



***Eating and lifestyle directions  
for the period after finishing  
Lucky Fit Programme***

For men





**Dear participants,**

You are about to start the next stage of healthy lifestyle which would make the effect of your Lucky Fit Programme stable and durable. Please read carefully the directions described below and follow them at home in order to improve your overall health condition.

***Indexes showing the overall condition.***

Please check your actual condition.

**1. BODY MASS INDEX (BMI)**

**Aged 18-65**

Normal weight 18.9 – 24.9

Overweight 25 – 30

Obesity over 30

**over 65**

20 – 26.9

26.9 – 30

over 30

**2. BODY FAT PERCENTAGE**

**Aged 18-65**

Normal weight 8 % - 20 %

Overweight 20 % - 25 %

Obesity over 25%

**over 65**

14 % - 25 %

25 % - 30 %

over 30 %

**3. BODY WATER**

Standard rate 50 % – 65 %

#### 4. ABDOMINAL GIRTH AT THE LEVEL OF THE BELLY BUTTON

Standard rate up to 94 cm

Overweight 94-102 cm

Obesity over 102 cm

The data contains basic condition indexes provided by measurements of “Tanita” bioimpedance equipment and anthropometric measurement of the abdominal. These values give a key for the visual perception of the body.

In general, recommendations about how to change the appearance of the male body concern the distribution of muscular and adipose tissues. It is extremely important to decrease the fat accumulated in the belly area because it supposes general health risks.

Often, the percentage of free testosterone in the blood decreases while the bioactive testosterone decreases in cases of overweight or obesity. This harms the general fitness and working capacity and creates more health complaints. The decrease of the abdominal girth is crucial for men as an index for the decrease of abdominal visceral fat.

The World Health Organization recommends weight reduction not exceeding 4 kg per month for obese men and 2 kg per month for overweight men. This shall help avoid long-term health risks.

## ***RULE NO. 1***

### ***Water intake.***

Drink from **500 ml to 1200 ml pure water** free of additives, at body temperature, immediately after you wake up, before using the bathroom, brushing your teeth, etc. Always drink water while sitting, sipping slowly and keeping water into your mouth for a while. Water should be eaten, but not drunk.

Perform this to purify your digestive system from the toxins accumulated during the night. If applied regularly, this habit should provoke easy clearing of the colon early in the morning.

### ***Daily water intake.***

Always drink warm or room temperature water. Always drink while sitting, sipping slowly. Water should be taken 1 hour before eating or an hour and a half after eating. You might drink fruit juices, unsalted ayryan (yoghurt with water), small amounts of alcoholic beverages, tea or coffee with the meals.

If you need to drink water while eating, do not exceed a quantity of 100 ml, or several sips.



## **RULE NO. 2**

### **Food intake**

Food has a key role for the overall health condition and the appearance of the body. Food is divided into macronutrients and micronutrients. The former consists of proteins, carbohydrates and fats. The latter include vitamins and minerals.

