

Lauren Avatar

About Lauren:

I help busy professionals, parents, and everyday individuals take control of their fitness through structured, time-efficient workouts that fit around demanding schedules—wherever you are, and however busy life gets.

Through online personal training, I provide the fastest, most effective route to real results in fat loss, strength, fitness, and overall health. My programmes are designed around short, impactful at-home workouts, keeping you motivated, accountable, and progressing, even with limited time or equipment.

Why Train With Me?

With a background in competitive sport and years of experience in bodyweight and strength training, I focus on delivering real, sustainable transformations—physically and mentally.

I've worked with over 100 clients globally, aged 18 to 85, helping people overcome barriers, build confidence, and achieve results they never thought possible. My experience includes:

Supporting injury rehab alongside physiotherapists

Collaborating with doctors to help clients return to training post-surgery or after health setbacks

Coaching CEOs, senior executives, parents, and professionals through high-performance programmes that balance health with life's demands.

Whether you're starting fresh or returning to fitness, I'll help you find a routine that supports your goals, protects your health, and fits your life.

Areas of Expertise:

Fitness for busy professionals & parents (men & women)

Body fat reduction & physical transformation

Injury rehabilitation & training around health conditions

Pre & postnatal fitness support

Mobility improvements

A Bit About Me:

Former competitive swimmer

BSc (Hons) Psychology

Known for a tailored, realistic approach

Fostering Long-Term Relationships for Sustainable Success

Lauren now places greater emphasis on cultivating long-term client relationships, moving away from short-term transformation programs. She believes that this approach promotes a healthier, more enjoyable, and sustainable relationship with training. It is also suitable for individuals of all ages and abilities. By tailoring each program to the unique needs of the client, rather than relying on generalized plans, Lauren ensures a personalized experience. Progress is still systematically tracked through structured spreadsheets, with a continued focus on progressive overload and measurable growth.

Methods for weight loss:

Lauren's approach for weight loss is a combination of sustainable nutrition, consistent physical activity, and lifestyle habits that support long-term change.

Lauren does not pressurise clients into counting calories, some individuals may prefer to do food diaries, with a focus on portion control. Others want to focus simply on movement.

For those who do want to track calorie intake, Lauren applies the following principles:

1. Create a Caloric Deficit - Nutrition First

You must consume fewer calories than your body burns.

Best Nutrition Strategies:

Track intake (calories & macros) via apps like MyFitnessPal (at least for a few weeks).

Eat more protein: Helps with fullness and preserves muscle (1.6–2.2g/kg of body weight).

Prioritize whole foods: Lean meats, vegetables, fruits, whole grains, healthy fats.

Minimize ultra-processed foods and sugar-sweetened drinks.

Watch portion sizes, even of healthy foods.

A moderate deficit (e.g., 300–500 calories/day) is safer and more sustainable than extreme restriction.

2. Strength Training (Muscle = Metabolic Efficiency)

Lifting weights helps preserve (or even build) muscle while losing fat.

Goal to prevent muscle loss.

Increases resting metabolic rate.

Improves body composition

Advice- Aim for: 3 sessions per week, full-body or upper/lower split.

3. Cardio (Supports the Caloric Deficit)

Cardio burns additional calories and improves heart health.

Types:

Low-intensity (LISS): Walking, cycling, swimming.

High-intensity (HIIT): Short, intense bursts (e.g., sprints).

Ideally Balance: Combine both for variety and recovery. The focus is on consistency.

4. Sleep & Stress Management

Sleep: Aim for 7–9 hours per night. Poor sleep disrupts hunger hormones.

Stress: Chronic stress raises cortisol, which can increase fat storage. Belly fat causes

Lauren also supports holistic approaches to stress reduction such as meditation, massage.
Setting screen curfews and journaling or walking.

5. Track Progress Beyond the Scale (Only for those clients who want to track)

Take weekly photos.

Use a measuring tape (waist, hips, etc.).

For those that do not:

Track how clothes fit or how strong you're getting.

Spreadsheet helps to monitor progress

Weekly check ins

Summary:

Caloric Deficit + Strength Training + Cardio + Sleep + Consistency

Progressive Overload: The Foundation for Lasting Body Composition Changes

As a trainer committed to long-term, sustainable results, I believe that progressive overload is essential for improving body composition- whether the goal is building muscle, reducing fat, or both. This principle involves gradually increasing the demands placed on the body through strength training, encouraging continuous adaptation and development.

How Progressive Overload Works:

Gradual Progression: Rather than repeating the same workouts with the same intensity, clients are encouraged to consistently increase the challenge. This might involve lifting heavier weights, performing more reps, adding sets, or adjusting rest periods.

