

13 WEIGHT LOSS TIPS

YOU WISH YOU KNEW SOONER



STRENGTH IN SELF

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Strength_in_self

Hi!

WELCOME!

Weightloss is so emphasized in our everyday lives and it has been blown way out of proportion over the years. This could be why there are over 2,000 different kinds of diets out there! 2,000! It is no wonder people struggle with getting the right information.

We are here to help guide you through all that mess of information and give you information that will help you the best. When you work with one of our coaches, your not only getting guidance. You are getting a personalized program that matches your lifestyle!

Our 13 tips for weightloss is simply a standard guide to help you in the beginning steps of your journey. A way to jumpstart your goals and we are here for support! Now get out there and show us what you got!!

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Tip 1

SET REALISTIC GOALS

If you're embarking on a new weight-loss program, it can be easy to get caught up in setting unrealistic goals. After all, if you set goals that are too high, it's hard to feel satisfied when you don't achieve them. Set realistic goals that are actually achievable and you'll have a much better chance of losing weight and feeling great about yourself this year! Make sure your goal is written down somewhere—that way it's clear, measurable and present every day. And remember, if your goal isn't something you're excited about achieving, then it probably isn't something worth working toward.

To set realistic goals, follow the SMART principles:

Specific

Is the goal clearly written, with no ambivalence? Is it clear who needs to accomplish the goal, and any support that might be expected?

Measurable

Does the goal answer the questions of how many, how much, and/or how often?

Achievable

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

Relevant

Does the goal make a difference to your career/health/wellbeing? Is it going to make an improvement in your personal life? Is it going to significantly make a difference for you and your environment?

Time-bound

Does the goal state a clear and specific completion date?

Below, you'll find a few simple questions, answer them to understand exactly what you're looking to achieve and how! Feel free to cut this part out and stick it somewhere where it will be visible to you every day.

WHAT IS YOUR GOAL?

WHY IS THE GOAL IMPORTANT TO YOU?

WHERE ARE YOU NOW IN RELATION TO YOUR GOAL?

DEADLINE

When do you want to achieve this goal? List any additional dates and milestones you aim for.

POTENTIAL CHALLENGES

POTENTIAL SUPPORT

TAKE YOUR MEASUREMENTS

My current weight is _____

To take measurements, please use anthropometric measuring tape:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CHEST								
WAIST								
HIPS								
THIGHS								

SMART GOAL CHECKLIST

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Tip 2

START SMALL

If you're looking to lose weight, start small. You don't have to overhaul your diet in one day or even cut out all processed foods. Try removing one thing—sugar, processed carbs, unhealthy fats—at a time. Eventually you may be able to eat a more healthy diet without even thinking about it because it will be a part of your daily routine and not such a drastic change from what you used to do. This allows for slower weight loss but is more sustainable in the long term. Small changes like these add up over time and can lead to big results! Use the calendar below to write down your milestones!

SUN	MON	TUE	WED	THU	FRI	SAT

Tip 3

WORK ON YOUR SELF CONFIDENCE


Think of it like building your body. When you start to work out and get in shape, if you have low self-confidence, you're not going to continue exercising or working out. You won't be able to push yourself past those initial pangs of discomfort that come from doing something new. The same goes for losing weight and feeling better about yourself—you need confidence that you can do it before you can actually accomplish it.

You need to see yourself in the light that others see you. You are perfect, you are independent, you are strong. You are who you are, and cherish it. Nobody else is like you, you are unique so stand proud and be yourself!


The best way to boost your confidence is to start being more positive, this could be saying at least one positive thing about yourself in the mirror, or doing a good deed. When you're kind to others and do something nice for them, it will come back to you in empowering energies.

Here's a simple exercise you can use. On the next page, you'll find a few daily affirmations, good deed ideas and motivational quotes. Cut them out, mix them up and take one card every day.







