

HER
FITNESS
HIDEAWAY



BY LAURA

THE BEGINNER'S GUIDE TO CREATINE

A SIMPLE GUIDE TO CHOOSING,
TAKING AND GETTING THE MOST
FROM CREATINE.

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INTRO

Ready to start taking creatine but not sure where to begin?

You might be wondering:

- Which type of creatine should I choose?
- How much should I take?
- When should I take it?
- How do I know if it's working?

This simple checklist will guide you through everything you need to know, so you can start with confidence and build a consistent routine.

Let's get started.



Step 1.

PICK YOUR CREATINE

- ✓ Use Creatine Monohydrate (the most studied form)
- ✓ Choose a micronized version for better mixability and digestion
- ✓ Choose unflavored powder for easy mixing

Bonus Tip: Skip pills. Powder mixes better and is cheaper.





Step 2.

SET YOUR DAILY DOSE

- ✓ Take 3 to 5 grams daily (same amount every day)
- ✓ No loading phase needed
- ✓ Consistency beats timing, just don't skip days

Optional: Take it with carbs (juice, shake) for slightly better uptake





Step 3.

MIX IT RIGHT

- ✓ Add creatine to water, juice, or your protein shake
- ✓ Stir well—it's flavorless but may settle
- ✓ Don't mix with hot liquids (can degrade over time)

Tip: Pre-mix a few servings for the week if that helps you stay consistent





Step 4.

TRACK HOW YOU FEEL (7-DAY LOG)

Start a simple daily log. Each day, write:

- Mental energy (scale of 1–10)
- Focus / clarity
- Recovery from physical or mental fatigue

Why this matters:

Creatine works gradually. You won't "feel it" like caffeine, but you might notice:

- ✓ Less afternoon brain fog
- ✓ Smoother recovery
- ✓ Better focus under stress



Step 5.

STICK WITH IT

- ✓ Make it part of your routine (same time each day helps)
- ✓ Set a reminder or pair it with another habit (e.g. gym, lunch)
- ✓ No cycling required, it's safe for long-term use



A close-up photograph of a woman with blonde hair tied back, wearing a bright pink athletic top. She is looking down with a thoughtful expression, her hand resting near her neck. The background is a blurred outdoor setting, possibly a park or sports field.

FINAL THOUGHTS

Getting started doesn't have to be complicated.

Creatine is one of the most researched supplements available.

It's affordable, easy to take and, when used consistently, can help support your strength, performance and overall health.

You don't need the perfect routine. Just one scoop a day and a little consistency. Small habits repeated over time lead to big results.

Here's to becoming stronger, healthier and more confident—one day at a time.