



Simple Steps to Fat Loss



Mindset:



Your Reason Why

Fat loss is incredibly simple, but so hard at the same time. It takes simple steps to get results, but it requires consistency to achieve.

So many people have tried looking for the magic answer; a super food, supplement, diet hack, but unfortunately there is no magic answer. Only when you apply the basic principles consistently over time and staying patient will you achieve your goal, but when done right it becomes easier to sustain.

Build on the small daily habits that will get you to your goal and those habits will stay with you long after.

Reach for the quick fix and maybe make a short-term win, but not actually change your lifestyle or learn anything about how your body works and what works for you and your lifestyle.

So, it all comes down to your reason why, your desire and your goals. Is your reason why good enough to help you stay the distance be patient and consistent.



Loss over gain-

When ever we start a fitness or health kick, we always focus on what we want to lose, be it:

- Lose 10lbs
- Lose belly fat

Never do we look at what we may gain from the process.

- Strength
- Feel good
- Stress management
- More energy
- Physical achievement
- Self confidence

All these are the things we can gain from going through a transformation and more importantly these are the things that will keep us motivated and happy long into the future. When tracking weight, all the effort we put in can turn into frustration when after weeks of dieting and training makes no difference on the scales. What if we notice that our jeans aren't as tight, sleeping better or just feeling better throughout the day. Maybe then we wouldn't feel so frustrated and continue with the process, then eventually dropping the pounds may come as a side product. If you could trade in 10lbs of fat with 10lbs of muscle on your body right now, how would you look? How would you feel?

Fat Loss Basics

7 simple rules



There is so much confusion out there around nutrition, unfortunately it's become an overly complex subject mixed with science, experiences and of course clever marketing.

But if your food isn't working with you, usually you will find it tough to progress and get your results.

So here are the basic steps to follow when optimising your life for fat loss :

1. Nothing is banned. In terms of what you eat, we always promote the 80/20 rule. Nothing is off the table as telling yourself not to eat something means you will probably not stop thinking about it. Always start and think about whole natural foods first. This will mean you are more focused on nutrient dense food to get the most for your health and energy.

So, we look at eating 80% of your day as good quality food and 20% to enjoy yourself. There aren't any bad foods, the trouble is always in the moderation.

2. Sleep enough, this is always different for everyone, but getting this right can make everything so much easier for you. Good quality sleep will help you feel energised. This is going to help making better decisions throughout the day and have less cravings and energy dips. 7 – 9 hours sleep are the recommended guidelines, but again everyone is unique in this.



3. Regular exercise. Now for us training and nutrition work hand in hand. The exercise should always be specific goals be that weight training, sports, cardiovascular, yoga or simply just walking. The body wants a lot of movement. Most of our lifestyles now are far too sedentary, setting yourself even an hour a day to train, get in steps, ride a bike should be a huge part of your journey. Yes it creates a calorie burn, but the positives associated with mind aswell as body health are not to go unnoticed.

4. Protein and Vegetables, this is probably a given and something you already know. No matter what diet there is out there, the one thing they (almost) all agree on is that these 2 should be the staple of your diet.

They are the most filling food you can eat on a restricted calorie intake, making you banish cravings and stick on your diet.

5. Drink plenty of water, the simplest, but most overlooked. Staying hydrated throughout the day helps with feeling full and stops cravings. There are a whole host of benefits to staying hydrated related to health and fat loss.



6. Trust the process, have a plan and stick to it. It should be part of your everyday life. The small changes you make to your everyday life, make up a big difference later.

You need to find a way to fit into your lifestyle and essentially take control, arrange your meals, training, daily activity, drinking water, but it must work for you and your lifestyle. We don't need 100% perfection, but it must be enough to work towards your goals.

7. The most important part of fat loss calorie deficit. You must eat less than you burn in order to create that change. Tools like myfitness pal can be great for monitoring this, as long as you are honest with yourself and log everything from drinks and sauces as well as the food you eat.

Calories are king no matter what diet or programme you follow

So, 7 point to make fat loss simple, 7 points that you can start to implement now. Here is the biggest thing with it all, we do not need perfection, ever. As a PT I have these 7 points in my life to varying degrees. Some points will be easier for you to hit than others. That's why its so important to find what suits your lifestyle and make 1 or 2 small changes at a time, once you have figured out how that change can become part of your daily habits then move on.

Lucie- Confidence is Key



Lucie is the perfect example of what happens when we focus on what we gain over what we are losing. After joining us towards the end of a popular dieting plan MANY times., losing weight on an unsustainable plan to only put it all back on again.



