

# The 5 Things You Need To Do To Lose Weight, Get Fitter and Improve Your Health

Hi!

Thanks for downloading this free guide on **The 5 Things You Need To Do To *Lose Weight, Get Fitter and Improve Your Health.***

If you've struggled to lose weight (and keep it off), tried multiple "Diets" (multiple times), want to get fitter but aren't sure what to do, and are conscious of the health implications of poor eating habits and lack of exercise, then you're in the right place!

I've been a Personal Trainer since 2004 so I have 18+ years of experience in working with all kinds of people of all fitness levels, so I'm sure what I can share here will help YOU... IF you commit to doing what's necessary.

The good news, though, is that it's not that hard. A few simple changes could be all you need to start seeing changes - there's really no need for tough, restrictive, impossible-to-follow "Diets" or exercise regimes.

So, to keep this brief I'll get right into it.

If you get the chance, watch the accompanying videos as you may get more insight into each of these habits.

Please also remember that you don't need to fully understand *how* these things work to benefit from doing them (some of them may not seem relevant to weight loss at first glance, but trust me when I tell you, they are!).

Let me know how you get on!

Mark

# CALORIES

As much as we'd like it not to be the case, calories do count.

We can't argue the basic physics of calories in vs calories out, so if you want to lose some excess body fat, you will need to be in a calorie deficit. There's no getting around it.

You could use a calorie calculator, but it can get confusing, counting calories is a pain in the backside, and it's not 100% necessary or accurate anyway.

Instead, focus on these 2 things:

## 1. Make Better Choices

This sounds obvious because it is. If you can swap a Doner kebab for a shish kebab - you've made a better choice. Swap a cheeseburger for a wrap. A vindaloo for a tandoori mixed grill...

You get the idea.

You don't have to swap food you love for a salad leaf and some dry chicken, just make a *better* choice.

If you can do this with every meal, you'll save yourself a decent number of calories each day so fat loss should start to happen, and remember, we're aiming for better *health* too, not just fat loss, so the better/healthier option will always be the best choice.

## 2. Control Portion Sizes

This is even more simple than the first rule, but again, could save you hundreds of calories a day!

For this, all you need to do is eat exactly as you normally would - you don't need to sacrifice any of the foods you love - you just need to eat *less* of them.

An easy way to do this is to use a smaller plate.

Don't load it up as high as you can to compensate, and don't go back for seconds when you've finished it.

Eat mindfully. Dish up an *appropriate* amount of food, and take your time to enjoy it.

If you can reduce portion sizes to an appropriate amount and make better food choices, you'll save yourself enough calories to start seeing the number on the scales go down.

No counting calories.

No looking up points or sins.

No logging it into an app (although this is useful).

Just simple, easy adjustments to how and what you eat that allow you to continue to enjoy the foods you love, in moderation.

This is all you need to do to start with.

# ACTIVITY

This is the other end of the equation. A calorie deficit means eating fewer calories than you burn.

We create the deficit by:

- 1) Consuming fewer calories (see above), and
- 2) Burning more calories

If all we did was reduce calories to the point we're eating almost nothing, malnutrition is a major risk. You just can't get all the nutrients you need from a very low-calorie diet (especially if you're choosing less nutritious foods) and your health will suffer, and weight loss will stop and leave you with nowhere else to go.

So it's imperative that you use both diet **AND** exercise to create your calorie deficit.

It's also how you'll maintain strength and muscle tissue. Because if you just starve yourself and don't exercise, your body will ditch muscle mass even quicker than it'll burn body fat.

NEVER try to lose weight through diet alone. The "weight" you lose will not be coming from where you want it to, you'll feel terrible, and it'll make things even harder for you in the future.

Like the calorie reduction though, this is really simple and doesn't require multiple hours in the gym.

An hour in the gym is great, and definitely something to strive for, but the remaining 23 hours of the day is where you'll burn the majority of your calories, so that's where we start.

All you've got to do is, as the saying goes, "move more".

10,000 steps a day is a bit of a random number and may be completely inappropriate for you, so what I suggest is tracking your daily activity (most people have a watch that does this these days, and if you don't, get one. You can pick one up for about £20 on amazon. All it needs to do is count steps).

First, figure out your average daily step count (add up your total for the week and divide it by 7 for your average).

Then simply aim to *add* 2,000-3,000 steps to that to begin with.

For most people this is about 20-30 minutes of walking.

If you can go out for a 30-minute walk – great.

But if you need to break that into half a dozen 5-minute walks throughout the day – do that. It's just as good - same number at the end of the day.

Maybe just park at the far end of the car park instead of trying to get as close to the door as possible. Walk to the local shop instead of driving. TAKE THE DOG FOR A WALK!

