

7 STEP WEIGHT LOSS CHEAT SHEET

Start to implement these steps over the next 7 days and I guarantee you'll see a difference. Getting all of these habits right will put your body in the perfect position to lose weight.

1. WATER INTAKE – One of the simplest but so commonly missed step to making yourself healthier (and thinner). Water makes up over 2/3 of our body and is vital for normal body functions. A fully hydrated body will burn more fat than a dehydrated one. Hitting your correct water intake will give you healthier joints, better skin, hair & nails, improved digestion and increased metabolism.

You should be drinking a minimum of 2 litres a day of water (not including coffee/tea) up to 4 litres. The heavier you are the more water you need. If you don't like water that much try adding a slice of lemon to it for a flavour boost.

2. FASTING – It's no longer a disaster to skip breakfast. I often skip breakfast and so do my clients and they we see great results. I use fasting with my clients often after a period of heavy eating e.g. post Christmas/holiday/weekend! I advise that people aim to stop eating by around 6pm and then don't eat before 12pm the next day – that's an 18 hour fast there and it's pretty simple to do. It'll give your body a bit of a break from food and aid with digestion.

When you come off your fast eat normally (healthily) for the rest of the day. It also cuts down your calories for the day (which saves a few quid). During the fast just drink water or green/herbal teas. You can do this as many days a week as you like, see how you get on.

3. CARB CYCLING – People's carbohydrate intake usually makes or breaks people's weight loss attempts. Eating too much and the wrong kind leads to weight gain/weight loss difficulty. Many carbs are highly processed and I guarantee if you cut out or at least reduce your intake of foods such as bread, crisps, biscuits and pasta you'll lose weight. The starches get easily converted into sugars and stored as fat. Stick to sources such as brown rice, basmati rice, potatoes, oats and fruit. 'Earn your carbs', on days where you move more (exercise) have more, on low activity days have less. **Carbohydrates are essentially sugars and my number one tip in losing weight is to cut back on sugar.**

4. EXERCISE / HIIT – If you're a beginner or have a few problems then most any exercise is good, go for a walk/swim/run/cycle or an exercise class. For the more experienced exercises the best way to get the most out of exercise (in terms of weight loss) is to up the intensity.

HIIT stands for High Intensity Interval training. Firstly you burn a lot more calories during a high intensity session than a low one. Secondly HIIT cranks up your metabolism dramatically and carries on burning body fat hours after your workout. HIIT sessions last on average between 10 and 20 minutes. Many people work using a ratio of 2:1 High intensity e.g. 40 seconds of sprinting with 20 seconds of medium/low paced recovery jog or walk. HIIT not only improves your cardiovascular endurance and VO2 Max it also has an overall great effect on your health. You can do this by running/cycling/weights/bodyweight work.

5. STOP EATING JUNK – This is key! You can drink plenty of water and fast for as long as you like but in order to really get to where you want to be you need to cut out the crap food (ice cream, sweets, pizza, chocolate, burgers, microwave meals, crisps). Yes you can have these things in moderation when you've got your eating sorted but for now try and cut them out as much as you can. Ridding these from your diet will help to detoxify your body from all the harmful toxins and god knows what that are in these products! General rule if you

struggle to pronounce the ingredients on the back of the packet then you should avoid it. Even better rule: Eat as little things as possible from a packet/jar.

6. PROTEIN & FATS – I've mentioned cutting back on carbs so this mean you should increase your intake of protein and fats. Healthy ones of course. These are the building blocks your body needs to build, grow and repair. Most of your meals should be centred around good quality protein and vegetables, plus a portion of healthy fats.

Good protein sources – chicken, turkey, steak, lean mince, beans, eggs

Good fat sources – coconut oil, fish, avocado, nuts

7. EAT YOUR GREENS – All vegetables are great but I would recommend you focus on getting as many green vegetables into your diet as possible. Broccoli, spinach, kale and salad leaves are the best sources in my opinion. Things like cabbage, sprouts, asparagus and peas are also really good. They contain vital vitamins and minerals which the body needs to function optimally. If the body is deficient in something then it won't be able to function properly. Green veg also fills you up, is good for digestion and is a low calorie-high nutrient food option.

BONUS TIPS

8. SWEAT - Sweating! It's one of the most effective methods for getting rid of damaging toxins from the body did you know? The skin is the largest organ of the human body, it's very think and it takes only a few moments for any liquid substance to be absorbed. This is why you should be careful with what products you're rubbing into your body on a daily basis. You want to aim for as natural products as possible. You absorb up to 60% what you rub onto your skin.

One of the best ways to expel these toxins is to sweat. It doesn't matter how you do it, just get yourself hot and sweaty. Exercise is great, sauna/steam room is ideal, or anything else you can think of!

9. SUPPLEMENT - Supplements promoting gut health and things like vitamin C, Zinc, multivitamins and fish oils are good to take. Vitamin D is also a really good one to take (especially in the winter), these help ward off flu symptoms, improve digestion, boost the immune system and plug the gaps of vital micro nutrients, vitamins and minerals that you can't get from your diet.

OKAY 1 MORE

10. SLEEP – Getting less than 6 hours sleep a night not only makes you feel like crap but is bad for your weight loss and also your health. Aim for 8-10 hours' sleep a night. The benefits of a good night's sleep include reduced stress, increased alertness, better mood, increased energy and productivity, better hormone balance and it helps to control your diet. How many of you grab a quick junk food snack when you're tired? (Or a tonne of coffee)

Do some things such as reading or taking a nice hot bath before bed rather than staring at your phone/tablet or tv to unwind properly.

