

STUDIOTWENTY3

A man in a blue t-shirt and black shorts is performing a shoulder press with two grey dumbbells. He is looking down at the weights. In the background, a young girl with blonde hair is sitting on a grey exercise mat, wearing a black t-shirt and purple shorts, and playing with two green dumbbells. The setting is a living room with a light-colored sofa and a white wall.

5 STEPS TO SUSTAINABLE FAT LOSS

For Busy Parents

Your life has changed since your kids arrived and your priorities now are around making sure they are safe, fed, happy and generally have everything they need.

I have helped hundreds of clients throughout the years. Many of them were mums and dads who realised how unfit they had become after their teenage kids didn't need as much attention.

I understand you don't want to neglect your fitness and health while parenting and you would like to set a good example for your kids from the early years.

Follow these 5 steps listed in this short guide to become fitter and healthier and the best parent to your children.

STEP 1: DRINK MORE WATER

57-60% of the average human body is water. It's the primary building block of cells, regulates body temperature, helps your body metabolise proteins and carbohydrates, lubricates joints and it also flushes waste and toxins from your body. Water can also help you manage your satiety levels and cravings.

- Make sure you drink at least 8 glasses of water per day, slightly more on days when you partake in vigorous exercise.
- When your craving kicks in, try to drink a glass of water and wait 5 minutes. If you still feel hungry, have something nutritious to eat.

STEP 2: PLAN YOUR MEALS

This may seem like a huge task, but after doing it once you will realise it's not much of a big deal. All you need is a focused hour with a pen and paper to map out your week ahead.

- Write down how many meals you will need for the week.
- Pick 2-3 meals for breakfast, lunch and dinner each.
- Find recipes to help you calculate portion sizes and write your shopping list.

STEP 3: GO SHOPPING OR TRY ONLINE SHOPPING

Make sure you buy all the food you need and prepare your meals in advance, so you have them readily available when you need them during the week. This is key for weight loss success. We are more inclined to reach for convenient options when we are not prepared.

- Write your shopping list in advance, only add items you will need for your planned meals.
- If you know you are easily influenced by shiny offers and sweet indulgences, fill up your stomach before leaving home for the supermarket. You will more likely buy extra food, sweets or crisps when you feel hungry.
- Alternatively, you can prevent being tempted by going online and ordering your weekly shopping to be delivered to your door.

STEP 4: PRIORITISE STRENGTH TRAINING

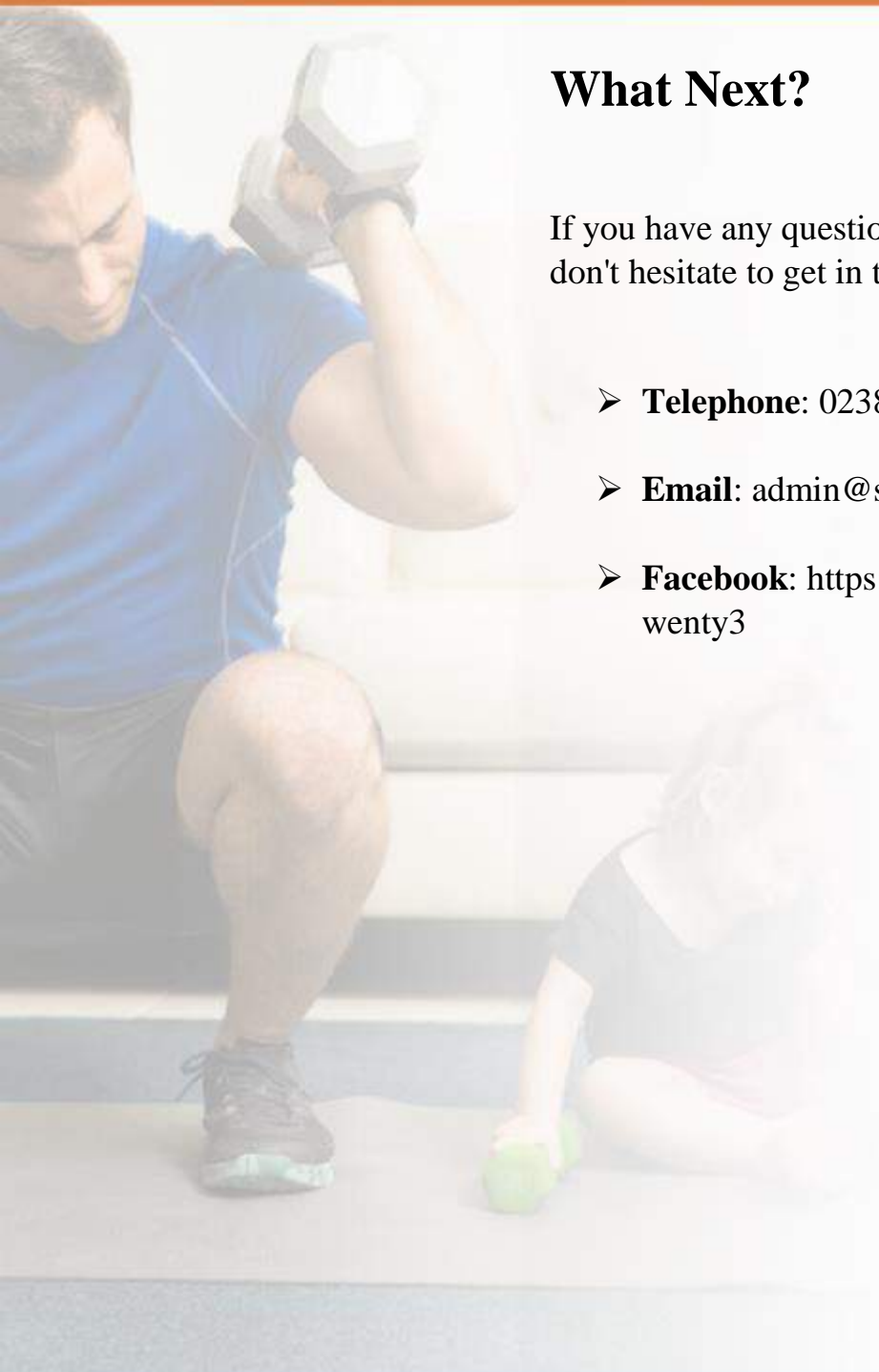
Strength training has many benefits and will help you achieve your fitness goals quicker. As you become stronger, you will gain extra muscle mass. More muscle will make your body burn more calories and help you to lose fat faster.

- Exercising for strength will help with bone health and aid the prevention of osteoporosis.
- Your lung capacity and cardiovascular fitness will also improve.
- When you overcome a lift or a weight you never thought you would be able to do, you will feel empowered, strong and become more confident.
- That strength and confidence will become transferable to other areas of your life: you will perform better at work, become the best parent and partner you can be and be happier.

STEP 5: PRACTISE HIIT WHEN TIME IS LIMITED

There will be days when you and your family will have so much going on that you won't be able to get away for a full hour workout. That doesn't mean you have to give up on exercise completely for that day. Even if you only have 5-10 minutes, make the most out of it with a High Intensity Interval Training circuit.

- It can be done anywhere.
- It doesn't need any equipment.
- It helps with your cardio fitness.
- You will feel accomplished.
- It will make your body burn more calories long after you have finished your workout.



What Next?

If you have any questions or need tailored advice, don't hesitate to get in touch!

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