A Guide to > Simple Exercise Routines, Diet When Exercising, and Good Habits

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Preface

With this material, I want to illustrate in a general and simplified way how we can pave new health habits into our lives in terms of – exercise, diet, and generally good habits. My experience is mainly in my profession as a physiotherapist, with patient-oriented training and rehabilitation, where I have been active for 10 years. But I also have a lot of experience of training for myself, as I have practiced fitness, and many ball sports, and thus I have also engaged in the importance of diet and habits for the results you get. I have realized that every detail of what changes you make can make a big difference. Through the above experience of this, I have asked myself many questions over the years, which I have since sought answers to, A lot of questions and answers are in addition to my university competence, but which I still feel that I on the whole dare to stand for. The material is aimed at healthy individuals, and the dietary advice I would classify as "simple", and if you who read this feel that you are carrying an illness, injury or the like, I recommend you to consult the relevant healthcare provider first. I will also be open about saying that I have used Chat-gptn to produce large parts of the material, and to get a further development of many of the answers that I myself had already produced before. I therefore reserve the right for any errors that exist. However, I have read through this a lot of times and think that most of it is recognizable and rations well within me, and seems reasonable.

With this, I would like to wish you a good and pleasant reading

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Morgonrutin

Set the mark and standard for the day with Morning Routines (set aside 30-40 minutes for this by getting up earlier – I promise, you will make up for the time by far, not least by becoming more efficient in everything you do):

- With the right morning routines, you can actually have a big impact on how you want your day to shape and what you want to get out of the day. Take control yourself through this.
- Take a cold shower. Start warming up with a hot shower, and then finish with a cold shower where you breathe slowly, in through your nose, and out through your mouth (if you hyperventilate, you lose the effect). This will kick-start your immune system, and metabolism, as well as make you feel more alert than 10 cups of coffee. You should not expose your head to the cold, only your body. Start by showering your back for 5 slow seconds, and then in front for 5 slow seconds.
- Training ritual, some exercises, raises sharpness + discipline for the rest of the day, and gets the metabolism going.
- Start the day with a large glass of water. Eat your energy-rich breakfast, and be sure to clean up after yourself so that you clear your mind, so it has peace.
- You are now ready for the day!

Evening routine

"If you don't wind up during the day, you don't have to unwind in the evening"

- Despite this, it can be smart to close down all screens and put the phone away at the last hour. Yes, even the TV is smart to shut down. Avoid the blue light (lowers melatonin production). Even if it doesn't feel like you've unwinded during the day, there's probably more stress in your body than you're aware of. Therefore, create this routine.
- Avoid seeing, hearing or reading too much negative in the evenings before you go to bed. The energy you fall asleep with is easy to wake up with. So give yourself good conditions to wake up refreshed for a new day and to get a peaceful night of sleep, without nightmares etc.
- Preferably avoid eating food after 6 p.m., then you get some intermittent fasting baked in, and the body does not have to digest heavy food during the night.

Review of training programs

The importance of posture

- Positive effects on the psyche
- Makes you feel more fit
    - You can be fit but look unfit and vice versa through good or bad posture

Posture may not be the first thing that comes to mind when it comes to weight loss, but it can actually play a role, both directly and indirectly:

Energy expenditure and muscles
• A good posture engages more muscles, especially the torso, back and buttocks.
• When you stand or sit upright, the muscles are activated more than if you "hang" with your body, which can increase energy expenditure a little over time (not as much as exercise, but it makes a difference in the long run).

2. Breathing and oxygen uptake

•Poor posture compresses the chest → poorer breathing → lower oxygenation.
• Good posture opens up the chest → more efficient breathing → better energy during exercise → you can perform more and burn more calories.

3. Mindset and body esteem
• Studies show that posture affects how we feel: upright posture can increase feelings of control, energy and motivation.
• It can make it easier to stick to an exercise routine or diet plan.

4. Risk of injury and joy of movement
• Poor posture can lead to pain in the back, neck and shoulders → you move less.
• Good posture → less pain → more natural activity in everyday life (walking, standing, exercising).

