

Getting Started

Welcome to Derval.ie! We are delighted to have you with us.
Here is a little help getting started!

*Facebook Private
Member's Group*

Join the Private Facebook Group [here!](#)

The private Facebook group is a great way to get involved with other members. So many people have been loving the group as a means of motivation and accountability. The members in the group provide a huge amount of support and encouragement for each other. With daily posts of people's progress, favourite meals and workouts, the group is always active and is a great way to have some banter on your health and fitness journey.



Facebook LIVE classes

Facebook LIVE classes

We have weekly LIVE classes on the Facebook Group. If you can't manage to make a LIVE at the scheduled time or would like to re-watch it, they are all put up on the site the following day. This means you can join in and watch the LIVE at a time that suits you! Click [here](#) to find all the LIVES.

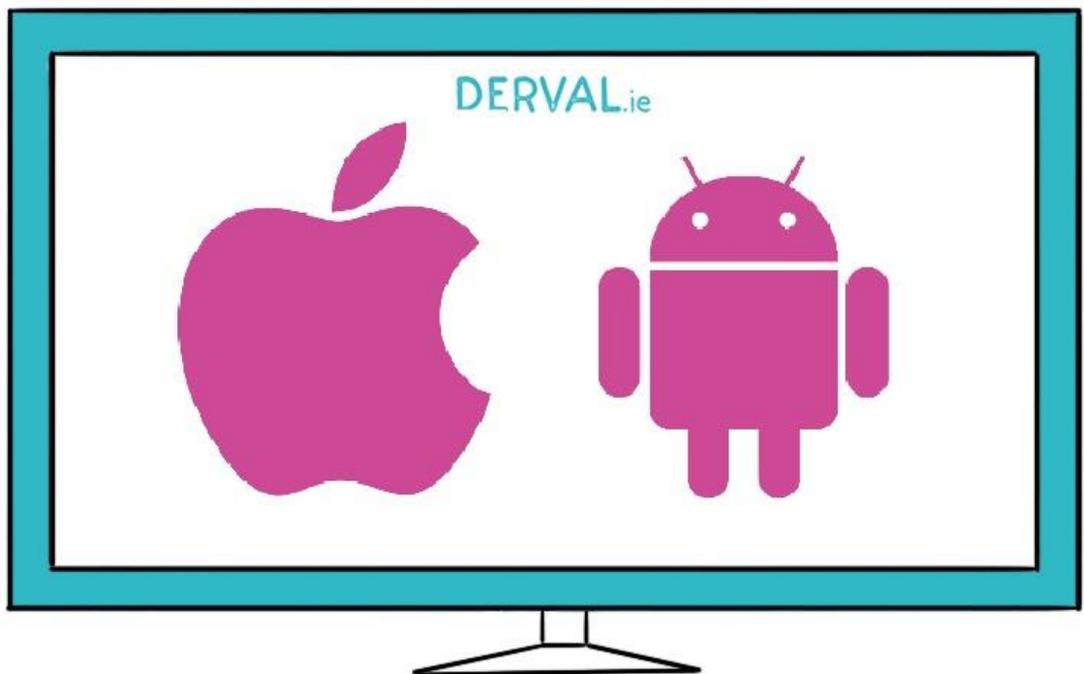
*Watch Derval.ie videos
on your TV*

Watch Derval.ie videos from your phone to your T.V.

Apple devices

Android devices

*Click the image below to be directed to the instructions page.
Here you will find various ways to get Derval.ie on to your T.V.*



Workout Plans & Challenges

*Popular Workout
Plans and Challenges
on the Site*

Tone at Home Challenge

Weight loss focused
28-Day Plan
No equipment needed
Ideal for first-timers

Beginners 8-Week Plan

8-Week Plan
15 Minute workouts
No equipment needed

Fit Blast (Advanced Plan)

8-Week plan
30 Minute workouts
No equipment needed

Weight loss/Toning

6-Week plan + Bonus 5 minute blasts!
Suitable for all fitness levels
Easy to use Tracking Tools

The Sculpt Sessions

28-day plan
Pilates plan
Suitable for all fitness levels

Pilates Core Plan

8-Week plan
20-30 Minute classes
No Equipment needed

Pregnancy & Post-Natal

Pregnancy fitness + Pregnancy pilates

Guided by Sinead McCarthy, Specialist pelvic health physiotherapist

6 Videos, 2 per trimester

Repeat as often as you wish

Post-Natal

Post-Natal pilates class

E-Book filled with guidelines & tips

Developed by experts

Mindfulness & Self-Care

Focus Foundation Plan

Mindfulness and Self-Care section

8-Video series on learning to grow your mind

Downloadable 8-week workbook

Mindset Blogs

Top mindset tips

Motivation, inspiration and encouragement

Mindset Journals

Downloadable sheets to fill out

Topics include: time, goal setting, success, stress, sleep log, attitude, support network & “What’s holding you back?”

Nutrition

Recipes

300+ recipes and regularly adding more
 Healthy, simple and easy to cook
 Breakfast, lunch, dinner, snack and dessert options
 Family recipe section enjoyed by all ages

Toning Recipes Section

Toning Recipes

Lighter options if your goal is to drop or maintain weight
 Toning breakfast
 Toning lunch
 Toning dinner
 Toning snacks

Vegetarian/Vegan Recipes

Vegetarian/Vegan Recipes

Selection of vegetarian and vegan recipes
 More recipes to come

COMING SOON:

Coeliac Recipes

Take your time to go through these and see what sparks your interest.

Feel free to email team@derval.ie with any questions or queries regarding getting started!