

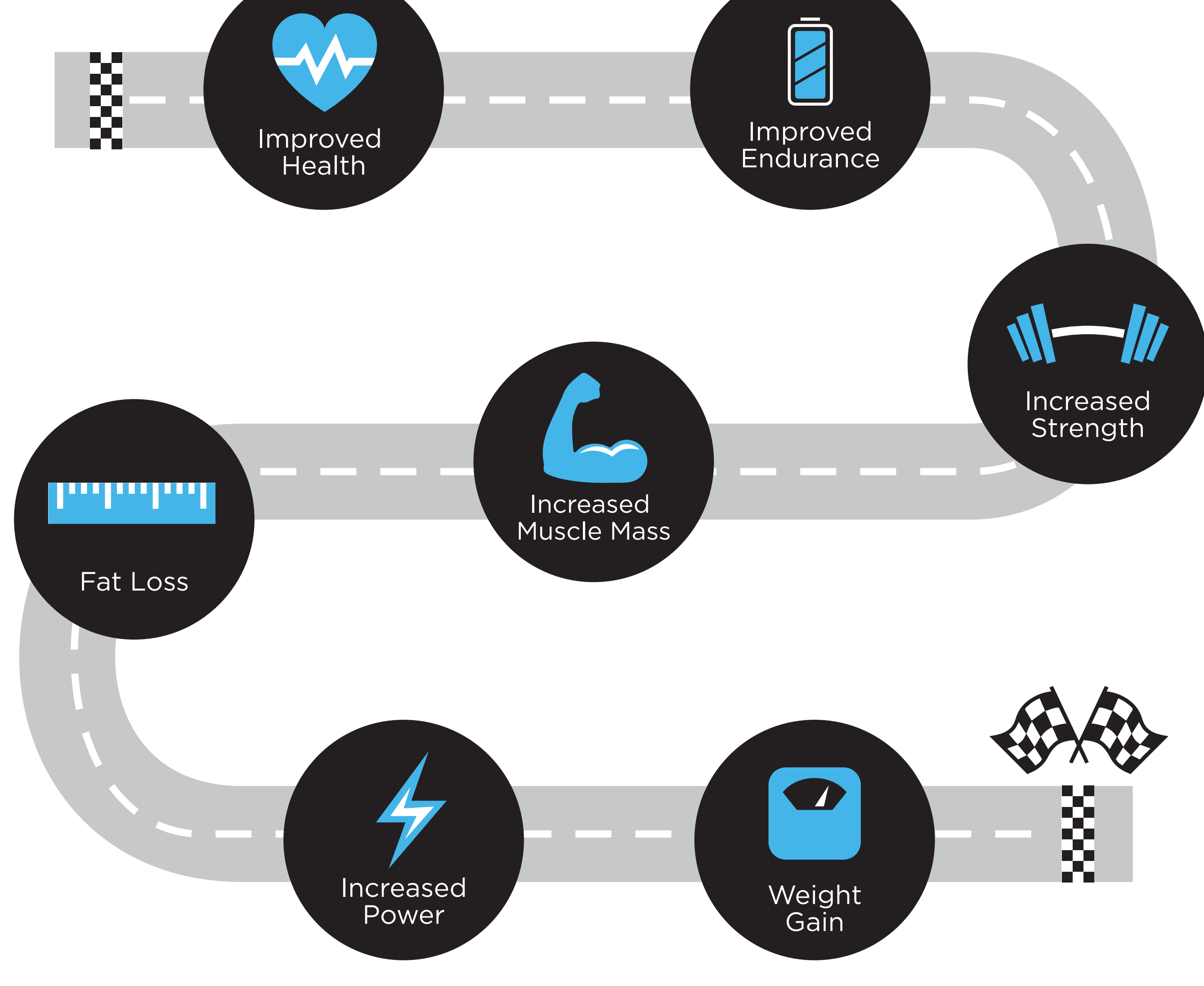


# THE DEFINITIVE GUIDE FOR HOW TO LOSE WEIGHT

## STEP 1

### WHAT IS YOUR GOAL (WHY DO YOU WANT TO LOSE WEIGHT?)

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## STEP 2

### WHAT ARE SOME ACTIVITIES YOU ARE WILLING TO DO RIGHT NOW TO ACHIEVE THIS GOAL?

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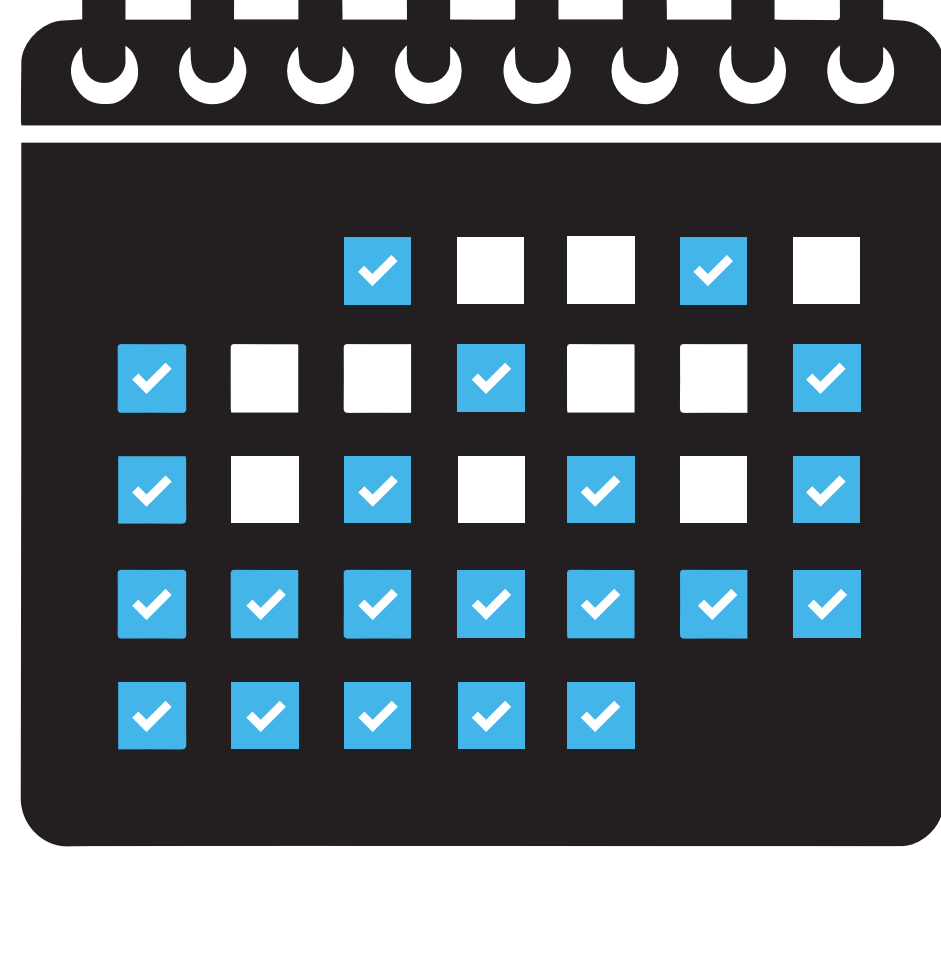
Determine small little wins that will help you get started TODAY. Hitting your goal will require a lot of hard work and some sacrifice but if you lower the barrier to getting started you'll improve your chances of doing well.



## STEP 3

### DECIDE ON FREQUENCY

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There are 168 hours in a week - cutting aside 40-50 hours of work per week and 7-8 hours of sleep that still leaves a significant amount of time to get exercise in daily.

Consider planning your work out sessions before the start of your week. This needs to be done before you plan any other appointments. 3 hours a week is a great start. Over time build up to 6-7 hours of PLANNED activity, but only when you've built up your consistency.