The purpose of the muscles included in the morning exercise routine:

Why strengthen the seat, trunk and erector spinae when sedentary?

When you sit a lot, three things happen:

• The seat becomes like a "switched off engine" – the muscles are not used and become weak.

• The torso (stomach and deep abdominal muscles) get less training in stabilizing the body.

• The erector spinae (the dorsal extensors along the spine) are stretched and lose strength.

1. Glutes (buttocks)

• **Function:** Pulls the hip back, stabilizes the pelvis and helps you get up and walk.

• **Benefits:** A stronger seat means that the pelvis does not tip forward when you stand and walk, which reduces strain on the lower back.

• **Posture:** Think that the seat is like the foundation of a house – if it is weak, the whole building is leaning.

2. Trunk (abdominal muscles, both superficial and deep)

• **Function:** Stabilizes the entire torso and distributes the load evenly between the back and stomach.

• **Benefit:** A strong torso prevents the spine from collapsing forward when sitting or standing.

• **Posture:** As a corset-like internal support that keeps your upper body straight, even when you get tired.

3. Erector spinae (dorsal extensors)

• **Function:** Stretches and stabilizes the spine, allows you to stay upright.

• **Benefits:** Counteracts leaning, slumped posture that is common during a lot of screen time.

• **Posture:** Imagine two strong wires along your back pulling you up towards the ceiling.

Why this affects posture

Posture is basically the balance between muscle forces at the front and back of the body.

• If the seat, torso and back extensors are weak, → the pelvis tilts, the back is rounded and the shoulders move forward.

• If they are strong, → the pelvis is neutral, the back is kept straight and the head ends up above the body instead of in front of it.

A simple parable:

The body is like a tent.

• **The seat** is the tent pegs at the back that hold the bottom in place.

• **The torso** is the tent fabric that holds the structure together

• **The Erector Spinae** is the tent pole that keeps everything upright.

If you remove a part – the whole tent will collapse.

Daily Exercise Routine Monday to Friday (time required approx. 10 min):

Stomach

1 set of regular sit-ups with 3 sec stop in the outer position, to failure,
https://www.youtube.com/watch?v=swOyWKk7Oko

1 set, Superset 6 exercises (i.e. no rest between the exercises below):

- Mountain climber 10 reps, https://www.youtube.com/watch?v=kLh-uczlPLg

- Plank jump ins 10 reps, https://www.youtube.com/watch?v=Hf7-UTFyBoE

- Spiderman Mountain Climber 10 reps,
https://www.youtube.com/watch?v=oGG3On4DxWQ (at a faster pace)

- Plank up and down 10 reps,
- https://www.youtube.com/watch?v=L4oFJRDAU4Q

- Sneda situps 20 reps,
- https://www.youtube.com/watch?v=D9eiifR5sKk

- Hallow Hold Leg Flutter with 5kg dumbbell (see picture+link), 20 reps,
- https://www.youtube.com/watch?v=F8fhsu9-Lu8

Back muscles – erector spinae mainly

• Prone back lift, hold for 3 seconds in each lift, 2 sets to failure

Saturation muscles

• Pelvic lift 1-2 sets, to failure.

Basic exercise; Includes gluteal, back, and leg muscles

• If time and opportunity, 1-2 sets of Jefferson's curl with kettlebell or barbell 8-12 reps.

https://www.youtube.com/watch?v=NFXqqvZGAHY

• If possible: Rowing interval if possible, 1min*3 at 95% of max. Alt run interval to work of max 3 km to work, 1 min interval interspersed with walking.

Saturday-Sunday (rest days, time consumption approx. 2 min)

Light activation of the seat, torso, and back: 1 set of sit-ups, 1 set of bench lifts, 1 set of back lifts

Nutrition in training

Amount of calories

How many calories does the daily requirement normally cover?

