



AT YOUR PEAK

BE FIT · BE CONFIDENT · BE YOU

DISCOVER HOW YOU CAN LOSE FAT IMPLEMENTING 6 SIMPLE CHANGES.

Losing weight or better body fat does not have to be stressful or difficult. There are a few simple changes that you can make to make the process enjoyable and much easier than you anticipated.

1 INCREASE MOVEMENT

It is as simple as it sounds; to burn more calories we can simply move more during the day. This does not have to be running on the treadmill for hours or jumping up & down in HIIT classes. It can simply be going for a dog walk, walking instead of taking the car, taking the stairs instead of the elevator, it can be cleaning the house or do some gardening. Instead of sitting in front of the TV take your favourite audiobook and go outside or turn the zoom meeting at work into a call & walk. Anything that makes you move more will help. Try to achieve at least 7k steps per day...more if you can.

2 INCREASE THE AMOUNT OF PROTEIN YOU EAT

Protein is an important resource when building lean muscle mass and losing bodyfat. You should increase your protein intake to 1.8 x per bodyweight in kg. Protein helps your body to repair your body tissue and muscles to repair after strength training, helps to be satisfied for longer after eaten and reduces cravings. One study has shown that if you increase your protein by 3% when maintaining weight you can also reduce weight regain by 50%.

3 DRINK (MORE) WATER

Drinking water is not only healthy but can also help to curb your appetite. Often, your body wants water but you may think that you are hungry. And so, by drinking a glass of water before a meal, you may find that you don't need quite as big a serving of food as you had thought. This goes for snacking, too. Next time you're raiding the cupboards for a quick snack, drink a glass of water and see if that helps with your cravings. In this way, drinking more water has been proven to help with weight loss by helping to reduce overall calorie intake in a healthy way. Remember that water is calorie-free, unlike soft drinks, which are often full of sugar and that actually increase cravings.

4 BUILD LEAN MUSCLES WITH STRENGTH TRAINING

Strength training is not just great for building lean muscle mass and therefore boosting your metabolism, but it also helps with bone strength and therefore prevent osteoporosis. To start strength training you can start out with using your bodyweight rather than investing in weight equipment. Do the following

2 x 10 Squats
2 x 10 Push Ups (on knees)
2 x 10 Crunches
2 x 10 Glutebridges
2 x 10 Supermans

You can increase those the sets from 2 to 4 and the repetitions from 10 to 20 when you find them easy enough.

5 BULK YOUR MEALS WITH FRUIT AND VEGETABLES

Especially if you are struggling with hunger or portion sizes increasing the amount of vegetable and fruits you eat can be really beneficial. A study has shown that we often eat the same amount of food volume each day. By eating lots of vegetable we are eating the same food volume but with less calorie dense foods and in turn we are eating less calories than if we would eat of that food volume in high calorie dense food like cake for example.

6 DON'T BAN ANY FOOD

There is a common misconception that to lose bodyweight we have to ban carbs, chocolate, alcohol or fat. Whilst we should have some of those food in moderation (e.g. one piece chocolate rather than the whole block) I strongly advice not to ban completely ban any food – especially the ones you really like. Losing or maintaining weight and living a healthy lifestyle is a long-term process and needs to be sustainable. By cutting out food you love you are most likely getting frustrated and will end up binge eating. Instead make sensible choices, practice portion control with foods that do not align to your goals and enjoy them in moderation.