

The 10-Minute RESET Guide



**Reclaim your daily energy in
10mins**



The 10-Minute RESET Guide

Stop choosing between your career and your health. This guide is designed for the person who has exactly zero hours to waste.

Inside, you'll get:

- **2 'Quick Mini' Recipes:** Nutritious meals that take less time than ordering takeout.
- **The 10-Minute 'Movement Snack':** A high-intensity reset you can do in your living room.
- **The PM Protocol:** 3 simple steps to fix your sleep and wake up actually feeling rested.

Stop surviving the week. Start owning it.

Fuel, Don't Restrict



Food is fuel for your goals, your energy, and your mindset. I'll help you understand portion balance, simple swaps, and realistic nutrition habits that fit your lifestyle.

Tips:

- Build balanced plates: half veggies, quarter protein, quarter carbs.
- Stay hydrated! Most people mistake thirst for hunger.
- Don't chase perfection; aim for progress.

Mini Recipes:

Coconut Chia Pudding

- 4-5 Tablespoons chia seed, 1 400ml can coconut milk, 1tbs Honey, 1tsp vanilla essence
- Mix, refrigerate overnight, enjoy in the morning.

Quick Nourish Bowl

- Base: brown rice or quinoa
- Add: grilled chicken, beef or tofu
- Top: roasted veggies, avocado, drizzle olive oil + lemon, *optional top with toasted pumpkin seeds or a handful of walnuts*



Strong body. Strong Mind.

Movement isn't punishment, it's empowerment. I'll help you find what works for your body, schedule, and goals. You don't need hours in the gym, just a smart plan that builds consistency and confidence.

Tips:

- Start with 3 workouts per week. Consistency > intensity.
- Mix strength, cardio, and flexibility — all three matter.
- Track your energy, not just calories burned.

Mini Workout Example:

10-minute "Reset Circuit"

- 30 sec squats
- 30 sec push-ups
- 30 sec alternating lunges
- 30 sec mountain climbers
- Rest 30 sec, repeat x3 rounds



Recharge to Perform

Your body and mind need time to recharge. We'll focus on sleep, stress relief, and routines that help you show up your best, not burn out.

Tips:

- Schedule rest days like workouts.
- Try a 5-minute breathing break during the day.
- Set a “digital sunset” 30 mins before bed.

Simple PM Protocol:

Evening unwind:

Stretch 5 mins → Journal
3 wins from your day →
Deep breathing x5
rounds.



Need more?



Your 12-Week Sustainable Lifestyle Upgrade

This is not a punishing fitness regime or a restrictive diet. RESET is a 1-1 coaching programme designed entirely around your unique daily routine. It adapts to your schedule, your energy levels, and your personal goals to build functional strength and lasting results.

We focus on three core pillars to completely transform how you look, move, and feel:

- **FUEL:** Simple, realistic nutrition protocols tailored to your lifestyle, focusing on steady daily energy without cutting out the foods you love.
- **MOVE:** Purposeful movement built to fit your schedule, whether you are building functional strength around a rotating work roster or optimising performance for athletic goals.
- **RECOVER:** Smart sleep and stress management habits to help you stop running on fumes, reclaim your sleep, and wake up feeling genuinely rested.

What's Included:

- Full lifestyle, routine, and movement assessments.
- Fortnightly 1:1 video coaching calls to review progress, adjust goals, and keep you on track.
- Tailored weekly adjustments to your protocols.
- Full access to the Mpower Active app for habit and progress tracking.
- Direct accountability, support, and guidance every single week.

This 12-week foundation is designed to set your system in stone, leading into ongoing monthly coaching to keep you thriving long term.



Online. Flexible. Personal.

Your coaching experience fits around your lifestyle, not the other way around. You'll connect with me through the Mpower Active app and regular video calls so you get accountability, guidance, and support every step of the way.