## STEP 4

### WHAT ARE YOU NOT WILLING TO DO

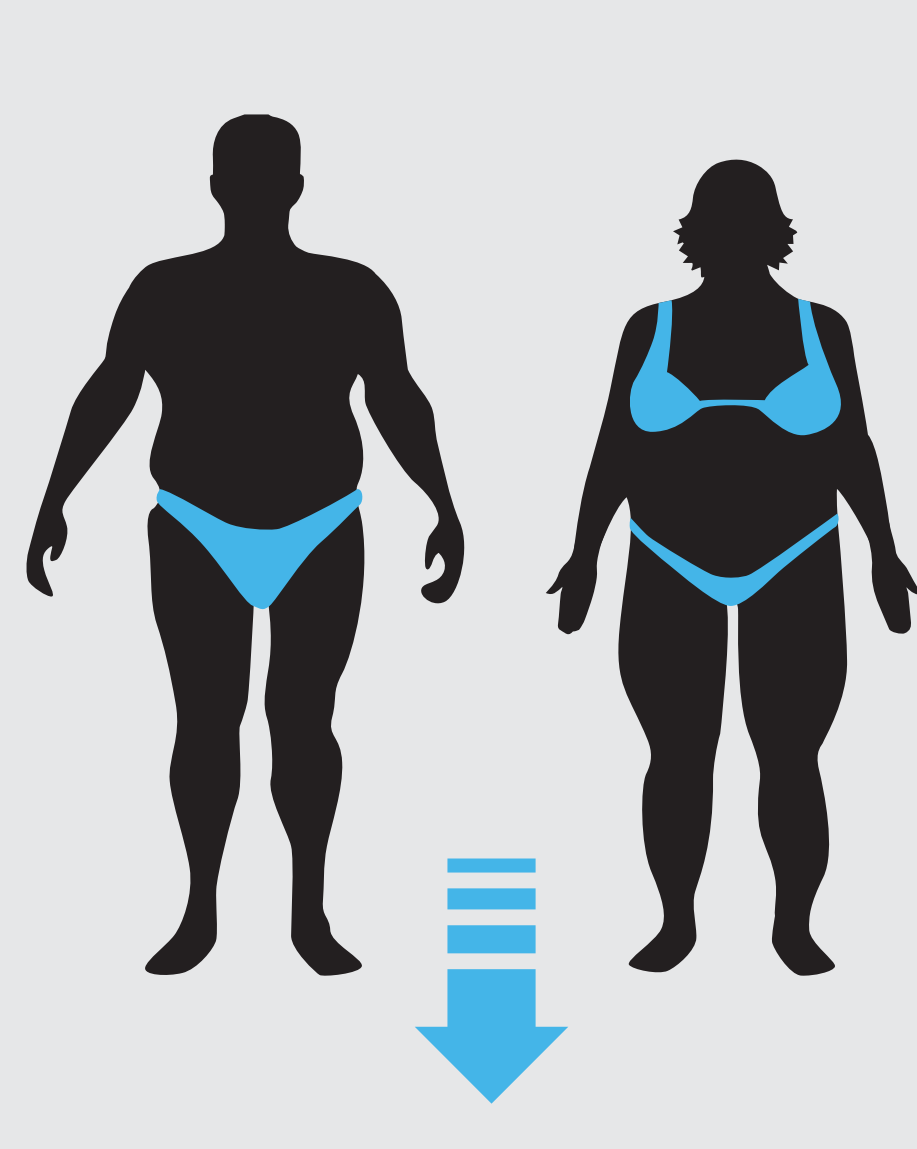
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You may have an idea of the type of shape you hope to attain, but you need to take into consideration the habits associated with your ideal body.

Use the images below and look at some of the associated habits to hit those goals. Which of those habits make you feel uncomfortable? Which are easy and realistic for you to start with?