Energy value of **proteins is 4 kcal**

Energy value of **carbohydrates is 4 kcal**

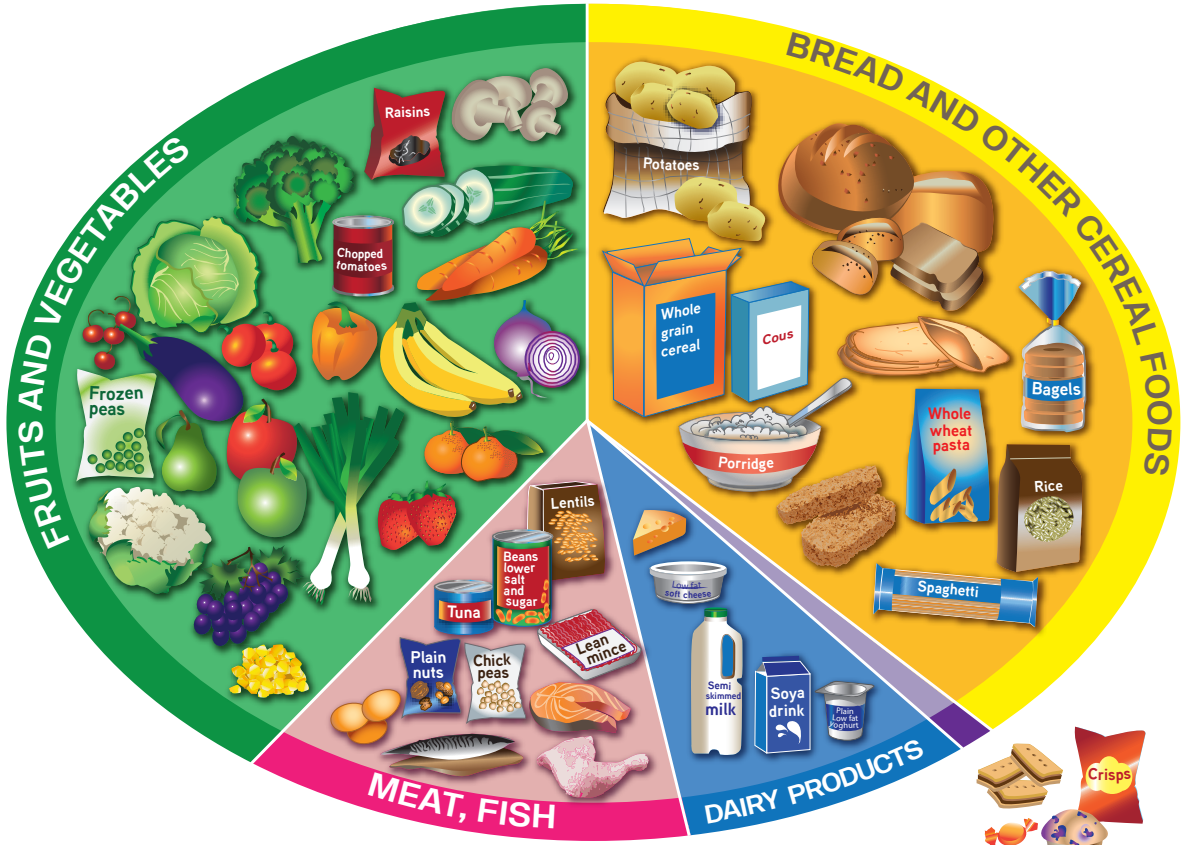
Energy value of **fats is 9 kcal**

**Vitamins and minerals do not have calories value but they regulate a plenty of physiological processes.**

The food you receive produces 70% of the effect on your health and the overall change of your aspect.

**BMR index - Basal Metabolic Rate** is the energy that your bodies use while resting. This is the energy that your internal organs need in order to function.

“Tanita” equipment provides you with individualized data for this value. Consider carefully the BMR value when determining your daily calories. In order to lose weight long-term, do not reduce more than 500 kcal if obese and 300 kcal if overweight.