The point is, all you need to do right now is increase your current activity levels, however you choose to do that. Pick something, anything you feel you could do (and dare I say *enjoy*), and do it for 20-30 minutes every day.

It doesn't even have to be "steps".

If you keep your steps as they are but add in a 30-minute yoga session, or gym workout – it still counts whether your watch recognises it or not.

Swimming. Cycling. Gardening. Arm wrestling! It really doesn't matter *as long as you're doing more than you were previously*.

Again, the extra calories burned by adding in another 30 minutes of activity every day, paired with the calorie reduction from making better food choices and eating appropriate portions, will not only contribute to weight loss, but it'll make you *feel* better and improve your health too.

And it really doesn't get any simpler than this, does it?

# HYDRATION

An often-overlooked aspect of calorie consumption is what we drink. People count the calories from their foods but forget to include drinks.

Tea... Coffee... ALCOHOL!

We're designed to drink water. Plain old water. Anything else can be nice, but isn't necessary, and if it's damaging your health (*and* your waistline) then, like the food, it could be time to either ditch it, or reduce it a bit.

Again, you don't have to give it up entirely, but if you can swap just one or two cups of coffee or alcohol for a glass of water instead, you'll be doing your health a favour and it'll help with fat loss not just from a calorie standpoint, but because you're making your body **healthier** by giving it what it *needs*, instead of what you *want*.

Yet another perk to drinking more water is that our bodies often mistake thirst for hunger. So staying fully hydrated can reduce hunger and stop you eating too much or reaching for a snack when all you need is a drink.

Drink a glass of water before every meal, as well as any time you feel a bit peckish. This again could well save you a couple of hundred calories a day and help reduce hunger and cravings - ***You're winning!***

All this "weight loss" malarkey's actually pretty easy isn't it?!

# SLEEP

Sleep might not seem relevant to weight loss at first glance, but again, we're aiming for optimising your *health*, not just losing some body fat.

Sleep is possibly *THE* best thing you can do to improve your health. We need 7-9 hours of sleep, EVERY night (and no-one, not even YOU, can get by on less than that unaffected – FACT).

Try to get at least 8 hours sleep opportunity (i.e. lying in bed, lights off, no phones, just going to sleep) every night. Being “in bed” doesn't count if you're scrolling through social media, checking your emails, watching TV or sitting with the lights on.

Sleep is also when your body “resets”. Hormones rebalance, your body rests and recovers. This helps with fat loss and energy levels as well as overall health and, if it's your goal, building muscle too.

A healthy body doesn't want to hold excessive amounts of body fat, so as you become healthier, fat loss should also become a bit easier. Sleep is a key factor in this.

*Focus on health and fat loss will follow.*

Set your regular wake up time, and work back 8-9 hours from there to set your bed time – AND STICK TO THEM (*every day*, even weekends).

# FRESH AIR & SUNLIGHT

Again, these might not seem relevant to weight loss if you've fallen victim to the "*just eat less and move more*" narrative, but now you're thinking in terms of *better health* and fat loss being a welcome side-effect of that, suddenly fresh air and sunlight become more important and obvious.

We evolved outdoors, exposed to the sun and in contact with the earth. There's no way that didn't factor into what makes us healthy or unhealthy.

You've probably heard about sunlight providing vitamin D (which is kind of correct, we actually make vitamin D from cholesterol when exposed to sunlight), but until you realise how important vitamin D is for our health, and that around 60% of people here in the UK are deficient in vitamin D, you probably aren't aware of just how important it is to get regular (daily) sun exposure.

Now, where we live, overdoing it is unlikely outside of the couple of weeks of nice weather we get each year or holidaying abroad, so try to get at least 10-20 minutes of sun exposure every day. On cloudy days, you may need to be outside for longer, and in the winter months, I personally take a vitamin D supplement to keep my levels up. It's not as good as actual sun exposure, but it's a backup to hopefully bridge the gap a bit.

Sunbeds can even be used sensibly and strategically during the winter months to help top up vitamin D levels and fend off Seasonal Affective Disorder (aka "the winter blues"). Not for vanity reasons or to get a tan, but to boost health. Just don't overdo it and follow the guidelines. If you're walking around with a deep tan in January – you're using them too much!

You could also get yourself a 10,000 lux lightbox. Just google "10,000 lux SAD light box" or tap it into amazon. 10-20 minutes of that every morning will really help keep your mood up (though it won't help with the vitamin D levels).

Fresh air is also quite an obvious one that we all *know* we should try to get more of. Get out in nature and breathe deep. Do some exercise outside to soak it in. If you can do something that gets you a little breathless whilst out in the fresh air too, that's even better. Try a brisk walk uphill – that usually does the trick!

# TYING IT ALL TOGETHER

The beauty of all of these health-boosting strategies is that they perfectly complement each other...

