

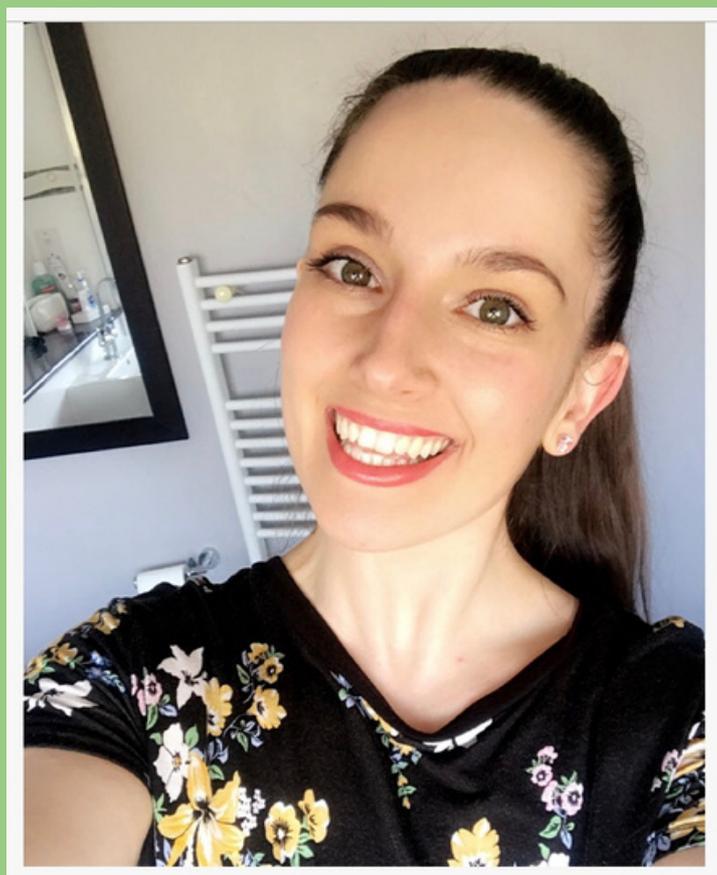


WEIGHT LOSS

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 5 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 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 2-3 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.

COME JOIN THE ZLR WARRIORS...

*My 1-1 coaching service to
help you:*

Drop bodyfat

Transform your shape

Improve your self-confidence

Improve your mind-set & mental health

Drop jean sizes/ dress sizes

Improve your health & wellbeing

Get yourself fitter & stronger

*Don't just take my word for
it.....* 

MY CLIENT EMMA WHO DROPPED HER BABY WEIGHT IN JUST 6 MONTHS..



MY CLIENT SOPHIE WHO DROPPED A TOTAL OF 4.5 STONE BEFORE HER WEDDING DAY...



**MY CLIENT
EMMA WHO
DROPPED 5.5
STONE IN 12
MONTHS!!!**



ZLR FITNESS
DISCOVER YOUR INNER WARRIOR

**MY CLIENT
KIERAN WHO
HAS DROPPED
23KG IN 6
MONTHS..**



READY TO CHANGE YOUR LIFE TOO?

*To apply for a space simply
use the contact info below!*

*If you have any questions
just ask....*

WANT TO WORK WITH
ME?

ENQUIRY
FORM



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EMAIL:
ZLR24FITNESS
@GMAIL.COM

**HAVING A SUPPORTIVE
COACH CAN GIVE YOU
THE ACCOUNTABILITY,
SUPPORT & EDUCATION
TO HELP YOU REACH
YOUR GOAL! DON'T
SUFFER LONGER THAN IS
NECESSARY!**