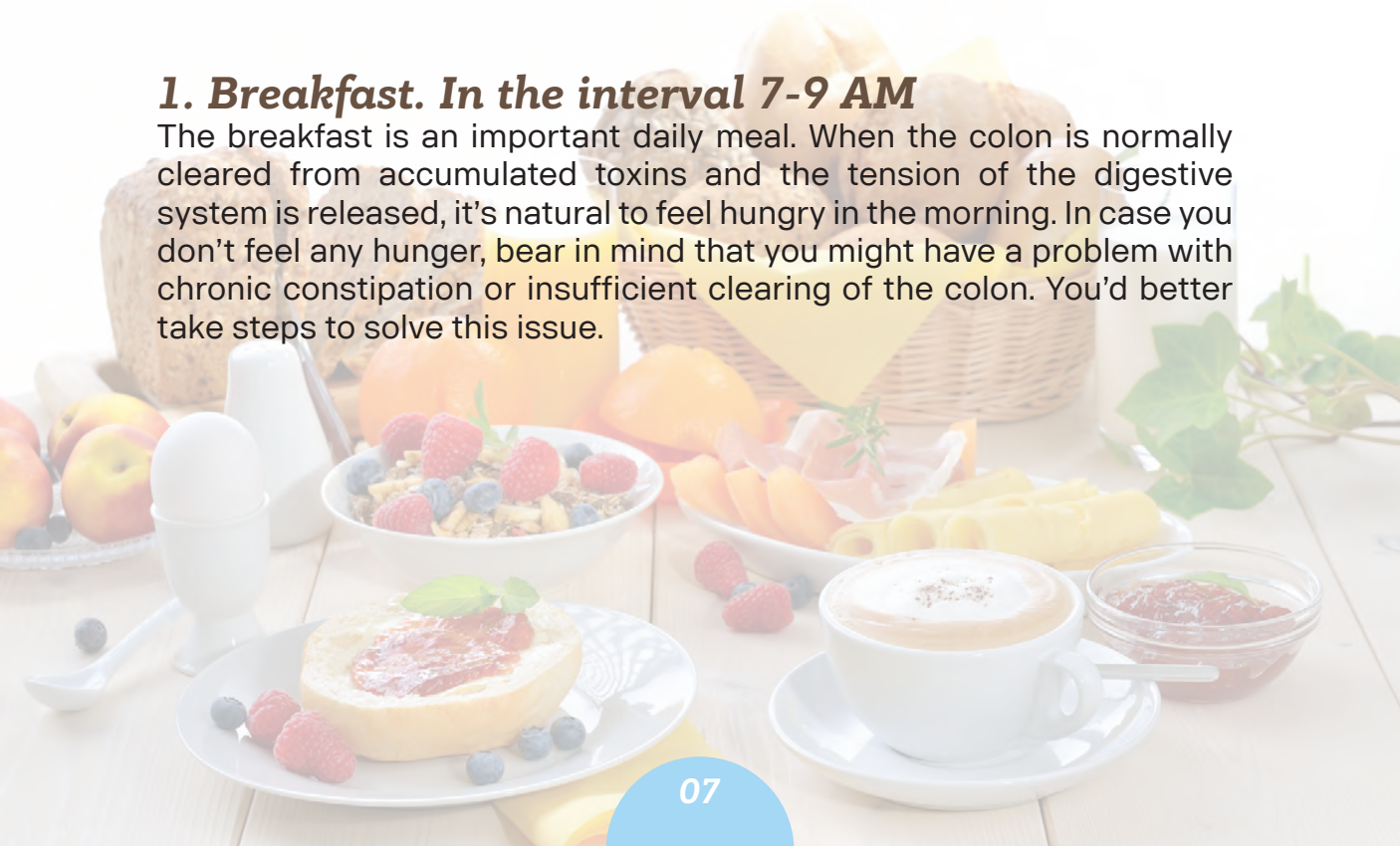


The smallest amount of calories that you should receive, without exceeding one month duration, is:

- 1200 kcal but not less. This amount is suitable for men with normal weight which, however, is approaching the upper limits of the standard rate.
- 1500 kcal but not less. This amount is suitable for overweight men aiming at reaching normal weight gradually.
- 1700 kcal but not less. This amount is suitable for obese men aiming at reaching overweight gradually.

## ***1. Breakfast. In the interval 7-9 AM***

The breakfast is an important daily meal. When the colon is normally cleared from accumulated toxins and the tension of the digestive system is released, it's natural to feel hungry in the morning. In case you don't feel any hunger, bear in mind that you might have a problem with chronic constipation or insufficient clearing of the colon. You'd better take steps to solve this issue.



## ***Foods suitable for breakfast to choose from:***

- 2 slices of whole-grain bread
- 20 g of Ghee butter
- Fillets of poultry or red meat.
- 40-70 g yellow cheese /kashkaval/, up to 60 g white cheese in brine or up to 80 g of curds - it's recommended that you don't process fermented milk products at high temperature
- 1-2 boiled eggs
- Max. 300 g of season fruits - a single type
- Up to 200 g of peeled tomatoes
- Up to 150 g of peeled cucumbers
- Up to 400 g of grilled or steamed vegetables
- Up to 15 olives or 30 g of olive paste
- Up to 90 g of any kind of cereals but boil them or at least mix them with hot water. Might mix them also with yoghurt, and it is recommended to add a tea spoon of honey. Honey should be eaten only for breakfast
- Up to 80 g of roasted nuts or infused in warm water from the night before

## ***Sample breakfast***

- 1-2 slices of slightly toasted whole-grain wheat bread with 10 g of Ghee butter, 1-2 boiled eggs, 10 olives, 1 peeled or grilled tomato, 8 slices of peeled cucumber.
- 70 g of boiled oat flakes, 30 g of roasted walnuts and almonds, 250 g of yoghurt, a tea spoon of honey, 1 grated apple, 50 g dried fruit mix. Mix everything well.
- 1-2 slices of whole-grain wheat bread with butter, 4 slices of chicken fillets. Roasted on party grill. 40 g of yellow cheese /kashkaval/, accompanied by 1 peeled tomato, 10 Kalamata olives, 150 ml of fresh orange juice.

You might combine ingredients from the different options according to your own taste. **The total quantity of the food at breakfast should be up to 400 g.**

## ***2. Intermediate meal - about 10:30-11 AM.***

Only if you are hungry.

- 1 seasonal fruit, up to 300 g
- 40-60 g of roasted or infused in water nuts
- 200 g of yoghurt with a tea spoon of unrefined brown sugar or a soup spoon of fruit jam.

