



WEIGHT LOSS

guide....

ZLR

Z L R F I T N E S S
DISCOVER YOUR INNER WARRIOR



Welcome to my 3 step weight loss guide. I have been a coach for over 4 years and find that the biggest problem people face is how to lose weight.

If you've downloaded this guide I am pretty sure you are struggling right now so let me start to help you in 3 easy steps!

TIP 1:

DRINK MORE WATER

How much water do you actually drink each day?

I guarantee if you are struggling with your weight it isn't enough!

Start by drinking more! The easiest way I suggest you do this is to have a pint glass of water at every meal time.

A good range to aim for is 2 litres a day as a minimum. I recommend using a big bottle of water so you don't have to rely on refilling it constantly as it's easy to forget.

TIP 2:

*Use your fist as a
portion guide*

Overconsumption can be one of the main causes of weight gain.

Instead of trying to go restrictive, cutting carbs, chocolate etc just work on adjusting your portion sizes of your current meals.

Use your fist to plate your meals this includes your protein, carbohydrates and veg.

Using this method helps to build awareness, consume better amounts, see what your portions should start to look like and ultimately contribute to those weight loss goals.

TIP 3:

*Add some more movement into
your day*

Now before you freak out, you don't have to hit 10,000 steps a day like most people say!

Taking yourself for a light walk for 20-30 min can be not only good for your health but also to lower stress and get your NEAT up.

NEAT is all the stuff you do day-day outside of being in the gym so it is good to make sure you bring your NEAT up to achieve weight loss too!

2-3 walks a week is sufficient and this will also help you to lose weight; so start adding it into your schedule.



**THESE 3 SIMPLE
TIPS CAN &
SHOULD BE
IMPLEMENTED
STRAIGHT
AWAY!**

**CUT YOUR
EXCUSES AND
DO IT!**

**YOUR FUTURE
SELF WILL
THANK YOU
FOR IT!**