Individual Awareness: Progress should be pursued with intention, not recklessness. I teach clients to listen to their bodies, manage fatigue, and avoid overtraining- promoting consistency without risking injury.

Structured Tracking: Using spreadsheets or training logs, progress is monitored over time. This data-driven approach ensures adjustments are strategic and personalized, not guesswork.

Why It Matters for Body Composition:

Stimulates Muscle Growth (Hypertrophy): Regularly increasing training intensity signals the body to build and retain lean muscle mass, a crucial factor in reshaping physique.

Enhances Strength: More strength allows for more training volume and intensity over time, which accelerates body composition changes.

Prevents Plateaus: Without progressive overload, results stall. This method keeps the body adapting and progressing.

Supports Injury Prevention: Incremental increases help develop not only muscle, but also connective tissue and joint strength, reducing the risk of injury and supporting longevity in training.

Methods I Use to Apply Progressive Overload:

Increasing weight lifted

Increasing repetitions or sets

Reducing rest time between sets

Introducing new or more advanced exercises

Increasing weekly training frequency

By applying this principle in a smart, individualized, and data-driven way, clients are able to build lean muscle, reduce fat, and achieve visible, lasting body composition changes—without relying on quick fixes or unsustainable extremes.

Holistic Approaches-

Stretching at the end of every session

The Benefits of Stretching: Why It Should Be Part of Every Training Plan

Stretching is more than just a warm-up or cool-down—it's a vital part of a balanced training routine that supports mobility, recovery, and overall performance.

Key Benefits:

Improves Flexibility & Mobility-

Increases your range of motion, making everyday movements and exercise feel smoother and more natural.

Enhances Recovery-

Helps reduce post-workout soreness and muscle tension, speeding up recovery and keeping you training consistently.

Reduces Injury Risk-

Keeps muscles and connective tissues supple and resilient, which lowers the risk of strains, tears, and joint issues.

Improves Posture & Alignment-

Counteracts the effects of sitting, stress, and muscle imbalances—especially important for desk workers or sedentary clients.

Supports Mind-Body Connection-

Slower, controlled stretching can help lower stress levels and promote mindfulness and body awareness.

Why Use Resistance Bands for Stretching?

Resistance bands are one of the most versatile and accessible tools for online personal training. They add support, control, and intensity to stretching routines, making them ideal for:

Enhancing deep stretches without forcing the body

Helping beginners access positions they may not reach on their own

Supporting joint stability during dynamic mobility drills

Allowing clients to stretch anywhere—at home, while traveling, or at the gym

Why do i do stretches online-

Provides clear, visual guidance with live sessions

Offers progressive options for all flexibility levels

Improves client retention by adding variety and value to their routines

Enhances prehab and rehab support for injury-prone or recovering clients

Best Diet for Sustainable Weight Loss (High-Protein Focus)

1. Key Principles

High Protein Intake: Aim for 1.6–2.2g of protein per kg of body weight daily.

Moderate Calorie Deficit: Roughly 10–25% below maintenance calories.

Balanced Macros:

Protein: 30–40%

Carbs: 30–40%

Fats: 20–30%

Whole, minimally processed foods for satiety and nutrients.

Flexible dieting (80/20 rule): 80% nutrient-dense food, 20% treats.

Eat until 80% full

Why High Protein Works

Preserves lean muscle during fat loss.

Boosts metabolism (higher thermic effect of food).

Reduces hunger and keeps you fuller longer.

Improves recovery from training.

Best Protein Sources

Animal-based: Chicken, turkey, lean beef, eggs, Greek yogurt, cottage cheese, salmon, tuna.

Plant-based: Tofu, tempeh, lentils, chickpeas, quinoa, edamame, plant-based protein powders.

Convenient: Protein shakes, bars (low sugar), jerky, protein puddings.

Sample Day (1,800–2,000 kcal)

Adjust portions based on your calorie needs and activity level

Breakfast

- 3 eggs + egg whites
- 1 slice wholegrain toast
- Spinach & mushrooms sautéed
- Optional: Protein coffee

Lunch

- Grilled chicken breast or tofu
- Mixed greens with olive oil & vinegar
- Roasted sweet potato
- Optional: Greek yogurt side

Dinner

- Baked salmon or lean beef

- Quinoa or brown rice
- Steamed broccoli or asparagus
- Avocado slice or olive oil drizzle

Snacks

- Protein shake or bar (20–30g protein)
- Cottage cheese with berries
- Rice cakes with nut butter (portion-controlled)

Tips for Long-Term Success

Meal prep or batch cook 2–3 days ahead.

Use macro-friendly recipes you enjoy.

Keep snacks protein-rich and portion-controlled.

Track meals for awareness, not obsession.