I CAN OVERCOME
ANYTHING THAT
COMES MY WAY




TODAY, I WILL
LEARN AND
GROW



TODAY, I WILL BE
MY STRENGTH
AND LOVE




I ALLOW MYSELF
TO BE WHO I AM
WITHOUT
JUDGMENT.




I AM FULL OF
IDEAS AND I AM
CONFIDENT THAT
THEY WILL BE
SUCCESSFUL




I AM GRATEFUL
FOR EVERYTHING
THAT'S
HAPPENING



I TRUST MYSELF
TO MAKE THE
RIGHT DECISION.




I AM AT PEACE
WITH THE
PERSON THAT I
AM.



I AM UNIQUE, I
AM PERFECT,
AND I AM HAPPY



TELL YOUR
FRIEND HOW
MUCH YOU
APPRECIATE
THEM.



SMILE AT 3
STTRANGERS ON
THE WAY TO
WORK.




TELL YOUR
NEIGHBOUR THAT
THEY HAVE A
LOVELY GARDEN.

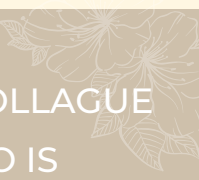




BAKE
SOMETHING NEW
FOR YOUR
COLLEAGUES.




TELL YOUR
FAMILY MEMBERS
HOW MUCH YOU
LOVE THEM.




TELL A COLLAGUE
WHO IS
STRUGGLING
THAT THEY ARE
DOING GREAT.



A FLOWER WILL
ALWAYS BLOOM
WITHOUT
COMPETING WITH
OTHER FLOWERS.



YOU'RE THE ONLY
PERSON WHO
CAN MAKE
CHANGE IN YOUR
LIFE THAT YOU
WANT TO SEE.




CONFIDENCE IS
THE BEST OUTFIT,
ROCK IT LIKE YOU
OWN IT.



BEING PERFECT
IS SILLY. BEING
REAL IS
BEAUTIFUL



THE MESS YOU
CARRY IS
GLORIOUS.
SHARE IT.




YOU CAN BE
UNSTOPPABLE IF
YOU JUST
BELIEVE IN
YOURSELF.



BE QUIET ABOUT
YOUR SUCCESS.
WEAR IT WITH
CONFIDENCE.



WHEN THINGS
ARE UNCERTAIN,
LOOK FOR
OPPORTUNITIES.



YOU'RE
FEARLESS.



Tip 4

DON'T SKIP BREAKFAST

Studies show that people who eat breakfast every day are less likely to be overweight than those who skip a morning meal.

Eating breakfast is an important step in weight loss because it kick-starts your metabolism and helps you burn calories, says registered dietitian Anna-Marie Bennett. Studies show that eating breakfast may help boost weight loss and reduce obesity, especially if you eat something high in fiber and protein. High-fiber foods include whole grains, legumes fruits, and vegetables. Make a healthy breakfast choice: poached eggs on a bed of spinach with tomato slices or whole grain toast topped with avocado and turkey bacon.

In fact, here's one of our favorite breakfast recipe:



OVERNIGHT OATS

INGREDIENTS

- 1 ½ cup (350ml) vanilla yoghurt, soy or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 10 raspberries
- 10 blueberries
- 6 broken/crushed walnuts

INGREDIENTS

1. Mix the yoghurt and rolled oats in the evening, then refrigerate overnight in a jar.
2. Combine the honey and yoghurt the next morning. Put in serving bowls and top with fresh strawberries and kiwi.

Tip 5

ADD VARIETY TO YOUR FOOD

To shed fat effectively, you need to make sure your body is getting all of its essential nutrients. One easy way to do that is by making sure you're eating a variety of healthy foods every day. By introducing new fruits and vegetables into your diet, for example, you can improve fiber intake and give yourself a much-needed energy boost. And by adding lean proteins such as chicken or fish to your diet, you can make certain that important muscle groups are being given what they need to stay strong throughout your weight loss journey. To truly shed fat and not just lose weight, though, it's important that you aren't simply following fad diets—only healthy eating habits can truly help with fat loss!

