



FREE EBOOK DOWNLOAD

LIFESTYLE HACKS

BY CHARLOTTE SHELLEY

During my time in the fitness industry, I've read a huge amount of fitness-related literature and gained first-hand experience working with clients from all walks of life. As such, I've learned a whole host of tips and tricks pertaining to both fat loss and overall health.

There are take-homes in this ebook that will be beneficial to everyone; from a seasoned fitness enthusiast to a newbie gym goer. Have a read through the following pages and see if you can pick up some pointers for yourself.

1) Set yourself some solid goals. Be specific; rather than "I want to lose weight", ask yourself how much weight you want to lose. Are there any other measurable targets you'd like to strive towards, which could become non-aesthetic related goals too? For example, being able to squat X weight for X reps. Having goals in place helps to maintain motivation levels and keep you on track.

2) Once you've created your goals, put a plan of action in place. Make sure this is relevant to YOU and your lifestyle, as opposed to just something you saw online. You want as few hurdles in the way as possible if you're going to succeed and this means you'll need to ensure the process works for you personally. For example, perhaps you're relentlessly busy in the week. In which case, why not take the pressure off and aim to get just 1x session in during the week and another 2x sessions on a Saturday and Sunday? On weekdays, just ensure you're sticking to a calorie target and maintaining a high step count as much as possible.

3) Reflect on the negatives so that you can grow.

When something goes wrong, don't look back with resentment. Instead, ask yourself *why* it happened. For example, if you had an afternoon binge, look at your habits during the day beforehand. Did you eat a decent breakfast and lunch? Did you have a bad night's sleep? Are you stressed? Get to the crux of the issue and it will help you to make improvements next time, as opposed to punishing yourself for something that has already happened.

4) You also want to reflect on the positives, so you can keep moving forwards.

Recognise how far you have come and why your practices have succeeded thus far. What strategies/habits have contributed to your progress? When you are aware of this, you can ensure these habits are here to stay.

5) Time-blocking, because I don't know a single person in my life that has enough hours in the day.

If you find yourself short of time, it might be worthwhile looking to improve your productivity. Time blocking has saved me (and my clients) so much time and energy. I plan my day - well, my morning at least - hour by hour, including breaks away from my desk. Personally, I work well with shorter work blocks, so I'll be at my desk completing focused work for 30-60 minutes and then take a 10-15 minute break. During these work blocks, my productivity increases tenfold. If you're someone that finds they don't have much free time, it's worth a try. I promise you'll end up getting through your to do list more efficiently.

6) Get some sunlight on your face within the first 30 minutes of waking.

This helps regulate your circadian rhythm (the body's sleep/wake cycle).

7) Keep a bottle of water on you at all times to ensure you're remaining hydrated throughout the day. It's much more difficult to make excuses when you have a bottle to hand.

8) Pay attention to who you're spending time with when you feel most positive and fulfilled. If you're making beneficial changes in your life, you want to surround yourself with others that will support this progression, not those who will bring you down.

9) Realise that you don't have to be perfect 100% of the time. Adopt the mentality that *something* is better than nothing. An all or nothing mentality can be really damaging, so try to implement small practices where possible to care for your health. For example, no time to get to the gym? Try training at home or going for a run/walk instead.

10) Sugar-free drinks are an absolute game changer and a great strategy to help with a sweet tooth.

11) Caffeine has a half-life of roughly 6 hours. This means that if you consume 200mg caffeine at 4pm, half of that caffeine is still in your system at 10pm and may disturb your sleep.

12) When tracking your food intake, log foods before you eat them to ensure you don't get to the end of the day and have 100g protein still to eat but no carbs/fats left.

13) Spread your protein intake into 4-5 servings throughout the day. ideally 0.3-0.5g+ protein per kg bodyweight in each serving.

14) Calorie management alone is sufficient for us to reduce body fat, but lifting weights will create muscle tone. As such, strength training is the primary exercise protocol by which most people should seek to improve their physique, particularly if the goal is to "tone up".

15) Sleep is the single most underrated tool to support overall health, immune system, libido, fat loss/weight maintenance, mental clarity, rejuvenation and repair of cell tissues.

If you're looking for more insight into how to improve your health and fitness, don't hesitate to get in touch. One of our coaches will be able to create a bespoke programme that will change your life for the better.