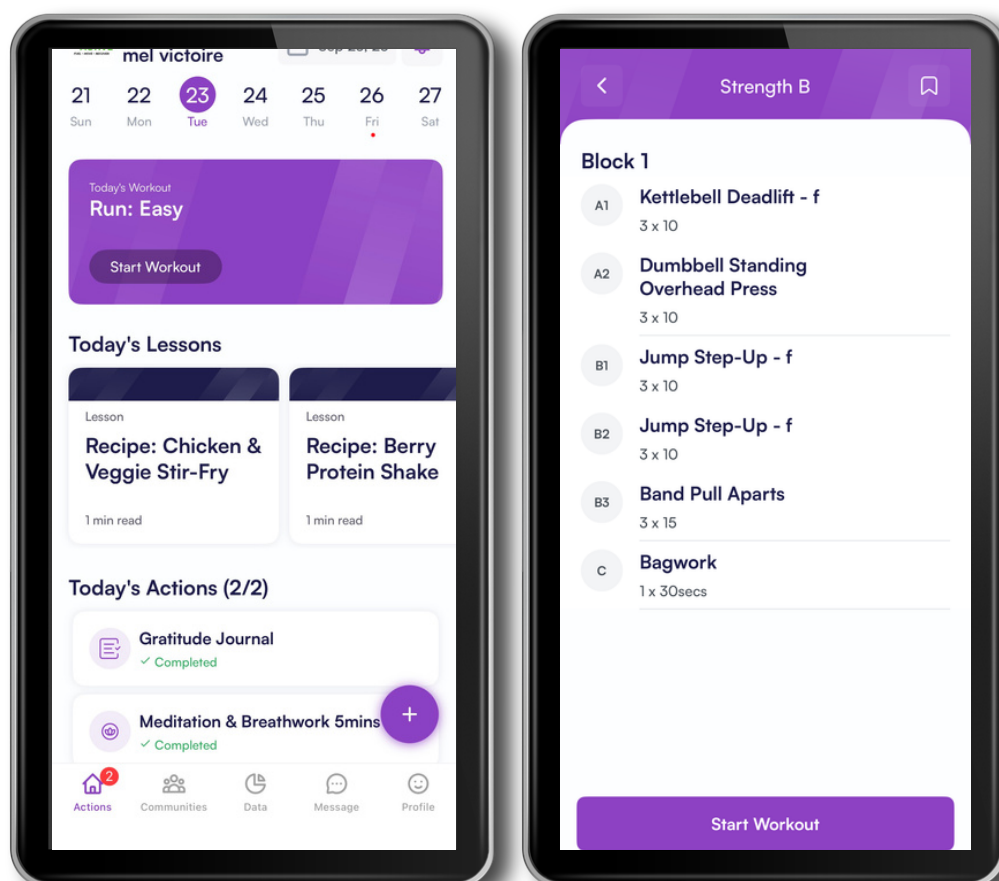
How it works:

- Video Calls: 1:1 coaching sessions - goal check-ins, form feedback, or mindset support.
- Mpower Active App: Track your workouts, habits, nutrition, and progress - all in one place.
- Chat Support: Message me anytime in the app for quick questions or motivation.
- Weekly Check-Ins: Stay on track with updates, small wins, and tweaks to your plan.

Why it works:

Because it's *YOU* + structure + accountability.

You'll have the flexibility of online coaching with the connection and support of in-person guidance.



FAQs

I always fall off the wagon. How is this different?

There are no extreme overhauls or punishing regimes here. The entire focus is on small, realistic habits built completely around your current lifestyle. You get the exact structure and accountability needed to stay consistent, without the guilt or overwhelm.

I am flat out. How much time does this take?

There is no need to spend hours in the gym. The program starts with short, flexible blocks of purposeful movement and simple habits that fit your rotating roster. If you have ten minutes, you have enough time to start.

Is the app complicated to use?

Not at all. It is incredibly simple to navigate, and you will get a full walkthrough on day one. Your movement, fuel protocols, and habits are all kept in one tidy, accessible place.

How do I get started?

Simply book a free, casual chat. We will look at your current routine, talk about your goals, and see if the program is the right fit for your lifestyle. There is no hard sell, just a genuine conversation.



Let's build your reset - together

Are you ready to feel stronger, eat better, and finally find your balance? Let's chat!

Your first call is all about you: where you're at now, where you want to go, and how we can make it happen.

What happens on the call:

- We'll chat about what you'd like to work on and what's most important to you.
- I'll explain how my coaching works and what kind of support you can expect.
- You'll walk away knowing whether we're a good fit and what your next steps could look like.

Book your call now

[BOOK YOUR CALL](#)





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BOOK CALL