### ***3. Lunch. Between 12:30-1:30 PM***

Lunch is the most important daily meal. If you have good digestion, it is the main source of energy and it is also related to the reception of foods which are more difficult to digest. If you are sleepy or feel heaviness after lunch, this means your digestion process is disturbed or you have consumed too much food. Food does not affect working capacity. Pay attention to how you prepare it, the time when you eat, and check your body for serious digestion disorder.

#### ***Foods suitable for lunch to choose from:***

- All types of red meat - small quantity, up to 100 g (ready product) of pork, veal, beef, lamb, rabbit.
- All types of poultry - up to 200 g (ready product)
- River or sea fish and seafood - preferably grilled - up to 250 g. If you choose fish, do not include milk products in the meal nor even in the daily diet. It would be best if the fish is fresh, cooked recently after being taken out of the sea, river or lake. If you wish to lose significant weight, it's better to limit seafood and fish to once per week or two weeks.

- Any legumes - lentils, beans, peas, chickpeas. You should put them in water the night before and boil them well before eating – up to 200 ml
- Rice not exceeding 100 g (quantity of the boiled product)
- Any milk product - up to 250 g of yoghurt, not exceeding 80 g of white or yellow cheese /kashkaval/ or curds - it's recommended not to process it at high temperature.
- Salad of fresh vegetables - not exceeding 250 g. Peel the tomatoes and the cucumbers.
- Grilled or steamed vegetables - no quantity limit
- All types of whole grain or fresh pasta up to 200 g (ready product)
- Whole grain bread – up to 2 slices
- Vegetable or meat soups – up to 250 ml
- Up to 30 g of chocolate or 50 g of sweets.

### ***Sample lunch.***

- 200 ml of red lentil soup, 200 g of roasted chicken steak, 200 g of salad of peeled tomatoes and cucumbers, 30 g of onion, 5-6 olives, 80 g of cheese, small amount of fresh lemon juice, 30 g dark chocolate
- 200 ml vegetable soup, 250 g of grilled trout, 150 g of steamed broccoli, cauliflower, carrots.
- 150 g of grilled lamb chops, 200 g of salad of lettuce, fresh scallions, radish

You might combine ingredients from the different options according to your own taste. **The total quantity of the food at lunch should be up to 750 g.**

## **4. Intermediate meal - about 4:00-5 PM**

- 50 g of roasted or infused in water nuts
- Tea with a whole grain biscuit

## **5. Dinner. Before 7 PM**

Dinner is eaten at the time when the digestive process is slowing down. You only need to supply your body with a small quantity of energy, enough for a good night sleep and the performance of the body clearing processes at night. It is very important for dinner to be moderate and easy to digest.

- 250 ml of any type of vegetable soup.
- 250 ml of any type of poultry soup.
- All types of grilled vegetables. Avoid zucchini and aubergines.
- Fresh leaf vegetables - lettuce, spinach, cabbage. Max quantity 50-100 g.
- 150 g of roasted or stewed poultry
- Whole grain pasta - max 100 g (ready product)
- Whole grain wheat bread up to 1 slice

It is recommended that you include min 15 ml of cold pressed vegetable oil to your dinner. You might spread it over the ready meal or on a slice of whole grain bread.

## ***Sample dinner***

- 200 ml of carrot cream soup 100 g of grilled chicken steak accompanied by 100 g of lettuce. A slice of whole grain bread with 15 ml of cold pressed olive oil.
- 200 ml of chicken soup. 200 g of mix of steamed vegetables - broccoli, cauliflower, 100 g of fresh cabbage and carrots salad. A slice of whole grain bread with 15 ml of cold pressed olive oil
- 150 g of whole grain pasta, covered with tomato salsa, fresh basil leaves, olives, 80 g of chicken fillets cut in cubes. Accompaniment of iceberg, arugula, covered with 25 ml of cold pressed olive oil.

You might combine ingredients from the different options according to your own taste. **The total quantity of the food at dinner should be up to 500 g.**

## ***Alcohol beverage***

You can have an alcohol beverage with your dinner but it's recommended that the quantity is moderate. 1 beer max in hot months or 200 ml of red/white wine. Spirits shouldn't exceed 80 ml and are acceptable mostly for cold months. The alcohol beverages should be at room temperature.

It is recommended to maintain an equal beverage quantity, not exceeding 3-4 times per week. It is always better to mix it with room temperature water.

Before going to bed it's a good idea to drink 150 ml of 60-degree warm water.

