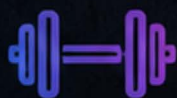


5 SIMPLE CHANGES THAT MAKE FAT LOSS EASIER

A **Free** Guide for
Busy Men & Women
Aged 30–50



EAT SMARTER,
NOT LESS



TRAIN BETTER,
NOT LONGER



SAVE TIME,
GET RESULTS



SLEEP BETTER,
RECOVER MORE



STRESS LESS,
STAY CONSISTENT

— SMALL CHANGES. | BIG RESULTS. —

WHY FAT LOSS FEELS SO DIFFICULT

IF YOU'RE BETWEEN 30 AND 50, JUGGLING WORK, FAMILY AND EVERYDAY RESPONSIBILITIES, IT'S EASY TO FEEL LIKE YOUR HEALTH ALWAYS COMES LAST. YOU START MONDAY FULL OF MOTIVATION...

BY WEDNESDAY YOU'RE SKIPPING WORKOUTS, GRABBING CONVENIENT FOOD AND TELLING YOURSELF YOU'LL "START AGAIN NEXT WEEK." THE PROBLEM ISN'T A LACK OF WILLPOWER. IT'S A LACK OF A PLAN THAT FITS YOUR LIFESTYLE. FAT LOSS DOESN'T REQUIRE PERFECTION—IT REQUIRES CONSISTENCY WITH THE HABITS THAT MAKE THE BIGGEST DIFFERENCE.

IN THIS GUIDE, YOU'LL LEARN FIVE SIMPLE STRATEGIES YOU CAN START USING TODAY TO LOSE BODY FAT WITHOUT SPENDING HOURS IN THE GYM OR FOLLOWING RESTRICTIVE DIETS. SMALL CHANGES, REPEATED CONSISTENTLY, CREATE LIFE-CHANGING RESULTS.

5 CHANGES YOU CAN MAKE TODAY

1 PRIORITISE PROTEIN AT EVERY MEAL

PROTEIN KEEPS YOU FULLER FOR LONGER, SUPPORTS MUSCLE, AND HELPS REDUCE UNNECESSARY SNACKING. AIM FOR: 25-40G OF PROTEIN WITH EACH MEAL.

2 SCHEDULE YOUR WORKOUTS LIKE IMPORTANT MEETINGS

IF IT'S NOT IN YOUR DIARY, LIFE WILL USUALLY GET IN THE WAY. COMMIT TO 2-3 SESSIONS EACH WEEK AND PROTECT THAT TIME.

3 WALK MORE

YOU DON'T NEED ENDLESS CARDIO. INCREASING YOUR DAILY MOVEMENT CAN DRAMATICALLY IMPROVE CALORIE EXPENDITURE.

AIM FOR: 7,000-10,000 STEPS PER DAY.

4 BUILD BALANCED MEALS

EVERY MEAL SHOULD INCLUDE: * LEAN PROTEIN * A PORTION OF CARBOHYDRATES * VEGETABLES OR FRUIT * HEALTHY FATS THIS HELPS CONTROL HUNGER WHILE FUELLING YOUR BODY PROPERLY.

5 STOP CHASING PERFECTION

ONE TAKEAWAY OR MISSED WORKOUT WON'T RUIN YOUR PROGRESS. GIVING UP BECAUSE OF ONE BAD DAY WILL.

FOCUS ON BEING CONSISTENT—NOT PERFECT

THE BIGGEST MISTAKES BUSY PEOPLE MAKE

MANY PEOPLE BELIEVE THEY NEED:

TO CUT OUT CARBS

TO TRAIN EVERY DAY

TO AVOID EATING AFTER A CERTAIN TIME

TO COMPLETELY GIVE UP THEIR FAVOURITE FOODS

TO FOLLOW RESTRICTIVE MEAL PLANS

THE TRUTH IS...FAT LOSS COMES FROM BUILDING HABITS YOU CAN STICK TO FOR MONTHS—NOT SURVIVING A FEW WEEKS ON MOTIVATION ALONE. THE GOAL ISN'T TO BE "ON A DIET."THE GOAL IS TO BUILD A LIFESTYLE THAT NATURALLY KEEPS YOU HEALTHY, STRONG AND CONFIDENT.

IMAGINE WHERE YOU COULD BE IN 12 WEEKS

IMAGINE...

FEELING CONFIDENT WALKING INTO THE GYM.
HAVING MORE ENERGY THROUGHOUT THE DAY.
LOSING BODY FAT WITHOUT GIVING UP THE FOODS YOU ENJOY.
FEELING STRONGER EVERY WEEK.
FINALLY BUILDING HABITS THAT LAST.

THAT'S EXACTLY WHAT MY 1-1 PERSONAL TRAINING COACHING IS DESIGNED
TO HELP YOU ACHIEVE. EVERY CLIENT RECEIVES:* PERSONALISED TRAINING
PROGRAMME* TAILORED NUTRITION GUIDANCE* WEEKLY ACCOUNTABILITY*
PROGRESS TRACKING* TECHNIQUE COACHING* ONGOING SUPPORT BETWEEN
SESSIONS YOU DON'T NEED ANOTHER QUICK FIX.

YOU NEED A PLAN THAT WORKS AROUND YOUR LIFE.

READY TO MAKE YOURSELF A PRIORITY?



BOOK YOUR FREE CONSULTATION TODAY

AND LET'S BUILD A PERSONALISED PLAN THAT FITS AROUND YOUR WORK, FAMILY AND LIFESTYLE.

BOOK HERE

PROGRESS | CONFIDENCE | RESULTS.