- Men 70-85kg, 2200-2500 kcal/day (rest days), 2800-300 kcal/day (moderate activity), 3200-3500 kcal/day (high activity)
- Women 55-70kg, 1800-2000 kcal/day (rest days), 2200-2400 kcal/day (moderate physical activity), 2500-2800 kcal/day (high activity)
- Age (3-500kcal difference 30-80 years) and size (60kg-versus 90kg, 3-500 kcal difference) affect
- Excess (200-300 kcal extra/day (lean bulk) to maximize)

Amount of protein

The difference between, for example:

- For an adult who **does not exercise regularly** (sedentary)
    - **Recommended intake:**
      0.8 grams of protein per kilogram of body weight per day
      (according to WHO and Nordic nutrition recommendations)1g/kg body weight

For an adult who exercises regularly:

1. General exercise/exercise (2–3 times/week, low to medium intensity)

- **1.2–1.6 g/kg body weight/day**

2. Strength training with the goal of building muscle

- **1.6–2.2 g/kg body weight/day**

3. Endurance training (running, cycling, etc.)

- **1.2–1.8 g/kg body weight/day**

4. In case of calorie restriction (e.g. deffa, weight loss)

- **2.0–2.5 g/kg body weight/day** is often recommended to preserve muscle mass.

Example 1:

- If you weigh 100kg and need to get 0.8g/kg body weight/day = 80g per day (0.8*body weight)
- if you weigh 100kg and need to get 1.0g/kg body weight/day = 100g per day
- If you weigh 100kg and need to get 1.6g/kg body weight/day = 160g per day
- If you weigh 100kg and need to get 2.2g/kg body weight/day = 220g per day

Example 2:

- Increasing your protein intake from **0.8 g/kg** (recommended intake for sedentary sitting) to around **1.6–2.2 g/kg will lead to increased muscle mass**, *provided you do strength training* regularly.

- **The difference in muscle building over 3 months (about 12 weeks)** between low and high protein groups can be **0.5–1.0 kg of extra muscle mass**, sometimes more, depending on the individual's level of exercise, diet in general and genetics.

Here's a breakdown of the approximate protein per 100 grams for these foods:

- **Fisk** (t.ex. lax, torsk, sej): ca **18–25 g** protein
  - Cod: ~18 g
  - Salmon: ~20 g
- **Meat** (beef, pork): approx. **20–25 g**
  - Ground beef (lean, 10% fat): ~20 g
  - Pork: ~21 g
- **Chicken** (breast, skinless): approx. **22–23 g**
- **Eggs**: about **12–13 g** (per 100 g, i.e. about 6 g per egg)
- **Quark** (natural, 1–3% fat): approx. **10–12 g**
- **Cottage cheese** (cottage cheese, 1–4% fat): about **11–12 g**

Here's a clear overview of the differences in satiety (how filling a nutrient is) between protein, carbs, and fat:

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1. Protein – most filling

- **Saturation:** Highest of the three macronutrients.
- **Why it satisfies:**
  - Protein stimulates hormones such as **GLP-1, PYY, and CCK**, which signal satiety to the brain.
  - Protein slows down gastric emptying, which means that food stays longer in the stomach.
- **Examples of satiating protein sources:** Chicken, eggs, beans, fish, nuts.

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2. Carbohydrates – varying degrees of satiety

- **Saturation:** Medium, but depends a lot on type:
  - **Fiber-rich carbohydrates** (vegetables, whole grains, legumes) are very filling.
  - **Fast carbohydrates** (sweets, white bread, soft drinks) are short-term satiating and often lead to new hunger quickly.
- **Why it satisfies:**
  - Fiber provides volume without much energy → fills the stomach.
  - Fast carbohydrates raise blood sugar quickly → insulin rises → blood sugar drops lead to hunger.

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3. Fat – energy-dense but less filling

- **Saturation:** Low to medium compared to protein.
- **Why it is less filling:**
  - Fat provides a lot of energy (9 kcal/g), but does not stimulate satiety hormones as effectively as protein.
  - Slower digestion can provide some satiety, but the feeling of fullness often comes later.
- **Examples:** Olive oil, butter, avocado, nuts.

Summary:
Protein > Fiber & Slow Carbohydrates > Fat > Fast Carbohydrates in Satiety. Protein is therefore best if the goal is to feel full for a long time.

