

# Getting Started

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

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*Facebook Private  
Member's Group*

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## 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.



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*Facebook LIVE classes*

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## 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.

## Workout Plans & Challenges

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*Popular Workout  
Plans and Challenges  
on the Site*

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### **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

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### **Focus Foundation Plan**

*Mindfulness and Self-Care section*

8-Video series on learning to grow your mind

Downloadable 8-week workbook

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### **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

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#### *Toning Recipes Section*

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### Toning Recipes

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

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#### *Vegetarian/Vegan Recipes*

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### Vegetarian/Vegan Recipes

Selection of vegetarian and vegan recipes  
 More recipes to come

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*COMING SOON:*

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### ***Coeliac Recipes***

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

Feel free to email [team@derval.ie](mailto:team@derval.ie) with any questions or queries regarding getting started!