Stay hydrated and prioritize sleep (key to appetite regulation).

Simple Protein “Hacks”

Add a scoop of protein to oats or yogurt.

Choose higher-protein breads, wraps, and snacks.

Keep cooked chicken, eggs, and protein snacks ready-to-go.

Explaining the concept of increasing NEAT for body fat loss

What Is NEAT? (And Why It Matters for Weight Loss)

NEAT stands for Non-Exercise Activity Thermogenesis — the calories you burn through everyday movement that isn’t intentional exercise.

Think:

Walking to the car

Taking the stairs

Fidgeting

Cleaning the house

Cooking, gardening, pacing on phone calls

NEAT vs. Exercise

While workouts are great for fitness, NEAT often contributes more to total daily calorie burn than gym sessions- especially for people who move a lot throughout the day.

For example:

60-minute workout: ~400–600 calories

Staying active all day: up to 2,000+ calories via NEAT (depending on job/lifestyle)

Why NEAT Is Crucial for Weight Loss

When you're in a calorie deficit:

Your body may subconsciously reduce NEAT to conserve energy

You may sit more, move less, feel tired

That's why intentionally increasing NEAT can boost fat loss without extra workouts.

Simple Ways to Boost NEAT

Aim for 8,000–12,000 steps/day (use a step tracker)

Walk during calls or meetings

Take the stairs whenever possible

Set an hourly "movement break" reminder

Do light chores (laundry, vacuuming, dishes)

Park further away, walk instead of drive short distances

Use a standing desk or under-desk treadmill


NEAT + Training = Sustainable Fat Loss

By combining strength training, a moderate calorie deficit, and higher daily NEAT, you create a powerful, sustainable system for losing fat while preserving muscle- without relying on intense cardio or restrictive diets.

Daily NEAT Tracker- for clients.

Goal: Increase daily movement to support fat loss and energy levels without extra workouts.

Daily Movement Goals

Activity	Goal	Done? 
Morning stretch or mobility	5–10 mins	
Walk after meals	5–15 mins x 2–3/day	
Take stairs (not elevator)	Every opportunity	
Stand/move every hour	5 mins per hour (8x)	
Household tasks (laundry, dishes, etc.)	20–30 mins total	
Walk during phone calls	At least 2 calls	
Park further/walk more	Intentionally once/day	
Evening movement break	5–10 mins (walk, dance, tidy)	
Total Steps Today	Target: ____ steps	

Step 2: Track Your Daily NEAT Score

Rate your NEAT for the day (1–5):

- 1 – Sedentary: Mostly sitting all day
- 2 – Low: A few short walks or chores
- 3 – Moderate: Walked + some tasks
- 4 – Active: Consistent movement, hit step goal
- 5 – High: Highly active outside of workout

My NEAT score today: ____ / 5

Ideally formatted for multiple weeks, months for sustainability

Tips-

- Pair NEAT with a step tracker (smartwatch or phone app).
- Start with a realistic baseline and increase weekly (e.g., +500–1,000 steps/day).

Shopping list for clients- example to assist them

Shopping List for Fat Loss & Muscle Building

Goal: Support lean muscle growth, recovery, and fat loss with whole foods that fuel training and improve satiety.

Proteins (Lean & Complete)

Aim: Include protein in every meal

- Chicken breast or thighs (skinless)
- Turkey breast or mince
- Lean beef or steak (5–10% fat)
- Eggs and egg whites
- Salmon, tuna, cod, mackerel
- Prawns/shrimp
- Greek yogurt (0–5% fat)
- Cottage cheese

- Skyr or high-protein yogurt
- Protein powder (whey, casein, or plant-based)
- Protein bars (low sugar)
- Tofu, tempeh
- Edamame
- Canned beans and lentils

Vegetables (Fibre + Micronutrients)

Aim: Fill half your plate with colourful veg

- Broccoli, spinach, kale
- Carrots, peppers, cucumbers
- Courgette, aubergine
- Mixed salad leaves
- Green beans, peas
- Mushrooms
- Cauliflower
- Onions, garlic (for flavour & anti-inflammatory benefits)
- Frozen mixed vegetables (great for quick meals)

Fruits (Micronutrients + Fiber + Pre-workout Fuel)

- Berries (frozen or fresh)
- Apples, oranges, bananas
- Kiwi, mango, pineapple
- Grapes or melon (moderation)
- Dried fruit (limited quantities, watch portions)

Smart Carbohydrates (Energy + Recovery)

Focus on whole grains & slow-digesting carbs

- Brown rice, quinoa, couscous
- Sweet potatoes, white potatoes
- Oats (porridge oats or rolled oats)
- Whole grain bread, wraps, pitas
- Whole grain pasta
- Chickpeas, lentils, black beans
- Rice cakes, corn cakes
- Low-sugar cereals or granola (in moderation)

