting or changing exercise or nutrition habits if you have a medical condition, injury, or specific health concerns.