

Your
5 step guide
To
Sustainable
Weight Loss





Welcome to the Fresh Start programme with
Leaner Living.

We are Ruth & Steven Rowe, together we
have over a decade of experience in the
health and fitness industry with 95% of our
client base prioritising a weight loss specific
goal.

We have the tools to not only help you
achieve your goal but the educational
platform to help you maintain those hard
earned results long term.

This 5 step guide was created to help you
get started on your weight loss journey, as
we are a byproduct of our own habits to put
it simply:

Bad habits will lead to negative results.
Good habits will lead to positive results.



Step 1:

OWN IT!



The first thing you must do before you can move forward is accept that it is your fault you are in the position you are in.

This is not a pity party, this is an acknowledgement that you had the power to put yourself in a place of unhappiness and insecurity in yourself.

The best thing about that is that you have the exact same power to put yourself in a position of happiness, security and confidence.

If you continue to work with us after the 5 day trial AMAZING, we can provide you the tools needed to achieve that all of the above but

only YOU can ACTION it.



The rule of 3

From our experience working with hundreds of clients, the people who achieve the most are those who can prioritise their goals highly enough. Others are more attracted to the concept of working with a coach rather than have the drive to actually succeed.

Don't get us wrong, we will show you how to make weight loss fit in around your current lifestyle as best as possible, but the reality is some modifications will have to be made and if you cannot stay consistent with it all then you are increasing your chances of going back to the starting line.

So ask yourself this:

Is weight loss one of my top 3 priorities?

Use the template we have provided or simply grab a piece of paper and actually write all 3 of them down.

We hope it made the cut.



GOAL SETTING

So the time has come, you're ready to make that change. But how much of a change are you actually looking for and exactly how long do you realistically think you need to achieve this?

Lets put a couple of goals down on that same piece of paper with your priorities listed on it.

5 Day goal – What would you like to have accomplished by the end of this free trial?
(A great starting point could simply be to action the remaining steps in this guide for the next 5 days)

4 Week goal – What would you like to achieve in the first month of your weight loss journey?

(This is usually where our Fresh Starters will be taking their 1st progress photos and measures)

12 Week goal – What do you think you could realistically accomplish in 3 months?



6 month goal – This could be to maintain results or it could still be weight loss.
(depending on how much you have to lose but give yourself something to focus on long term)

Remember these do not all have to be weight specific goals, they can also be fitness and health related or personal to you.

Written them all down?

Good!

Put them on display, somewhere you can see them every day. A visual reminder of what you are working to achieve will help you stay motivated further down the line.



Consistency

Before we move on you need to acknowledge the changes you are about to make and the commitment that requires.

The process of weight loss itself is simple, the practical application takes time and repetition.

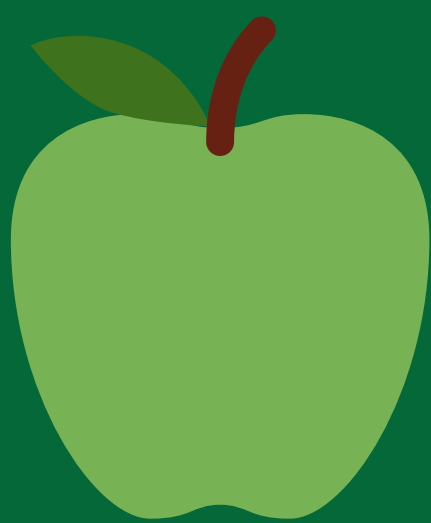
If you want to achieve the goals you have listed you need to turn up every day, be consistent and realise that a puzzle can have a thousand pieces, you cannot rush it but every piece you add is another step forward to completion.

Time is an asset not a burden.



Step 2:

EAT MORE!



As we stated in the intro, we are a byproduct of our habits be that positive or negative.

Food has a massive part to play in achieving your weight loss (as I am sure you know) and modifying some of your current habits is going to be far more powerful than trying to create completely new ones.

So lets get started!

