

5 Top Tips for Success

1. Hydration

The human body is approximately 83% water. A loss of approximately 10% water in the body can be fatal. Without water, the average life expectancy is 3 days! These simple facts indicate the importance that being hydrated has on health. Health is highly related to weight and the ability to lose weight.

How much water should I drink?

We use a simple equation to work out roughly how much you should drink.

Simply times your bodyweight (kg) by 0.033. This tells you the amount of water you should drink per day in litres.

Your bodyweight in KG x 0.033 = L of water.



2. Paleo Style Diet

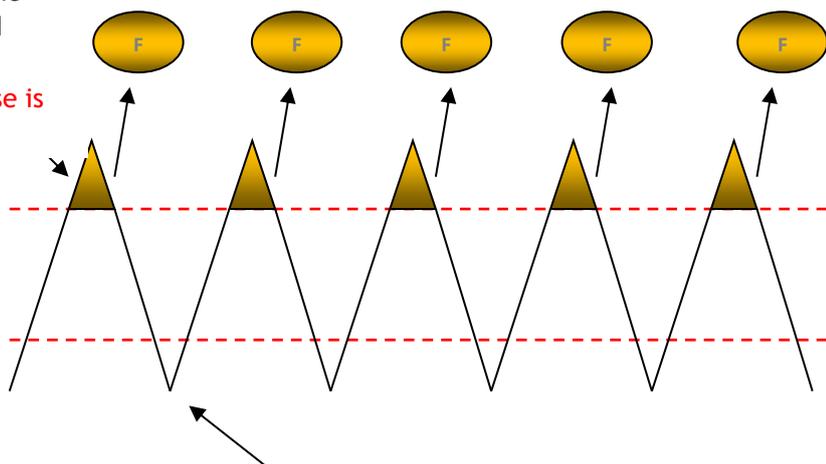
We recommend to everybody that we should eat like our caveman ancestors. That is effectively what the Paleo Diet is. So we need to eat lean meats and fish along with fresh fruits and vegetables. Anything naturally occurring. Why? Because the western diet is so heavily processed and high in carbohydrates that it is causing fat storage.

High Carb Western Diet

Blood sugar levels rise, insulin is released which communicates to the body to store blood glucose

Excess blood glucose is converted to FAT!!

In the morning you wake, you haven't eaten all night so your blood sugar levels are low. Meal is consumed

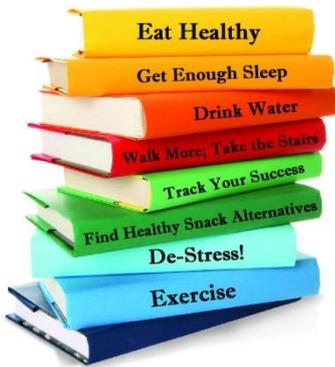


Fat storage may be a few grams each meal, but this adds up over weeks/months and after years there can be a few extra KG!

Low blood sugar, hungry, tired, irritable, poor food choices made, cycle continues

EXCESS CARBS = EXCESS INSULIN = FAT STORAGE





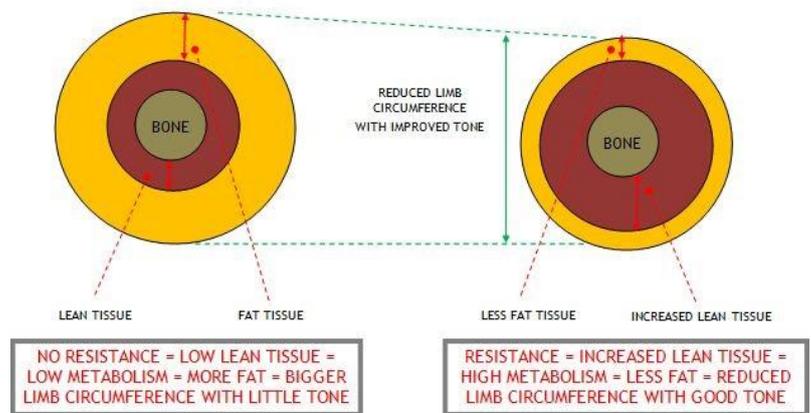
3. Healthy Habits

It's all about forming new habits. To do that, you need to have an open mind and be willing to accept change. Those that do, see the greatest results. Those that don't, make little or no progress. Make your first habit to attend all PT sessions booked no matter what.

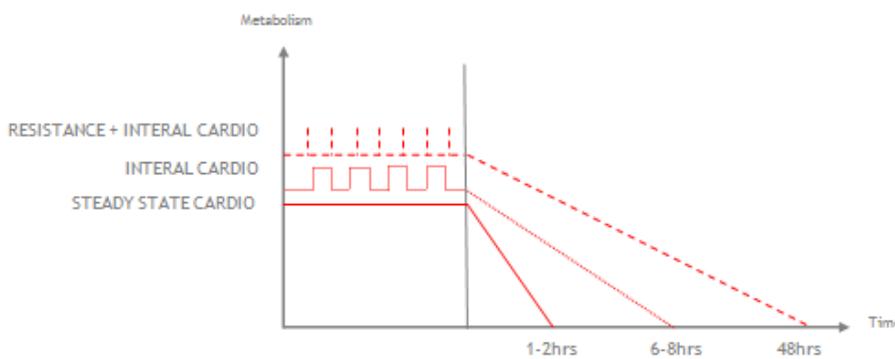
We also don't expect you to be 100% perfect. But if you can follow a healthy lifestyle 90% of the time, I can assure you that you will love the way it makes you feel.

4. Resistance Training

Also known as becoming a fat burning machine. When you are strong, your metabolism goes through the roof. Don't worry, you won't get big and bulky. You'll get lean and strong. You'll also look and feel great.



5. Interval Training or High Intensity Interval Training (HIIT)



It's all about science really. If you want to get in the best shape of your life, then you need to be doing Resistance Training and HIIT. The combination of the two, as shown, has a huge effect on your metabolism.