



How to

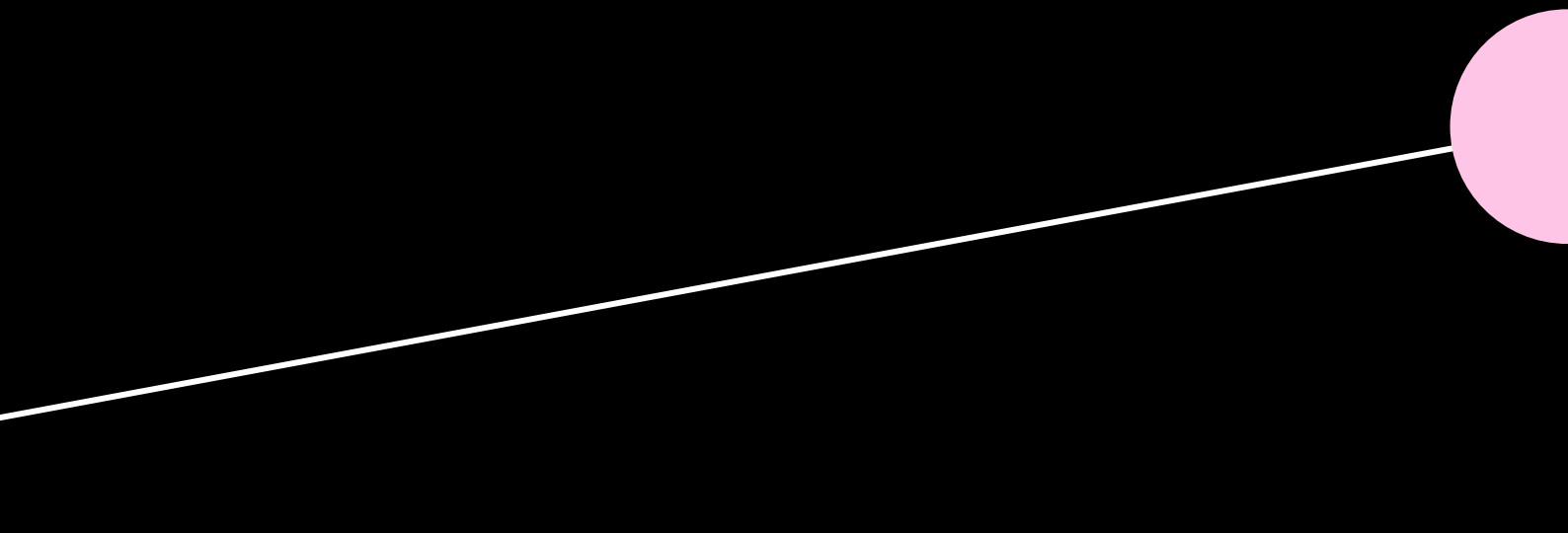
Lose your first
5kgs!

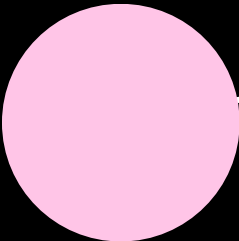


Kickstart Your Weight Loss Journey

Embarking on a weight loss journey can feel overwhelming or disheartening, especially if it's your first time. You may have even tried various diets or training programs in the past without success, but I'm here to tell you that losing your first 5kgs is an achievable goal with the right mindset and approach.

This e-book is designed to guide you through the process and provide you with practical tips to help you finally reach your weight loss goals.





Set a realistic goal

Sustainable weight loss is gradual and requires patience. It's important to focus not just on losing weight quickly but doing so in a healthy way that you can manage over time to avoid the dreaded “rebound” and gaining back the lost weight.

Incorporating regular physical activity for overall health and well being that fits your schedule and daily tasks is also extremely important to ensure that this doesn't start to feel like a chore and becomes an enjoyable part of your lifestyle.

Don't forget to define your specific weight loss goal and set a realistic timeline for achieving it so you have motivation to keep going on the tough days.



Understanding Your Body

When you start to understand the body, you can easily work out how to make it do what you want.

For example, gain weight, lose weight or even maintain what you're currently working with based on the calories you consume.

What is a **calorie**?

A calorie is a measurement of the energy content of food and the energy expenditure of the human body.

When we talk about calories in food, we're referring to the energy that the body obtains from consuming that food.

The balance between the calories consumed from food and the calories expended through physical activity will determine whether you are in a calorie surplus or deficit.

If losing weight is your goal, your body will need to be in a calorie deficit.

What is a Calorie Deficit

*What is a **calorie deficit**?*

A calorie deficit is when you consume fewer calories than your body expends over a certain period of time. Put simply, it means you're burning more calories than you're taking in through food and drink.