Supplements

- Protein powder just over 20g per serving – I prefer the brand Holistic, no additives and from Swedish farms
    - Animal protein: whey protein, egg protein, casein protein
    - Vegetable protein: Soy protein, Pea protein
- Protein powder is good to mix into smoothies. Suggestions for healthy smoothies:
    - Almond milk, almond butter, frozen banana, frozen blueberries, spinach leaves, holistic whey vanilla protein
    - Almond milk, banana, spinach, frozen mango, avocado, banana, holistic whey vanilla protein
    - Almond Milk, Coconut Milk, Frozen Mango, Banana, Holistic Whey Vanilla Protein
- Creatine: there are supplements, but I prefer to get it naturally. Below are some examples
    - **Beef**
    - **Pork**
    - **Chicken**
    - **Salmon**
    - **Cod**
    - **Herring**
    - **Tuna**
    - **Other high-fat fish such as mackerel and sardines**

Minerals

- **Magnesium**
    - Important for muscle function, energy metabolism and recovery.
    - Helps reduce muscle cramps and fatigue.
- **Zinc**
    - Contributes to the immune system, wound healing and protein synthesis.
    - Also affects testosterone levels and muscle growth.
- **Iron**
    - Essential for oxygen transport in the blood (via hemoglobin).
    - Deficiency can lead to fatigue and reduced performance, especially in women.

- **Potassium**
    - Important for nerve signaling and muscle contractions.
    - Helps regulate fluid balance.
- **Calcium**
    - Necessary for muscle contraction and bone health.
    - It is important to have enough calcium to prevent damage.

- **Selenium**
    - Antioxidant that protects cells from oxidative stress after exercise.
    - Supports the immune system.
- **Copper**
    - Helps with energy metabolism and the formation of red blood cells.

Diet that negatively affects physical and mental performance

- Sugar and refined carbohydrates
- Fatty foods, especially saturated and trans fats
- Alcohol
- Caffeine
- Processad mat
- Low in protein
- Too much salt
- Low intake of micronutrients (vitamins and minerals)
- Excessive fat intake (especially from animal sources)

Diet to maximize physical and mental performance

- **Nutrition suggestions for maximum physical & mental performance**
- **1. Complex carbohydrates (for stable energy)**
- Oatmeal
- Quinoa
- Whole grain products (rye bread, whole grain rice)
- Sweet potato
- Legumes (lentils, beans, chickpeas)
- **2. High-quality protein (for muscles and brain)**
- Lean meat (chicken, turkey)
- Fatty fish (salmon, mackerel, herring) – rich in omega-3
- Egg
- Greek yogurt or quark
- Vegetable proteins such as pea protein and soy protein
- **3. Healthy fats (for brain function and anti-inflammation)**
- Avocado
- Nuts and seeds (walnuts, chia seeds, pumpkin seeds, flaxseed)
- Extra virgin olive oil
- Fatty fish (omega-3)
- Cold-pressed rapeseed oil
- **4. Vegetables and fruits (antioxidants & micronutrients)**
- Green leafy vegetables (spinach, kale, arugula)
- Broccoli, cauliflower, Brussels sprouts
- Berries (blueberries, raspberries, strawberries)
- Citrus fruits
- Paprika
- **5. Fluid and electrolytes**
- Water regularly throughout the day
- Natural electrolyte sources: coconut water, cucumber, celery
- Avoid sugary drinks and excessive caffeine

- **6. Micronutrients to prioritize**
- **Magnesium** – muscle relaxation, nerve function (nuts, seeds, leafy greens)
- **Zinc** – immune system, energy production (meat, seafood, nuts)
- **Iron** – oxygen transport (red meat, spinach, beans)
- **B vitamins** – energy metabolism and nerve health (whole grains, eggs, meat)
- **Vitamin D** – energy and mood (oily fish, sun)
- **Antioxidants** – protect the brain (berries, vegetables)
- **7. Examples of snacks for energy and focus**
- Nuts and seeds mix
- Natural yogurt with berries
- Carrot and celery sticks with hummus
- Smoothie with spinach, banana, berries and protein powder

