

# **PILLARS TO BETTER OVERALL HEALTH & FAT LOSS**

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**GENERAL GUIDE**

## KEY PILLARS TO OVERALL HEALTH & SUSTAINABLE FAT LOSS

There are steps we must take on a regular basis for our health daily. In order to see the best results we must be always doing something to contribute to our health, because ultimately that is what will help you to achieve your goals.

In this guide I am going to give you the basic tools to help you understand what you need to do to hustle for your health, so you can ultimately be happier, more confident and of course the most important love yourself more.



## FOR FAT LOSS AND BETTER GENERAL HEALTH:

1. Calorie deficit (short term)
2. High protein
3. More general movement (NEAT)
4. Strength training
5. 7-8 Hours sleep at night
6. Less screen time
7. Self love and appreciation



## **STEP ONE:**

Decide you are ready to make change and start your health and fitness journey. Realise this, you must be ready, you must want change, and you must be ready to take the leap. We all want better bodies, stronger muscles, leaner stomachs, but what we actually forget is that exercise and better diet is so much more than that.

Ultimately it will bring you happiness, stronger more mobile bodies, less chance of depression and overall better health.

A fitness and health journey will change your life you just have to start, and never stop, once you start this is your pathway to making life changes forever.

## **STEP TWO:**

Get started and follow these key pillars to achieving better overall health and fat loss.



# CALORIE DEFICIT

A calorie deficit is and the only way to lose fat. No fasting, no keto, no paleo, no eating in a window required.

You can literally eat anything you want within your calorie requirement range and still see results.

I don't encourage a big mac everyday because we also want optimum health here, but if you did you and you stayed within your calorie range you'd still see somewhat results.

A calorie deficit is consuming less calories than your body requires, this results in fat loss and total body weight decrease.

Calorie deficits are not forever, they are simply short term, something you do to reach your goal or close to it. Once you are there you must reverse your diet back up into a maintenance range of calories, and continue on from there consuming or thereabouts your maintenance calories each day, hopefully by this point you can be more intuitive with your portions. Tracking your calories is a great tool, but can be for a lot of us ADMIN, so once you feel you can eyeball your portions then you don't need to track everyday, just use it as a tool when you need to from time to time.



# HIGH PROTEIN

Studies suggest that high protein diets keep you fuller for longer, stop you from constantly thinking about food and will give you more energy to keep going through out your day if enough is consumed.

Not only this it helps with cell repair, muscle growth and maintenance assistance and can also assist with fat loss.

Protein is a key macro nutrient and essential for your survival.

The more protein the less snacking in-between meals, late night snacks and feeling hungry constantly.

If you find macros confusing and hard, my recommendation is to find out what your lean body mass is so you can work out how many grams of protein you need a day and just focus on hitting that target each day. The other macronutrients carbs and fats will naturally fall into place.



# MOVE MORE: AKA NEAT

The more active you are the more you move the better your overall health physically and mentally.

Movement through out the day will naturally help your body to burn more calories as your TDEE (total daily energy expenditure) increases, the more you move the more energy your body requires and uses.

I like to encourage my clients as a helpful indicator, to focus on how many steps per day you do, this will help us determine how active we actually are and if we need to increase it.

If you are a sedentary worker, get a standing desk and aim for 7k per day at least.

If you are standing all day and move around a bit aim for 10k per day at least.

Your movement doesn't just have to be walking or running either, things like mowing lawns, house work, washing windows running around after kids, they all count too.



# STRENGTH TRAINING

The classic misconception with exercise is that we need to run around sweating as much as we can and trying to do as many exercises as we can at a high fast pace intensity in order to burn more fat and get a good workout in.

Reality is you don't. You can increase your lean muscle mass through executing 3-6 compound movements in a strength session, going heavy (for you) and exerting more energy doing so. The body loves repetition and this will be the best results for your muscles too, more lean body mass the more your body turns into a fat burning machine.

Completing 3-4 strength sessions per week is ideal, and anything else you do in-between is totally up to you, just as long as you do it because you love it and not because an instagram model told you it was the best way to burn fat off your tummy.

In saying that though if you only have the mental space for one strength session per week that is highly encouraged because that over time is much better than none at all!



# 7-8 HOURS SLEEP

There is a huge connection between mental health and sleep. Without enough sleep you are more likely to have negative thoughts, feel anxious and have low self esteem.

Research suggests 7-8 hours sleep every night is optimal for our health.

Sleep is also the best time for your body to recover, relax and repair.

So in order to see the best results getting enough sleep should be as much of a priority as brushing your teeth twice per day.

Your muscles get lean in bed, after training and lifting heavy your body needs recovery so the muscle fibres can grow back stronger and come back leaner. The best place for this to take place is in bed when you are asleep.

**Tips for quality sleep:**

No caffeine past 10am

Less screen time

No phones or iPads or TV in bed

At least 1 hour of no phone or computer screens before bed.



# LESS SCREEN TIME

Quick dopamine hits from being on your phone, scrolling endlessly majorly effects your mental health and your quality of sleep.

