



FEMALE FAT LOSS FOR BEGINNERS

HOW TO STRIP FAT & START GETTING LEANER
TODAY

INTRODUCION

Hey! Well done for downloading this quick guide!

For the last 10 years I've spent countless hours helping women, just like you lose weight & feel more confident, so let me tell you it's not something we can cover completely in this short guide

Instead we're going to cover the very basics. **I'm going to give you a few of my absolute best fat loss tips** as well as give you some actionable steps for the coming weeks

At the end, I'll share with you my new female transformation program; **THE BODY CONFIDENCE PLAN**. If you're in a position to come under my wing & completely change the way you look, we can work out if you're a good fit.

If you'd just prefer to go at alone & use this guide, that's absolutely fine too. You know where I am in the future if you decide you're ready to take things to the next level

Anyway... let's get started!

FAT LOSS TIP NUMBER 1

MAKE LIFE AS EASY AS YOU CAN

It's common that when people start a new fitness routine they make it either too hard or too painfully boring. If you've ever decided you're going to exercise everyday or cut out sugar cold turkey, then you know what I mean...

Fitness should be fun. Fat loss shouldn't be that hard.

So make it easy. Instead of jumping on the first diet plan you find, simply tweak your current diet & lifestyle.

What do you currently have for breakfast, lunch, dinner & snacks? How could you make one of those meals healthier this week?

If you're currently grabbing a latte & a croissant at the train station on the way to work every morning, why not grab a white Americano & a banana instead? You've just saved yourself 450 calories...

Or instead of grabbing a biscuit every time you make a cup of tea you keep a pullet of blueberries in your top drawer to grab as a snack (just don't try dunking them)

STEP 1: How can you tweak what you're already doing?

FAT LOSS TIP NUMBER 2

FIND MORE WAYS TO MOVE

If you've been following me for a while you'll know I'm a HUGE advocate of females lifting weights. The benefits are absolutely extraordinary. **If you've not tried weights or aren't currently following a plan, then I'd recommend you hop on one.** It's extremely fun too.

Saying that... exercise is easy when you enjoy it. What exercise do you genuinely enjoy?

Is it a sport? Taking the dog for a walk? Going for a run with a good podcast? Trampolining? Swimming (& of course sauna'ing)

Maybe you enjoy cycling, running, climbing, dancing, exercising to music, body pump or badminton

Whatever it is, do more of it. You're FAR more likely to stick at it & reap the health rewards.

STEP 2: Write down 7 different forms of exercise that you can do every week realistically.

FAT LOSS TIP NUMBER 3

REDUCE YOUR CARBS

Let me start off by saying carbs aren't bad for you. They're not the devil in the form of food or whatever rubbish some fitness gurus preach about.

To put it simply, carbs are the best.

What's your favourite food?...I bet it's a source of carbohydrate

Let me list the most common carbs binged:

Alcohol, crisps, biscuits, bread, pasta, cereal, cake etc

These foods aren't necessarily bad, they're just very easy to over consume. If you can limit carbs in your diet you'll find it much easier to eat less over the course of the day

You'll also avoid aimless snacking, big booze sessions & huge blow-out meals

This equals to a big thumbs up for losing weight

STEP 3: Where can you cut some carbs out of your diet?

BONUS: FAT LOSS TIP

ADD IN MORE PROTEIN & FIBRE

Fat loss absolutely sucks if you're hungry the whole time. Not only is feeling hungry pretty miserable but it will also increase the chances of you giving into temptation

If we can keep you feeling full, you'll enjoy the process more, plus will greatly reduce the chances of you falling off the wagon