Healthy Fats (Hormones + Satiety)

- Avocados
- Olive oil, avocado oil
- Nuts (almonds, walnuts, cashews)
- Nut butters (no added sugar)
- Chia seeds, flaxseeds
- Seeds (pumpkin, sunflower)

Extras / Staples

- Herbs and spices (cumin, paprika, turmeric, chili)
- Salt, pepper, garlic powder
- Low-cal sauces: mustard, sriracha, hot sauce
- Zero-sugar condiments: low-sugar ketchup, salsa
- Broth, low-cal stock cubes
- Coffee, tea (unsweetened)
- Zero-cal or low-cal drinks (if preferred in moderation)

Quick Prep & Convenience Items

- Pre-cooked chicken or turkey strips
- Frozen lean mince or fish
- Microwaveable brown rice or quinoa
- Boiled eggs (ready-made)
- Frozen berries and vegetables
- Protein puddings or ready-to-drink shakes

Pro Tips for Clients:

- Shop with a list — avoid impulse buys.
- Stick to the outer aisles of the store for most whole foods.
- Prep protein and carbs in bulk for easy weekday meals.
- Keep quick options on hand for busy days (shakes, frozen meals, wraps).

Example Client Program

Case Study

Client Profile Summary

12 weeks postpartum (emergency C-section)

Medically cleared, no injuries or complications

Goal: Drop body fat, rebuild core, regain strength

Focus: Gradual progression, functional movement, avoid high-impact early on

Diastasis Recti still present (mild/moderate gap)

12-Week Progressive Training Plan

Frequency: 3 x per week

Time per session: 25- 45 mins

Tools: Bodyweight, resistance bands, light dumbbells

Split: Core rehab + total body strength + low-impact cardio

Weekly Structure Example:

Day	Focus
Mon	Core & Posture + Full-Body Strength (Low Impact)
Wed	Core Rehab + Resistance Band Circuits
Fri	Core + Functional Strength
Sat/Sun	Optional Walks, Yoga, or Mobility

Weeks 1–4: Core Reconnection + Gentle Strength

Goals: Build core control, pelvic floor awareness, reintroduce movement

◆ Core (Daily or Every Other Day)

Diaphragmatic breathing – 3–5 mins

Supine pelvic tilts – 2x12

Heel slides (with core engagement) – 2x10

Glute bridges (neutral spine) – 2x12

Modified dead bug – 2x8 each side

Wall-supported squats – 2x10

◆ Full Body (2x/week)

Bodyweight squats

Incline wall push-ups

Bird dogs

Resistance band rows

Seated or supported lunges

20–30 min walk (daily if possible)

Weeks 5–8: Strength Progression + Core Stability

Goals: Build muscular endurance, improve posture, tighten core gap

◆ Core (3x/week)

Alter Leg lifts with head support

Elevated dead bug variations

Side-lying clamshells (band optional)

Seated or quadruped belly hugs (TA activation)

Glute bridge march

Core ball squeezes (pelvic floor + deep core)

◆ Strength (3x/week)

Dumbbell goblet squats – 3x10

Resistance band rows – 3x12

Step-ups or supported split squats – 2x10

Overhead press (light DB) – 3x10

Farmer's carry (light dumbbells) – 30s

Low-impact cardio: walk, incline treadmill, light elliptical – 20–30 mins

Weeks 9–12: Fat Loss & Full Body Rebuild

Goals: Increase intensity slightly, support fat loss, reintroduce more dynamic movement

◆ Core (Still 2–3x/week)

Standing banded core pulls

Elevated planks (bench or wall) – start with 20–30 secs

Toe taps + hollow hold regressions

Modified mountain climbers (slow tempo)

Cable or banded anti-rotation holds

◆ Full Body Strength (3–4x/week)

DB goblet squats or DB sumo squats – 3x10–12

Step-ups or static lunges – 3x8–10

Incline push-ups → floor push-up

Resistance band or cable rows – 3x12

DB RDLs (light to moderate)

Standing overhead press – 3x10

Farmer's carry or suitcase hold – 3x30s

◆ Cardio (Optional 2x/week)

Low-impact circuits (no jumping)

Fast-paced walks or stroller walks

Resistance band or bodyweight circuits for 20–30 mins

Key Coaching Notes:

Avoid crunches, full planks, or sit-ups early on (can worsen diastasis).

Cue TA (transverse abdominis) activation during all movements.

Progress slowly; form always > intensity.

Monitor for doming, coning, or pressure during core work.

Focus on hydration, protein intake, and sleep to support fat loss & recovery.