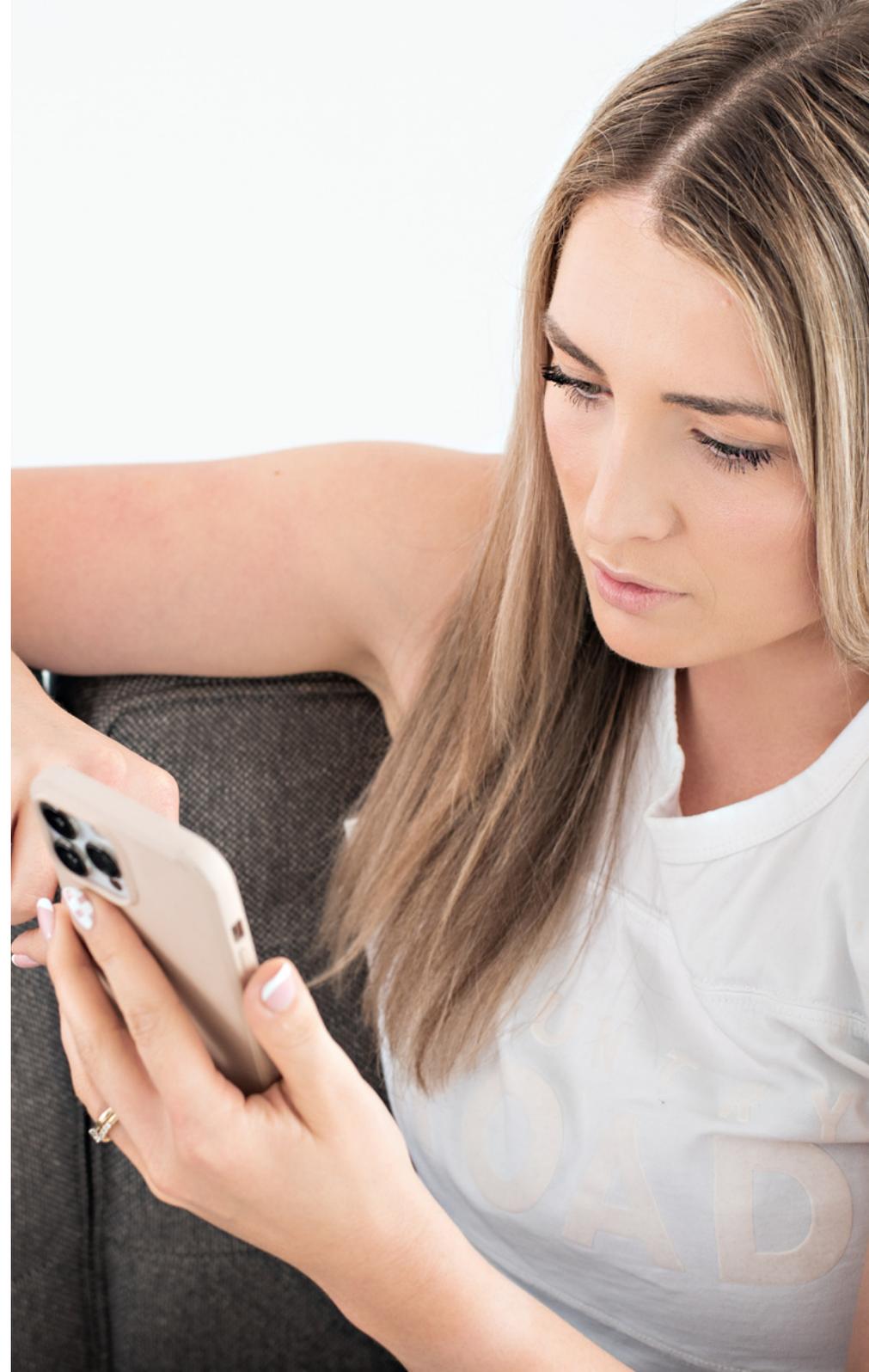
Too much time on your phone lowers your productivity levels , for example you don't have time for a 20 minute walk but you spend 40 minutes scrolling and mindlessly liking posts.

Scrolling and too much social media causes you to compare yourself with others, causes emotional states that did not need to occur , such as a mental breakdown because you are not 25 with a mortgage and married and its also extremely addcitive.

The rate of car accidents caused from scrolling on social media have increased significantly as well as the rate of depression increased in young adults under 30.

This says a lot about how our cell phones as much as they brings us convenience and joy can also do more harm than good at times.

Scroll less, compare less, move more, breathe more , connect with yourself more and put that cell phone away!



# SELF LOVE.

The hardest yet most important part of your journey.

In order to gain respect from others we must respect ourselves first. This is crucial and a very important part of your journey.

If you are not happy now, you wont be any happier just being "skinny" or "10kgs lighter".

You need to try and be happy within the now , to do this we must start getting real with-ourselves, what we truly want and what in life will make us happiest.

Journalling - writing it all down, how you feel, how you see yourself, what you love about yourself.

Meditate - It doesn't have to be #Buddha but it can be just sitting down reading in silence , just resting on your bed for 15 minutes, or taking a quick 5 minute walk outside for a breather.

Let Go - Let go of what no longer serves you or what you no longer wish to have serve you in life. The power of letting go is life changing.





# **COACHING WITH RENEE**

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