Lucie's shift has been amazing as we have slowly moved her thought process away from weight. As someone that weighed herself every day, maybe you can relate, this is a huge mindset shift.

Lucie's original goal was to lose enough weight to fit into a jumpsuit she had picked out for a wedding. She looked amazing in the outfit and since then she has gone from strength to strength with us. The single biggest change that we have seen is her confidence grow.

Lucie's confidence in her ability and how far she's come is growing all the time, and a few blips here or there aren't the be all or end all. Both fat loss and weight loss have happened with Lucie but now we are looking less at a useless number on a scale, and much more asking the question of what can you do?



Fiona- Having a goal and a challenge

Having a big goal or focus helps with fat loss goals like nothing else.

Your why has to be strong enough to stay the course

Fi joined one of our 8-week fat loss challenges over a year ago, never did either of us imagine how far she would go with it all and what she would achieve on her journey.

At the start, Fi's change was simple. it took giving her self a bit of time to herself to focus on her goals this was a massive mindset shift. As she started getting results her confidence grew and she began to improve physically and start to see what bigger challenges she could achieve and see what she is capable of.

Fi earned a medal a month though mud races, obstacle races and virtual runs, she then managed the impressive feat of completing 100% of obstacles on her 1st lap at Rocket Race, a local 10km obstacle course race.

The best part about Fi is despite her having her own challenges and fears she is fully focused on what she can achieve now.



Like anyone she started with numbers in her head of her ideal weight, but now she is challenging her own limits, building confidence and her changes have just become a part of her life.

Brad- Making Simple Changes



Brad has been involved in tribe for over 2 years now and his transformation has been sensational. Mainly for one massive thing, Brad is still Brad. He hasn't changed much at all.

Brad is a fan of gaming and works with computers so by hobbies and work he is actually quite sedentary normally.

What brad has done though is constantly made time for himself to train a few times a week and most impressively he has said yes to almost every challenge that has been thrown his way. Bath half, obstacle races, 10km races and even a 6 hour endurance race recently.

When Brad first started PT with TRIBE he had only just joined the gym and was needing help in general motivation, direction and getting results.

The weight has fallen off, his body shape has changed and he's stronger and fitter than ever. The challenges he has already set himself for this year are amazing and having those goals, and that focus keeps brad always achieving more.



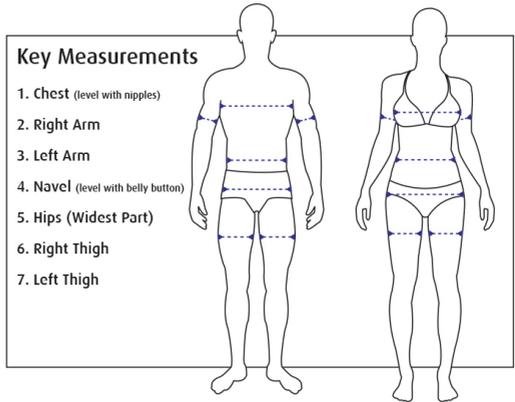
He hasn't completely overhauled his life and gone crazy with diet or lifestyle changes, so the positive changes he has made have been gradual but because of this it's just become part of who Brad is

Ways to track fat loss progress



Measurements

Below is a chart for you to use, and these are our favourite way to measure progress. Unfortunately, we can never predict or design where fat loss takes place on the body so measuring various body parts will help see what is happening to your body. We measure every 6 weeks, but if you're doing it every 2 weeks or so it's a great tool to monitor progress



Date:							
Chest							
Right Arm							
Left Arm							
Navel							
Hips							
Right Thigh							
Left Thigh							

Photographs

These can be very hard to take, if you're not happy with the way you look or lack confidence this can be so hard to do. But nothing is more inspiring to a fat loss journey than a change you can see. Seeing yourself every day makes it hard to judge but having a photo taken 6, 12, 24 weeks ago always helps show you how far you've come.



Other improvements?

Monitor how you feel, your strength, energy levels, stress management.
On the back is a score sheet, where do you score yourself now out of 10?
Where would you like to be in 12 weeks?
How would that feel?
What would that mean to you?

	Where would you rate yourself now?	Where would you like to be in 12 weeks?
Strength		
Flexibility		
Fitness		
Confidence in the gym		
Self Confidence		
Outlook in everyday life, Positive		
Stress Management		
Energy levels work / general		
Sleep Quality		

Get in touch



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