**DOING THE BASICS RIGHT**

Will lead to better long-term fat loss results and make the journey much easier

We tend to overcomplicate what we need to do to lose weight

We feel the need to have to suffer to get the results we want

We try to change everything by going on a restrictive diet, training 6 x a week and still juggle our day to day lives

Ultimately it all fails and you fall back into old habits and are left to think maybe i am not meant to lose weight as its so hard

Let me tell you that you can lose weight and achieve what you want – you just need to keep it simple and create new healthy habits

Great results = consistency/time

1. Train 3-4 x a week – consistency is key
2. Eat less than you burn in the form of more protein, vegetables and healthy fats – 80/20 rule applies
3. Walk 10000 steps a day – increase your NEAT
4. Drink more water 2-3 litres – stay hydrated
5. Take it one day at a time – enjoy it and don’t stress
6. Find a place to train where you feel you belong and are surrounded by people to share the journey with