We want you to take your last food shopping receipt and add up every food item on there. Now using the template we have provided or once again grabbing a piece of paper we want you to create two columns with the headings:

Single ingredient
Processed



To put simply anything that has more than one ingredient in it for example bread, pasta, ice cream, pizza, etc. are processed. If you are unsure just look at the ingredients list on the back the pack.

Chicken, salmon, potatoes, rice, beans, broccoli etc. are all single ingredient as they are the sole ingredient.

Write down where you think each item should go on your list, now add up each column.

For the most part processed food will be a lot higher in caloric value than single ingredient foods, they also tend to have lower nutritional values and rarely leave you feeling full or satisfied.

A diet higher in single ingredient foods will lead to a wider variety of nutrients as well as an increase in satiety and energy.



Are there more items in the processed section then there are in the single ingredient? If so then your goal this week is to try and shift that balance, for example instead of:

60% processed 40% single

Try and achieve 45% processed 55% single

As the weeks progress continue to make small changes and bring that processed % down.

For those of you who already have a higher percentage in the single ingredient column congratulations!

Our task for you is to aim for as close as you can to a 80/20 split 80% single ingredient 20% processed.

Once again take your time still keep in those foods you really enjoy as you won't want to remove them long term.



Instead simply vary what makes your 20% from week to week to keep it interesting.

Remember 1 item out of the processed column and 1 more in the single ingredient column is another piece of the puzzle and a step in the right direction.

Time is an asset not a burden.

If you are happy to take a picture and share these in the facebook group, you might benefit from some new food ideas or better still help someone else with theirs.



Step 3:

MOVE MORE!



Exercise specific

If you have already created your log-in for the Fresh Start members area then you should have complete access to your new gym based workouts!

This platform allows you to log your weights, monitor your rest time and our virtual coach system will also walk you through literally every exercise on your programme, teaching you how to perform each movement safely and effectively.

We advise at least one rest day between workouts time permitting. They are full body sessions and you might find yourself a little fatigued meaning effort levels may drop should you try and train back to back.

Don't worry if you choose to carry on with the Fresh Start programme moving forward the training split will be created around your availability, ability and likes.



So if we feel you may benefit from an upper, lower split for example we will move you away from full body.

Non-exercise specific

We have you covered in the gym, but we want you to own it outside of the gym too as this can actually have a bigger impact over a 7 day period than your specific workouts!

So its time for you to asses your day to day routine:

Do you take the lift when you could take the stairs?

Do you get the bus when realistically you could probably walk?

Do you get home and veg out in front of the sofa all evening?

Do you sit at a desk 9-5?



Our task for you over the next 5 days is simple.

Download a step tracker app on your phone or smart watch. Day 1 monitor your steps but do not change your normal routine.

Day 2-5 simply try and increase your output by 10%. So if you achieved 5000 steps on day 1 day 2,3,4 and 5 try to achieve 5,500.

It may not sound like a lot but that 10% increase adds another piece to the puzzle.

We also want you to make 2 adjustments to your week from your day to day routine.

This could simply be walking to the next bus stop as opposed to getting the one right outside your house or getting the lift up to your office but taking the steps down.

Once again we do not want big changes, a lot of small sustainable changes will add up to big rewards!



Step 4:

DRINK MORE!



Drink more H₂O that is!

Water has several benefits where your weight loss goal is concerned.

1. Transportation of nutrients.

2. Reduces hunger

3. Keeps you hydrated

4. Improves focus

5. Zero calorie

6. Increased step count due to frequent bathroom trips

We all know water is a fantastic tool but more often than not people focus on more complicated less reliable tools like supplements etc. Water is free (mostly), zero calorie and readily available.



Our task for you is simple.

Grab a bottle (500–1000ml) and see how many times you comfortably finish it in day 1.

