

A painting of several cowboys on horseback, rendered in a classic Western style. The scene is set in a dusty, open landscape. The painting is partially obscured by a diagonal white line that separates it from the rest of the slide.

Question:

**"Nutrition, Mobility, Strength,
Recovery, Movement... -**

Where do I start?!"

The Magnificent Seven

***Here are the seven key,
must-do things every dad
can do to move, feel and
look better... NOW***

A photograph of a smiling Black man in a gym setting. He is wearing a dark t-shirt and is positioned in front of a piece of exercise equipment, possibly a treadmill or a bike. The background shows gym equipment and a window with blinds.

Achieve Your Objective





The seven key actions that all dads need to know...

It's difficult to know where to start... if you've let yourself go for a while (or even just recently), sometimes the awareness of all the things you *could* be 'doing better' prevents you from doing anything at all.

We all know that deep health comes from attending to multiple areas including Nutrition, Movement, Recovery, Strength and Mobility... but where to start?

Here, in 'The Magnificent Seven' I've highlighted the most effective things you can do *NOW* to get things moving in the right direction.

Read, heed and apply, gentlemen. Let's strive to improve from where we are. Tomorrow is more important than yesterday.

Ayo

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1 - addressing Nutrition:

Protein - every meal

***More satisfaction from your food,
maintaining your lean muscle mass,
staying fuller for longer - all achieved
by eating enough protein.***

The chances are that you're not eating enough protein. Boom. There, I said it.

There's a very good chance that you would be better off with a higher proportion of protein on your plates, and a more even spread throughout the day.

How much? This does depend on your size and activity levels - but a good starting point is 'two palms worth' *per meal*. That equates to 50g cooked meat/tofu, 3 whole eggs, or 3 cups of lentils.

Every meal ask: "Where's the protein... and is there enough?"

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2 - addressing Strength:

The Vitruvian Squat

Build the foundations of leg strength and improved posture by adding this simple movement to your day... from your office chair.



- Lean forward and stand, pressing through your heels, with minimal help from your hands.
- Keeping your elbows tucked in to your sides, rotate your hands back with horizontal forearms, squeezing your shoulder blades together.
- Once standing, bring your arms fully up to the horizontal, before reversing the action, slowly returning to seated. Try ten, on the hour, every hour!

For a demonstration, [click here:](https://youtu.be/hCCEwCy6v7M)
<https://youtu.be/hCCEwCy6v7M>

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3 - addressing Recovery:

Sleep: Plan it

Approach your sleep in the same way that you think about your training and nutrition; if you know it needs improving, think about it in advance.

A meal prepared in advance with a recipe and care always turns out better. A training session which is planned and progressive is always more effective. It's time to start taking the same level of care with your sleep.

Keep it simple! 'Optimum' might not be possible for any number of reasons; but you owe it to yourself and your goals to make the best of what you've got.

- Is your room the right temperature? Is it dark enough? If your partner is a bit of a thrasher, have you considered separate duvets? What time is your last caffeinated drink of the day?

- How much are you aiming for? Are you giving yourself a fighting chance by going to bed early enough? *What can you address, now - in advance, to get a better sleep tonight?*

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4 - addressing Mobility:

Half-Kneeling Hip Flexor Mobiliser

A full-body mobiliser, with particular emphasis through the thigh, hip and chest.



- Start on a mat (so that you have some cushioning for your rear knee). Place your left foot flat and grasp the knee, while your right knee is down. Ensure both knees are at 90 degrees and your torso is vertical.
- Rock your torso forward, raising your right arm as you go. Aim to push your left knee forward by a few inches, and get your arm up to your ear. Pause when you feel a stretch across the right hip, before returning to the starting position.
- for a more detailed demonstration, [click here: https://youtu.be/MJF9yPBqbAE](https://youtu.be/MJF9yPBqbAE)

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5 - addressing Movement:

Walk with purpose

It's not about 10,000 steps, it's about increasing your low-level, non-appetite-spiking activity up from where it is today. Great for mood, fat loss, and improved energy levels.