General Advice/Good Habits

Importance of everyday exercise

- Everyday exercise, i.e. the physical activity we incorporate into our daily routines in addition to exercise, is of great importance for our health, metabolism and calorie metabolism. Here are some concrete aspects:

1. Health

- **Reduced risk of chronic diseases:** Regular everyday exercise reduces the risk of cardiovascular disease, type 2 diabetes, certain cancers and high blood pressure.
- **Better mental health:** Activity in everyday life releases endorphins and reduces stress, anxiety and the risk of depression.
- **Improved mobility and strength:** Moving frequently helps joints, muscles, and bones stay strong and flexible, reducing the risk of injury and falls.

2. Metabolism

- **Increased basal metabolism:** The more muscle and movement the body has, the higher the basal metabolic rate – i.e. the energy the body consumes at rest.
- **Improved glucose and fat metabolism:** Everyday exercise increases insulin sensitivity and helps the body better manage blood sugar and fat, reducing the risk of fat storage and metabolic diseases.

3. Calorie metabolism

- **Increased energy expenditure:** By walking, cycling, climbing stairs or standing more, you increase your total daily calorie expenditure without having to spend time on organized exercise.
- **Small activities count:** Choosing stairs instead of elevators, walking or biking to work, or standing and moving during conversations can increase energy expenditure by several hundred calories per day.

Concrete examples:

- Walking 10,000 steps per day can consume about 300–500 extra calories, depending on your pace and body weight.
- Standing instead of sitting during the workday can increase calorie expenditure by about 20-50 calories per hour.
- Taking stairs instead of elevators can burn an extra 5-10 calories per floor.

Summary:
Everyday exercise thus helps to keep the body active, improves metabolism, contributes to better calorie utilization, and promotes both physical and mental health – often with small efforts that can easily be incorporated into everyday life.

Everyday exercise

How much everyday exercise do I get? The more everyday exercise you can get in, the better. As we get older, we generally move less, which is why everyday exercise becomes so important to keep the metabolism going.

- Do I climb stairs (can be more worthwhile than going to the gym and doing step up 3*15 reps)
- Do I walk to the grocery store or work?
- Do I cycle to work? Start if you can!
- Do I take the car more than necessary?
- If you have the opportunity, feel free to start the day with a morning walk before you have eaten, it will speed up the metabolism.

If it is possible to get exercise at the beginning of the day, e.g. running to work, even if briefly, it can be partly;

- Raise the afterburn, but also
- Create behavioral effects "domino effects" that make you eat more balanced during the day, stay active, improve sleep.

Meaning of sleep

Studies show that people who sleep less than 6 hours per night are at higher risk of heart attack, stroke, sudden death from cardiovascular disease

This happens. During deep sleep, blood pressure goes down -> in case of sleep deprivation or shallow sleep ->

- does not drop blood pressure as it should, which contributes to chronic high blood pressure (hypertension) -> increases strain on the heart and blood vessels
- Increases inflammation in the body (chronic low-grade inflammation contributes to atherosclerosis)
- Stress systems become overactive
- Raises cortisol and adrenaline
- Which gives -> increased heart rate
- Tense blood vessels
- Higher blood pressure
    - Higher load on the heart
    - Interferes with blood lipids and sugar regulation

Poorer sleep -> poorer insulin sensitivity -> higher blood sugar -> unfavorable metabolic environment

What can be done to improve sleep:

1. Have regular routines

- Get up and go to bed at about the same time every day – even weekends.
- The body likes rhythm and builds its sleep cycle (circadian rhythm) according to your habits.

2. Get daylight early

- Go out in the morning sun (preferably within 30-60 minutes of waking up).
- Daylight early in the day helps your body produce melatonin later in the evening, making you tired at the right time.

3. Move – but not too late

- Physical activity (e.g., walking, strength training, jogging, yoga) improves sleep quality.
- Preferably exercise **early in the day or early evening at the latest** – too intense exercise late can disturb sleep.