When your body doesn't have enough calories from food to meet its energy needs, it turns to stored fat for fuel, leading to a reduction in body weight over time.

But how do you know if you are in a deficit?

Firstly, identify your daily caloric requirements.

This will be your “maintenance” calories and then reduce the total amount by approx. 500 calories per day.

This will put you in a deficit to lose approx. 1 kg per week.



Creating a Balanced Diet

Creating a healthy, balanced meal plan involves incorporating a variety of nutrient-rich foods from different food groups to ensure you're meeting your body's needs for essential nutrients while staying within your calorie target.

Working out your actual meal plan will require a little work as different foods contain different amounts of calories based on their macronutrient content.

For example:

- Proteins & Carbohydrates – 4 calories per gram.
- Fats – 9 calories per gram.
- Alcohol – 7 calories per gram.

A guide for macronutrient breakdown:

- Daily Protein intake – approx 1.5–2g per 1kg of body weight
- Daily Fats – approx 30% of total calories
- Daily Carbohydrate – remaining calories.

Some extra tips:

- Planning and preparing your meals and snacks in advance helps to avoid eating off plan.
- Choose sugar free drinks to avoid high calorie intake through your drinks.
- Choose low calorie snacks.
- Increase your water intake to approx. 2–3L a day to ensure healthy hydration and digestion.

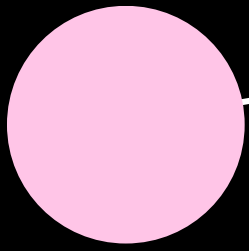
Find an Exercise Routine That Works for You

Finding a routine that works for you is essential for achieving your fitness goals.

Here are some steps to help you:

- Incorporate both cardio and strength training into your routine for overall energy output and to maintain cardiovascular health.
- Choose the right split for your strength training sessions. You don't need to be training 6 days a week for 2 hours at a time to get the results you want.
 - 3-day split (Push, Pull, Legs)
 - 4-day split (2x Upper & 2 Lower)
- Explore different types of exercises beyond cardio and strength training:
 - Flexibility exercises, balance and stability exercises, HIIT sessions, functional exercises or mind-body exercises.
- If **“gym anxiety”** is something you deal with:
 - Bring a friend with you
 - Go to gym with a workout plan ready.
 - Put your headphones in and listen to your favourite tunes
 - **AND REMEMBER!!**
We all started at the beginning and you have just as much right to be in the gym as everyone else!





Building Healthy Habits

Creating healthy habits can significantly contribute to achieving your health and fitness goals. Here are some tips:

- **Prioritize Sleep**
 - Aim for 7-9 hours of quality sleep each night to support muscle recovery, energy levels, and overall well-being.
- **Incorporate Rest Days**
 - Schedule regular rest days into your exercise routine to allow your body time to recover and repair.
- **Hydrate and Refuel**
 - Drink plenty of water throughout the day and consume nutrient-rich foods to support hydration and replenish energy stores.
- **Track your daily food intake**
 - Use an app like MyFitnessPal to understand portion sizes and become more aware of your eating habits.
- **Meal Prep**
 - Set aside time each week to plan and prepare meals in advance. Batch cooking and portioning meals can save time and ensure you have healthy options readily available.
- **Get your steps in**
 - Park your car further away from work, go grocery shopping in store and add in short walks after main meals. Low intensity walks aid in digestion and increase overall energy expenditure. Aim for 8,000 to 10,000 steps per day.
- **Celebrate small wins along the way to help motivation!**

Tracking Your Progress

Tracking your progress (both food intake and exercise) can be the difference between hitting your goals or falling short.

- Track food intake using an app like MyFitnessPal.
 - Record everything you eat and drink throughout the day. Be as accurate as possible to get a clear picture of your calorie and nutrient intake.
- Track workout programs using a journal or training app.
 - Keep a record of your workouts, including the exercises performed, sets, reps, and weights used. Tracking progress in strength training is essential for monitoring muscle growth and strength gains.
- Other methods for tracking include:
 - Monitoring your scale weight
 - Taking progress photos weekly
 - Tracking body measurements

All of these methods above give you an insight as to whether you are on track to hit your goals or if there are some adjustments needed. Based on your progress, adjust your approach to food and exercise as needed. This might involve tweaking your calorie intake, modifying your workout routine or setting completely new goals.

Losing your first 5kgs is just the beginning of your journey.

By incorporating these tips, you can achieve a sustainable weight loss goal and improve your overall well being. This e-book helps to make weightloss an achievable goal for even the busiest people. The ones that have no time for themselves due to work or a family to look after.

The roadmap is written for you but ultimately, it will be your consistency and commitment that will determine your success.

Need more guidance & accountability?

I've got you!