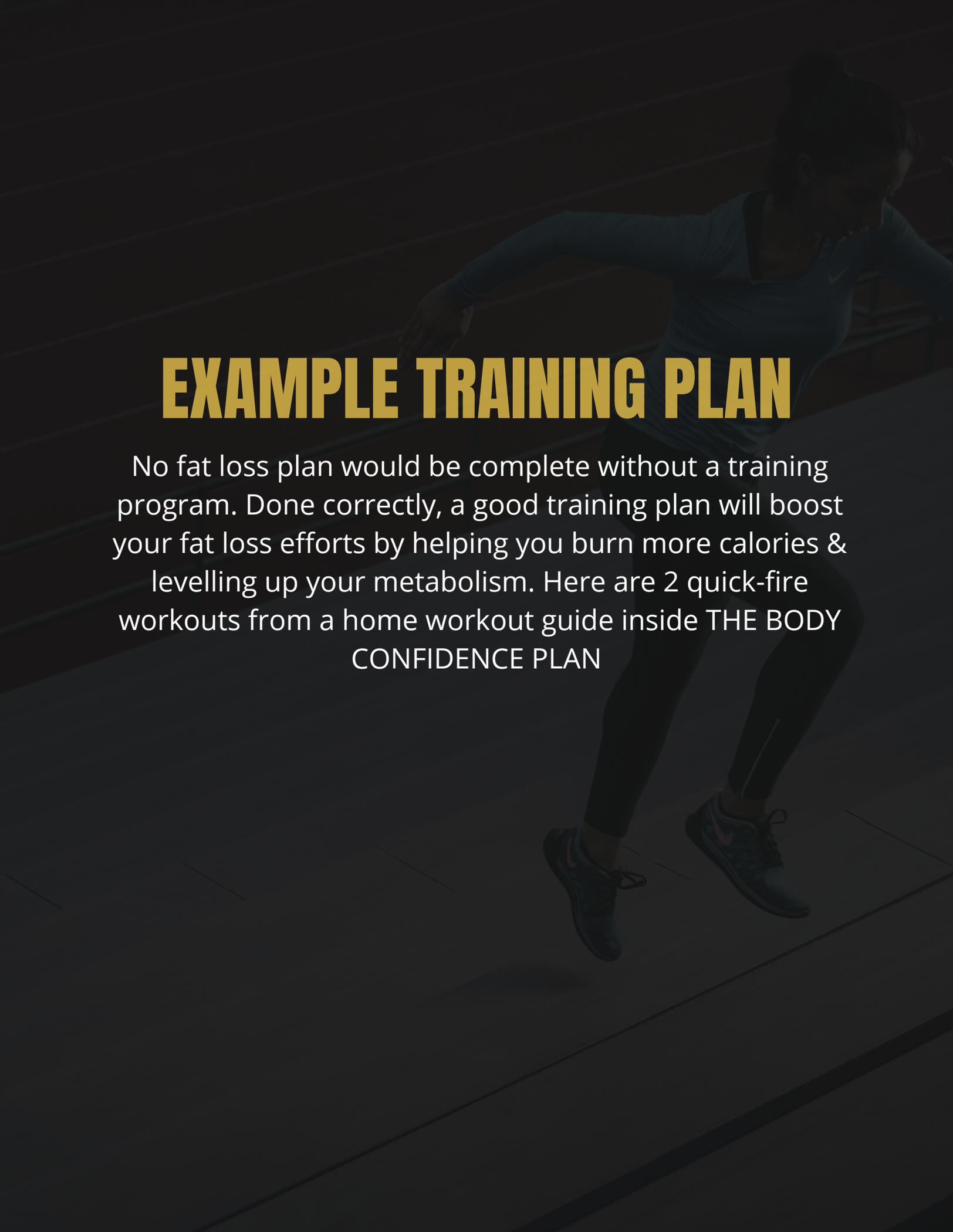
The secret sauce is protein & fibre. Both will keep you feeling fuller, for longer

The best idea is to try & eat them both throughout the course of the day. If you can consume adequate levels of both protein & fibre for breakfast, lunch & dinner you're onto an absolute winner

Sources of protein include meat, fish, dairy, with average levels consumed from nuts, seeds & beans

The best foods for fibre are fruit, veg, seeds nuts, potatoes & rice

STEP 4: Add sources of both protein & fibre to your shopping list

A person in athletic wear is performing a lunge exercise on a gym floor. The person is leaning forward with one leg extended back, holding a weight. The background is dark and slightly blurred.

EXAMPLE TRAINING PLAN

No fat loss plan would be complete without a training program. Done correctly, a good training plan will boost your fat loss efforts by helping you burn more calories & levelling up your metabolism. Here are 2 quick-fire workouts from a home workout guide inside **THE BODY CONFIDENCE PLAN**

10-MIN RUN

20 SQUATS

50 SPOTTY DOGS

50 MOUNTAIN

CLIMBERS

20 LUNGES

1-MIN PLANK

3 ROUNDS

1 min rest

10-MIN RUN
1-MIN PLANK
1-MIN CRUNCHES
1-MIN SQUAT WITH
STRETCH UP
1-MIN SPOTTY DOGS

3 ROUNDS

90 sec rest

FINAL TIP

START TAKING PROTEIN SHAKES

Protein shakes are by an absolute mile, the easiest way to eat more protein

As well as helping us keep full like mentioned already, protein will also help aid recovery, build lean muscle, boost metabolism & get stronger

It's a key fat loss tool that you should be utilising

You can of course get protein just from foods, but why not make it as easy as you can for yourself by supplementing with a good whey protein

They're cost effective, very lean & a really good way to start your day. Most people lack protein at the beginning of the day so adding one scoop with your breakfast might just be all you need to hit your daily protein goal

I get mine from www.myprotein.com

YOUR TO-DO LIST

- Write down ways you can tweak your current diet & lifestyle to make it healthier?
- Write down 7 ways you can move more each week
- Where can you cut carbs from your diet?
- Add more high protein & fibre foods to your shopping list
- Complete the workout 2-4 times a week
- Order protein
- Actually take action.

I really hope this quick guide helped. Remember it will only work if you put the effort in. If after reading this you've decided you'd like support & a clear program to follow, I'll leave info on THE BODY CONFIDENCE PLAN on the next page

THE BODY CONFIDENCE PLAN

THE BODY CONFIDENCE PLAN is a 12-week transformation program for motivated women looking to strip a stone+ of fat & feel more confident than ever

If you're ready to take your health & confidence to a level you never thought possible head to:

WWW.PRIMALPERSONALTRAINING.CO.UK

Complete the application form & if I believe I can really help you I'll get you onboard. Limited spaces.

RESULTS YOU CAN EXPECT..



-16LBS

-22LBS



BEFORE

AFTER



BEFORE

AFTER

-19LBS

-22LBS



BEFORE

AFTER



BEFORE

AFTER