Tip 6

MANAGE STRESS LEVELS

Stress is a major factor in weight gain. When you're under a lot of stress, your body pumps out adrenaline and other hormones that make it easier for you to deal with threats and difficult situations. This is an ad-hoc evolutionary measure—it's hard to think straight or keep focused when you are worrying about life or death issues! Additionally, high cortisol levels signal your body to store fat. Higher levels of stress also increase insulin resistance, which means that it becomes harder for your body to shed excess weight.

The best way to manage stress is to approach it from multiple angles. Firstly, make sure you're not taking on too much in life—the fact that your mind and body are stressed out is a sign that you may be over-extending yourself. Secondly, try some exercises to reduce stress like yoga, pilates, stretching and meditating. All these methods help reduce stress by allowing you to challenge yourself and your mind.

Tip 7

DRINK PLENTY OF WATER

Drinking enough water can help you shed fat and lose weight. Drinking enough water helps to suppress your appetite, raise your metabolism, and help make exercise easier and more efficient, all of which could contribute to seeing progress on the scale.

The rule of thumb is to drink at least 2 liters of water a day which is approximately 8 cups. But, to truly reap the benefits of water, try drinking a glass of water before every meal. Weight loss experts also suggest taking a few sips before lifting weights or exercising to get rid of excess water weight. Add some lemon or lime to give it flavor!

Tip 8

TRACK WHAT YOU EAT AND DRINK

Many people who are trying to lose weight don't realize how many calories they consume in a day. The easiest way to make sure you stick to your diet is by tracking what you eat and drink. Most smartphones have apps that can help you keep track of your daily intake. It will also help to spread out meals throughout the day, which is important for keeping energy levels high, as well as controlling blood sugar levels and blood pressure.

There are two ways to track what you eat and drink, and that is either by writing everything down or use an APP like MyFitnessPal APP. On the next page, you'll find a calorie and macro tracker that you can use to write things down and keep yourself right!

Track YOUR CALORIES AND MACROS

Breakfast

Kcals

Protein

Carbs

Fats

- Workout
- Water



Lunch

Kcals

Protein

Carbs

Fats

- Workout
- Water



Dinner

Kcals

Protein

Carbs

Fats

- Workout
- Water



Snacks

Kcals

Protein

Carbs

Fats

- Workout
- Water



Tip 9

TAKE REGULAR BREAKS AT WORK

Working long hours at a desk is terrible for your health. Not only can it hurt your overall fitness, but sitting at a desk has also been linked to cardiovascular disease, insulin resistance and diabetes, as well as muscle loss and joint problems. So make a habit of taking regular breaks from work—even if it's just to stand up and walk around for five minutes every hour or so. Studies show that standing burns about 70 more calories per hour than sitting. This can add up over time!

Tip 10

DRINK COFFEE IN MODERATION

The health benefits of coffee are undeniable. The main benefits of coffee are that it boosts metabolism, increases energy levels and makes you feel more awake. Coffee can help your brain focus, so many people will drink it as a way to kickstart their brain before they begin working or studying. If consumed at least 45 minutes before you need to be awake and alert, coffee will do just that without any of the jitters or crash associated with its overconsumption. Drinking coffee with breakfast can help reduce snacking throughout your day, as well - so long as you're not adding sugar or creamer!

The problems arise when we drink it in excess or by ourselves. The high caffeine content can lead to a host of issues, from anxiety to restlessness to weight gain. Coffee is best enjoyed as part of a balanced diet and exercise program, rather than as a magic bullet for weight loss. When consumed wisely, coffee can help you shed fat and keep it off over time.