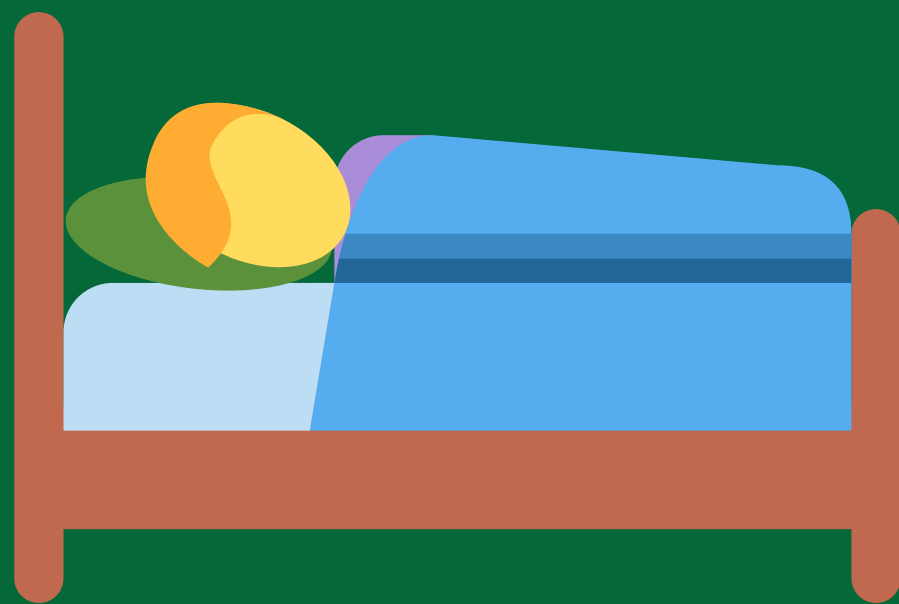
Day 2–5 simply aim to add another 500ml this should be easy going on training days!

Top tip. Keep it in eyesight if it is hiding in your bag or under your desk you are less likely to sip throughout the day.



Step 5:

SLEEP MORE!



Just like water, sleep is a free tool that gets abused and misused. We treat our bodies like amusement parks and forget just how important rest and recovery really is.

Sleep is going to help your weight loss goal in 3 key areas:

1. Physical recovery – We spend hours in the gym breaking them down, sleep is our time for repair and growth.

2. Mental recovery – Stress, anxiety and depression have all shown to improve when a proper sleeping pattern can be achieved.

3. Hunger – The longer you are awake the more you will think about food, the more you will snack. You cannot eat when you are sleeping.

7-9hours is the advised guideline, with around 7-8hrs at night plus a short nap in the day being the real sweet spot.



Now we know not everyone has the lifestyle to take a nap or hit 8 hours every night so here is what we want you to do.

Improve the quality first, quantity second.

Create the perfect environment for a deep sleep by following these steps.

1. Try to go to bed at the same time every night.
2. No caffeine a minimum 6 hours before you go to bed.
3. No electrical devices (including tv) a minimum 60 minutes before bed.
4. No electronics in the bedroom, it is a place to switch off and rest.
5. Have a nice warm shower or bath to help relax.



6. Use blackout curtains or blinds.

7. Read a book with a dimming light/bedside table light and have a cup of warm peppermint or camomile tea .

Rinse and repeat.

Our task for you is to try and implement at least 2 new elements from the list to aid in a better nights sleep.

Make sure you are consistent for the next 5 nights!



Congratulations you made it through 24 pages of our ramblings!

We have just given you the starter kit to success in your weight loss journey! All you have to do now is be consistent with it.

Commit to the next 5 days doing everything we have asked and see how much better you feel in yourself at the end of it.

Don't forget to make the most out of the facebook group too, if you have questions we have answers!

Then...

If you want the full Fresh Start package with all the trimmings such as tailored calorie targets, training programmes, weekly lives and more of us cool cats then let us know and we can get you enrolled!



P.S if you don't think your goal can be achieved in 12 weeks then you should ask us about our graduate package too!

For more info on the Fresh Start programme check out the the link bellow!

More info