4. Avoid caffeine after 2–3 p.m.

- Coffee, energy drinks, tea, and even chocolate contain caffeine.
- Caffeine has a half-life of 5–8 hours – it can remain in the body and interfere with falling asleep.

In the evening – prepare your body for sleep

Eating a diet that promotes melatonin production

- Warm flour (also soothing in the evening)
- Banana
- Fatty fish
- Kiwi, sour cherry
- Nuts, especially walnuts and pistachios
- Oatmeal
- Flaxseed

5. Create an evening routine

- Start unwinding 1-2 hours before bed.
- Turn on dim lights, avoid rowdy conversations, turn off work tasks.

6. Reduce screen time

- Avoid mobile phones, computers and TV at least **60 minutes before bedtime**.
- Screens emit blue light that inhibits melatonin production (the sleep hormone).
- Feel free to use "Night Shift" mode or blue light filters if you still need a screen.

7. Avoid heavy food & alcohol late

- Don't eat large meals just before bedtime – your stomach needs to rest.
- Alcohol can make you sleepy at first, but impairs the depth and quality of sleep.

8. Keep the bedroom cool and dark

- The optimum temperature is around **16–19°C**.
- Use blackout curtains and avoid noise (or have white noise).

Positive effects of cold showers

- **1. Improved circulation**
- Cold exposure causes blood vessels to constrict (vasoconstriction) and then dilate again as the body heats up, which can improve blood circulation and blood flow.
- **2. Increased alertness and energy**
- Cold stimulation activates the sympathetic nervous system, which increases adrenaline levels and provides a more alert and alert feeling.
- **3. Strengthened immune system**
- Studies on the Wim Hof method show that cold exposure and breathing exercises can increase the production of anti-inflammatory cytokines and positively affect the immune system, which can provide better resistance to infections.
- **4. Reduced inflammation and faster recovery**
- Cold exposure can reduce muscle pain and inflammation after exercise, which facilitates recovery.
- **5. Stress reduction and mental strength**
- Regular cold exposure and breathing exercises can improve stress management, reduce anxiety, and increase mental focus and stamina.
- **6. Increased fat burning**
- Cold exposure activates brown adipose tissue, which burns energy to heat the body, which can contribute to increased metabolism.

Example of daily menu

An example daily menu of 2000 kcal that is still **anti-inflammatory, protein-rich (about 130 g)** and balanced.

Example of daily menu (2000 kcal, ~130 g protein)

Breakfast (~450 kcal, 30 g protein)

- 60 g oatmeal boiled in water
- 150 g light quark (or soy quark with extra protein)
- 20 g walnuts
- 80 g blueberries
- 10 g pumpkin seeds

Protein: ~30 g

Snack (~250 kcal, 20 g protein)

- Proteinshake (25 g proteinpulver)
- 1 banana

Protein: ~20 g

Lunch (~550 kcal, 35 g protein)

- 130 g oven-baked salmon
- 150 g quinoa (cooked weight)
- Large salad: spinach, beets, broccoli, tomato, cucumber
- Dressing room: 1 tsk olivolja + lemon

Protein: ~35 g

Snack 2 (~200 kcal, 15 g protein)

- 150 g edamame beans
- 1 apple

Protein: ~15 g

Dinner (~500 kcal, 30 g protein)

- 160 g chicken fillet (or tofu/tempeh 200 g)
- 120 g sweet potatoes (cooked by weight)
- 1/2 avocado (50 g)
- Stir-fried vegetables: broccoli, zucchini, bell peppers, onions
- Spices: turmeric, ginger, garlic

Protein: ~30 g

Evening meal (~250 kcal, 15 g protein)

- 150 g natural quark (or soy quark)
- 15 g chia seeds
- 50 g raspberries

Protein: ~15 g

Summary

- Total: ~2000 kcal
- Protein: ~130 g
- Fat: about 70 g (from fish, nuts, olive oil, avocado)
- Carbohydrates: about 180 g (from oats, quinoa, sweet potatoes, fruits, vegetables)
- Rich in fiber, antioxidants, omega-3 → anti-inflammatory