You can get sunlight and fresh air whilst outside getting your steps or activity in.

Fresh air, sun exposure in the day, and exercise will promote better sleep.

Better sleep helps to curb food cravings and stabilise energy levels.

Making better food choices prevents you from over-eating, as does staying well hydrated.

Going to bed without a belly-full of food (i.e. digestion has pretty much finished by the time you go to bed) promotes deeper and better quality sleep.

Being well rested and not being bloated or over-fed gives you more energy to do your exercise.

The cycle repeats and your health benefits from it.

And as health improves, energy levels improve, you make better food choices and consume the right amount and exercise more, fat loss will ensue.

As you gain momentum and confidence and start to look and *feel* better, it compounds and makes you want to do even more.

All of this without a strict “Diet”, going without foods you love, or a brutal workout regime!

Like I said, it really is simple, and easier than you’ve been led to believe by the people trying to sell you their Diet or Diet products.

# ONE FINAL NOTE

Exercise and movement are **NOT OPTIONAL**.

In a world where we no longer *need* to move much to survive, it's easy to believe that you can "get away with" being lazy and not doing stuff.

That's simply not the case.

No, we don't need to go out hunting and gathering in order to eat, but the abundance of food we have easy access to is actually not a good thing. It's damaging our health almost beyond repair.

Daily exercise really is a **non-negotiable**.

***If you choose to avoid exercise and eat whatever you want, expect it to have a negative impact on your health.***

You may get away with it for a while, especially when you're younger, but diabetes, heart disease, strokes, cancer and just about every other disease is on the rise despite the most advanced medical treatments we've ever had available.

We cannot outsmart nature. If you don't use (and feed) your body the way it was supposed to be used (and fed), you shouldn't expect anything but disease to follow [at some point], and don't blame ageing – it's not the number that matters, it's what you've done in those years that determines *how* you age.

Let me repeat,

**DAILY EXERCISE IS NON-NEGOTIABLE!**

Don't make excuses, because at the end of the day, NOTHING is more important than your health and your ability to move and care for the people who may be dependent on you, whether that's just yourself; or kids, partners, parents, pets or anyone else.

YOU DO NOT HAVE A CHOICE if you want to enjoy health and wellbeing.

Sorry, that's just how it is.

Of course you can *choose not* to do this, but you'll be risking a lot, and when it does catch up with you, it may be too late to do anything about it.

I hear a lot of people saying how busy they are and that they don't have time.

Let me tell you this...

If you sacrifice your time to exercise and prepare healthy food, you'll end up having to find a lot more time to deal with illness later on, and in the long run, you'll be *losing* time, possibly *years* of your life.

Rather spend the time with your kids than at the gym? I get it.

But you'll likely be able to spend many more years with your kids if you spend more time on your health now. And you don't have to choose between the two – instead of sacrificing time with your kids, swap something else (like TV time).

If that means training before the kids wake up – so be it.

If it means training when the kids have gone to bed – so be it.

Be mindful of this though – letting your kids **see** you exercising is setting a good example. Teaching them that you should always *make* time for your health is the best thing you can teach them.

Let them SEE you training and eating well.

Set a good example.

That will do far more for them than sitting watching TV with them or playing the odd game.

Why not combine the two? Spend time with your kids exercising together.

THAT is possibly one of the best uses of your time there is!

So I repeat one more time,

**DAILY EXERCISE IS NON-NEGOTIABLE!**

So get started **NOW**.

Rant over!

# WANT TO ACCELERATE YOUR RESULTS?

Start with these fundamentals, then if (or *when*) you want to take things to the next level, you can start to look at optimising your exercise plan to be more effective and tweaking your diet to ensure you're getting the full benefits that healthy eating can offer.

These basics are enough for most people, but once you start seeing results, it's only natural to move the goalposts and want more.

When you want to take it to the next level or want to speed things up a bit, and you're ready to commit to the process, I can help you.

I can help cut through the minefield of nutrition and the confusion of training plans. We can eliminate the guesswork and accelerate your results.

Who knows what you could achieve in 3, 6, 9, 12 months or more...

You've seen some of the "Transformations" online or in magazines. It's entirely possible for you too. Those guys and girls aren't special, they just committed to the process and done the work, made the sacrifices, and reaped the rewards.

**You can have that too**, but with the added bonus that we'll place a big focus on *health* and *moving better* too, not solely on getting "before and after" photos at any cost.

It's possible to do both, you just have to be smart with it.

Get in touch if you want more details or you're ready to start now (the longer you delay starting, the longer you delay the results).

Everyone has a different starting point and a different journey so we'll be sure to set realistic goals and take into account your personal circumstances and commitments.

I'll be with you every step of the way.

Book in for a call now and we can discuss whether you're right for the program and how to get started.



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