Many ignore walking as it "doesn't seem intense enough to be doing anything". Here's a secret of success: "Work short, hard and sparingly with your *training*; go long, comfortably and often with your *activity*."

This mantra is the truth, and the reason why it's really worth exploring where you can nudge a few minutes activity into your day, several times per day. Can you get up from your desk at a set time daily? Can you engineer a 'walking meeting?' Can you invent a 'mock-commute' at the start and/or end of day?

Why not set yourself a target to aim for? Most smartphones can now track this automatically. Forget about 10,000; aim to beat what you did yesterday... that's positive progress.

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6 - addressing Nutrition:

Slow down; chew more

Eating slowly makes your food taste better, improves your digestion, puts you back in control and helps you lose weight. It's the foundation of long-term success.

A big part of maintaining energy levels and a size/shape you're happy with is becoming aware of your hunger cues and fullness levels.

Digestion really does start in the mouth; chewing properly means you get more nutrients from your food, and taking your time allows your gut to tell your brain that it is approaching satisfaction.

Try setting your utensils down in-between bites. Experiment with emptying your mouth of all food before adding any more. Have you attempted the 15-chew-per-mouthful challenge?

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7 - addressing Mobility:

Squat-to-Stand

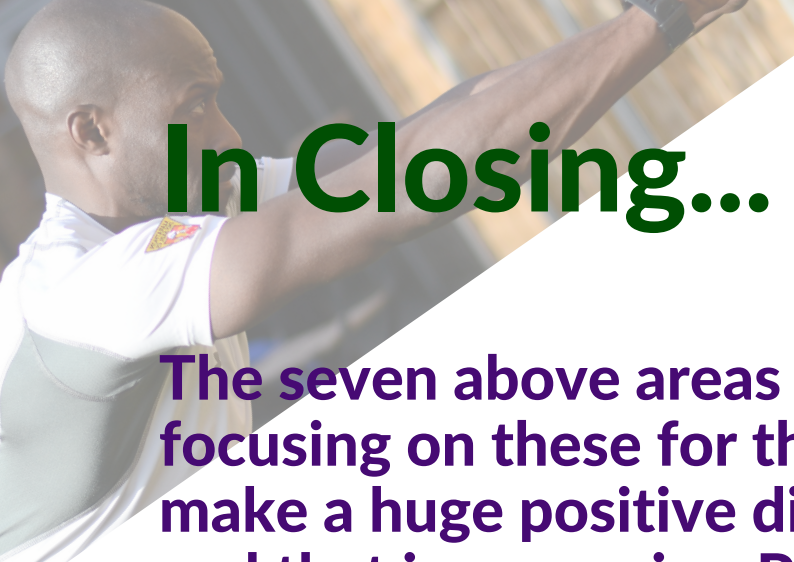
To improve your hamstring, calf and lower back mobility.



- Stand tall, with a wide stance before squatting down low and grasping your toes, ankles or shins (how low doesn't matter, as long as your grip position doesn't move, and you feel a stretch in the back of your legs as you straighten them). Keep your chest high and your eyes forward.
- Push the hips high, straightening the legs until you feel a stretch in the hamstrings. Look down, and keep a firm grasp of the toes/ankles/shins.
- Keeping a hold of the grip-position, lower the hips and return to the starting position.
- for a more detailed demonstration, [click here:](https://youtu.be/QhFsQwec3sk)
<https://youtu.be/QhFsQwec3sk>

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In Closing...

The seven above areas are a great start. Just focusing on these for the next few weeks will make a huge positive difference to your life... and that is a promise. Please do let me know how you get on.

We can go further though! Go ahead and check out the other free resources on my [website](#).

Better yet, join me in the '[League of Lean Gentlemen](#)' for ongoing support and interaction with a group of dads looking to restore that energy and lose the stomach fat for good.

Are you ready to work with me to get some serious results? [Apply here!](#)

Get in touch - I'm looking forward to helping in whichever way I can.

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