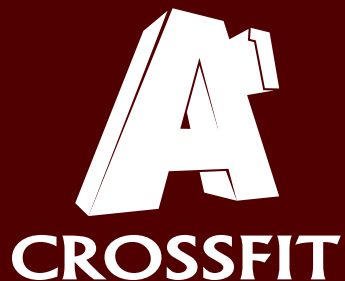


3 SIMPLE LIFESTYLE CHANGES TO STRIP BODY FAT.

Sometimes the smallest things produce
the biggest results.

These 3 changes often lead to the greatest reduction in
overall body fat. The best part is you don't even have to
step into a gym.



Simple But Not Easy

WHY WE CREATED THE GUIDE:

For the vast majority of people over 30 their lifestyle does not support a lean healthy body. Career stress, sedentary desk work and an active social life contributes more often than not to a decline in health.

We made this guide so you can reclaim your body and shed those unwanted kilos.

WHO WILL BENEFIT:

Our clients who implement these changes consistently lose anywhere from 1-5kg of additional body fat depending on how much weight they had to lose initially.

WHAT YOU WILL GET FROM THE GUIDE:

The steps to 3 simple changes you can make starting today to help lose body fat without ever having to lift a weight or go for a run.





1. Get Enough Sleep

WHY:

Most busy professionals who come into our facility average 6 hours a night of sleep.

Most of us need 7.5-8.

That's a whole sleep cycle (90 min) less every night. Oh and science says there's no such thing as 'catching it up' on the weekends. Sub optimal sleep means less energy, more snacking/overeating and a lowered ability to burn body fat.

PROTOCOL:

Start getting to bed on time. Turn off NETFLIX.

Make sure you set an alarm to wake AND an alarm to tell you its time to go to bed.

However far off 8 hours you are, try to add 30 mins per night per week until you're there.

EXPECTED RESULTS:

Better appetite control (less excess body fat).

Faster metabolism.

More energy for training and activities.

Better hormone balance.

2. Drink More Water

WHY:

You're dehydrated. We know this because over 90% of our clients when we monitor their drinking habits show up well below the required amount to be fully hydrated.

If you drink more water your bodies ability to shrink and reduce fat cells and build muscle increases.

Other benefits include reduced fatigue, more strength and increased cardio.

PROTOCOL:

Carry a 2L bottle with you everywhere and try to finish 1.5-2 per day everyday. If you are over 90kg and you train often try to finish a little more.

EXPECTED RESULTS:

Less fatigue.

More enrgy for training.

Better sleep and nutrient absorption.





3. 12,000 Steps

WHY:

Before gyms and organised exercise we walked everywhere. Places were further apart, technology was limited and we had to do more manual labour. To be fair we're never going to go backwards but we should try to recapture some of our species former physical glory.

The easiest and most natural way we know how is to walk more places. Life is sedentary and our body fat levels prove it.

Time to get up and move.

PROTOCOL:

Track your steps, most smart phones have it built in now and aim for 12 000 per day. Walk to work, walk in the morning, get off 1 stop earlier on your morning commute, take the stairs. You've heard it all before but now is the time to do it and make it a normal practice.

EXPECTED RESULTS:

Less hip and low back pain.

Less body fat.

More vitality.

READY TO JOIN A GYM?

We're more than just a place to train. We are a relationship to hold you accountable to your best self. Our coaches guide and educate our clients to the best physical and mental versions of themselves.

Click the link below to see if we can help you.