## **RULE NO. 3**

### ***Physical activity***

The next important step towards healthy life is everyday movement. It is responsible for 30% of the total effect on your health and overall appearance.

There is a plenty of benefits of physical activity but it has to be moderate and not to spend a great part of body's energy. If you are exposed to heavy loads systematically, the need of energy and the recovery period shall grow significantly. If you don't recover your body from exhaustion, risks of traumas and physiological disorders might appear.





**1. The best physical activity is walking.** It is recommended that you walk at least 1 hour per day keeping your pulse moderate, not exceeding 120 beats per minute. It is desirable that you keep your breathe calm - inhaling through the nose and exhaling through the mouth while walking. In case you feel that you're starting to breathe through the mouth, sweat or feel tired, get a 3-5 minutes rest and then continue.

**2. 30-45 minutes gymnastics workouts.** It is recommended that you perform this activity every day, preferably at 4-6 PM. It's better to stretch well all articulations and exercise slightly to moderately all muscular groups. Focus on strength and tenacity of abdominal and dorsal muscles. Exercise slightly your pectoral and lower back muscles. Pay attention to the exercises of gluteal muscles and stretch the muscle groups at the back of the legs - the calf and the back of the thigh. Any type of rectifying exercises is appropriate especially if your job requires long use of computer.

**3. Weightlifting workouts.** Working out with different weights is recommended twice a week instead of gymnastics workout. It is a good idea to calculate the maximum load for every major muscle. While practicing, you should reach 50-60% of this maximum. For example, if you can twist your elbow articulation with a load of 15 kg only once, your common practice weight should be 7.5 kg. Perform 3-5 sets of 12-15 repetitions.

This workout should always start with 10 minutes stretching of all the articulations, 15-20 minutes for the essential workout of most muscular groups, 5 minutes exercises of the abdominal muscles. Closing part of 5-10 minutes for muscle stretching and tension release.

**4. Any other sport you might like** - at least 4 times per week with 45 minutes - 1 hour duration.



## **RULE NO. 4**

### **Sleep**

Sleeping is an extremely important process that allows the body to recover and to remedy physiological malfunctions. While you sleep, your body performs its clearing procedures, recovers any injured tissue and regenerates cells.

To have good metabolic processes, it is very important to have good sleeping habits. If you want to fall asleep easily, you should start preparing 20-30 minutes earlier. It is crucial to switch off all electronic devices, to interrupt any mental or physical activity and to lie in your bed. Try to relax and breathe deeply through your nose. It is recommended to go to sleep before 10:30 PM.



Strong and relaxing sleep optimizes your physiological processes, ensuring good hormone balance and regular daily appetite. Every disruption of the strong and relaxing sleep leads to long-term physical disorders and might result the leading reason for a deterioration of your physical and mental condition.

Please be advised to pay serious attention to sleeping if you wish to be young and healthy for a long time. Working late at night, overstraining your eyes and your brain are amongst the leading reasons for sleep disruptions. Try to start avoiding that step-by-step, no matter how important an activity is. Instead, get up early in the morning, before sunrise, and complete your urgent tasks.



## **RULE NO. 5**

### ***Psychical motivation and mental disposition***

Your emotional condition and how you perceive your current health and appearance are extremely important elements. It is crucial to understand that everything is transitory and it is improvable if you follow the rules above. It is never late to become healthier, more energetic and to optimize your weight.

Human physiology is highly adaptive and it depends on how regular your lifestyle is: drink water, eat, be physically active, sleep regularly and be positive about what's happening to you personally and to people around you. You are able to change everything and achieve any desired goals thanks to your will, persistence, patience and regularity.



Even if you have a more serious sickness, it shall be limited or even disappear completely. However, it is very important to know that fulfilling your wish shall take the necessary time depending on your body and the importance of the disorder of your physical rhythm.



***The period necessary for the change to take place might be considerably longer for the following conditions:***

- Hashimoto's Thyroiditis with underactive thyroid
- Insulin resistance and hyperinsulinaemia
- Male hormones imbalance
- High levels of cortisol
- High levels of leptin
- Malfunction of the liver and the gall bladder
- Infections of the digestive system - gastritis, duodenitis, colitis, etc.
- Chronic constipation
- Kidney malfunction which leads to water retention
- Malfunction of the lymphatic system.
- Treatment with corticosteroid substances, depression medication, medicines that provoke water retention.

**Long-term changes are expected to be achieved in a period of at least 2 years if a constant lifestyle rhythm is adopted.**

**Good luck in your personal journey to the biggest treasure - your Health!**



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