Tip 11

TRACK YOUR STEPS

When trying to lose weight, it's important to keep track of your daily activity. When your body is sedentary, it burns fewer calories than when you're active. By keeping track of your steps taken per day, you can see how much activity you do and make adjustments if needed. Steps are a great measure of daily activity because they don't have to involve intense physical exertion; even slow strolls around your neighborhood count as steps toward weight loss!

Tip 12

REWARD YOURSELF

If you work hard and reach a goal, don't be afraid to reward yourself. Treating yourself with something small will help keep you motivated to stick with your weight loss plan and continue working toward better health in general. For example, if you meet your goal of eating healthier by incorporating more fruits and vegetables into your diet, make sure to treat yourself with an enjoyable activity like going to a movie or seeing a show; instead of treating yourself to one large slice of cheesecake after staying on track for an entire week. It's important not to make overindulging in food your only reward for weight loss because that can lead to overeating later on.



Tip 13







EXERCISE

Regular exercise is a vital weight loss tip that helps boost metabolism, increase energy and reduce stress. For best results, choose a workout you enjoy and make it part of your routine. A combination of cardio and strength training workouts, such as jogging or running in conjunction with weightlifting, are particularly effective at targeting fat while sculpting lean muscle. With so many benefits to reap from exercise, there's no reason to avoid working out—and every reason to add it to your schedule as often as possible.

On the next page, you'll find a 30-day HIIT challenge.



30-DAY HIIT CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
Day 1 5 burpees 10 frog jumps 20 sec mountain climbers	Day 2 5 burpees 10 frog jumps 20 sec mountain climbers	Day 3 5 burpees 10 push-ups 20 sec mountain climbers	Day 4  REST	Day 5 6 burpees 12 shoulder taps 16 jumping lunges	Day 5 6 burpees 14 shoulder taps 20 squat jumps	Day 6 6 burpees 14 shoulder taps 20 squat jumps
Day 7  REST	Day 8 6 burpees 10 push-ups 10 triceps push-ups	Day 9 7 burpees 12 frog jumps 12 squats jumps	Day 10 7 burpees 20 sec skater jumps 25 sec mountain climbers	Day 11  REST	Day 12 7 burpees 14 frog jumps 12 squat jumps	Day 13 7 burpees 12 push-ups 12 triceps push-ups
Day 14 8 burpees 12 squats jumps 12 jumping lunges 10 frog jumps	Day 15  REST	Day 16 8 burpees 12 squats jumps 12 jumping lunges 10 frog jumps	Day 17 9 burpees 14 shoulder taps 12 push-ups 12 triceps push ups	Day 18 9 burpees 15 squat jumps 16 jumping lunges 10 frog jumps	Day 19  REST	Day 20 10 burpees 16 shoulder taps 15 push-ups
Day 21 10 burpees 18 squat jumps 30 sec mountain climbers	Day 22 10 burpees 20 squat jumps 30 sec mountain climbers	Day 23 10 burpees 18 frog jumps 35 sec mountain climbers	Day 24  REST	Day 25 12 burpees 15 push-ups 15 shoulder taps 15 triceps push up	Day 26 12 burpees 18 squat jumps 18 jumping lunges 45 sec mountain climbers	Day 29 12 burpees 18 squat jumps 18 jumping lunges 45 sec mountain climbers
Day 30 15 burpees 30 squat jumps 20 push-ups 1 min mountain climbers						

Thank You!

LET'S STAY IN TOUCH!

Thanks for letting me guide you through what may be a tough decision for you or it just may look like an impossible task, but let me tell you this ... if you set your mind to this process you **WILL** see massive improvements in your overall health!

I am excited that you are taking this journey and I look forward to hearing all that you do and both your successes and failures, as with everything, failures help us learn and grow and can sometimes be the greatest type of teacher!

If you need anything and just want to chat or even if your looking for guidance we are here for you! Just give us a call or email us and we will help you become the greatest version of yourself!

Best wishes for a healthy tomorrow!



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Schedule a call with me



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Strength in self

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Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.