A great goal is to stick with the avatar and habits that are easy to achieve - mixing and matching is ok but the easiest way to a goal is a straight line - stick with 1 avatar and hit that goal first before moving on.

#### AVATAR 1: YOUR STARTING POINT



##### BODY FAT PERCENTAGE

>20% >30%

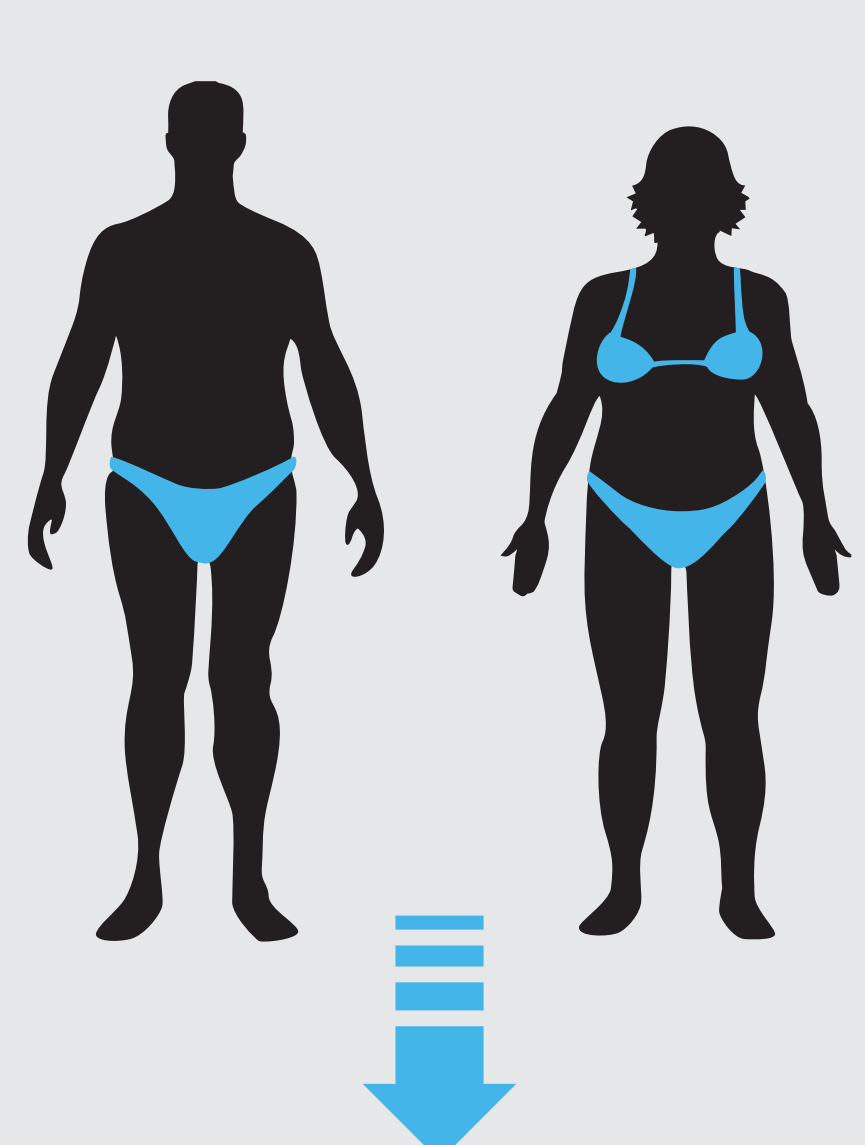
##### BENEFITS

- Easy fallback for most
- Does not require much thought or work

##### TRADEOFFS

- Poor Health
- Low energy levels
- Poorer life expectancy
- Risk of Metabolic syndrome
- May need medications to manage various conditions

#### AVATAR 2: LIVING HEALTHIER



##### BODY FAT PERCENTAGE

15-20% 25-30%

##### BENEFITS

- Improved health and energy
- Improved sleep
- Exercise is easy and enjoyable

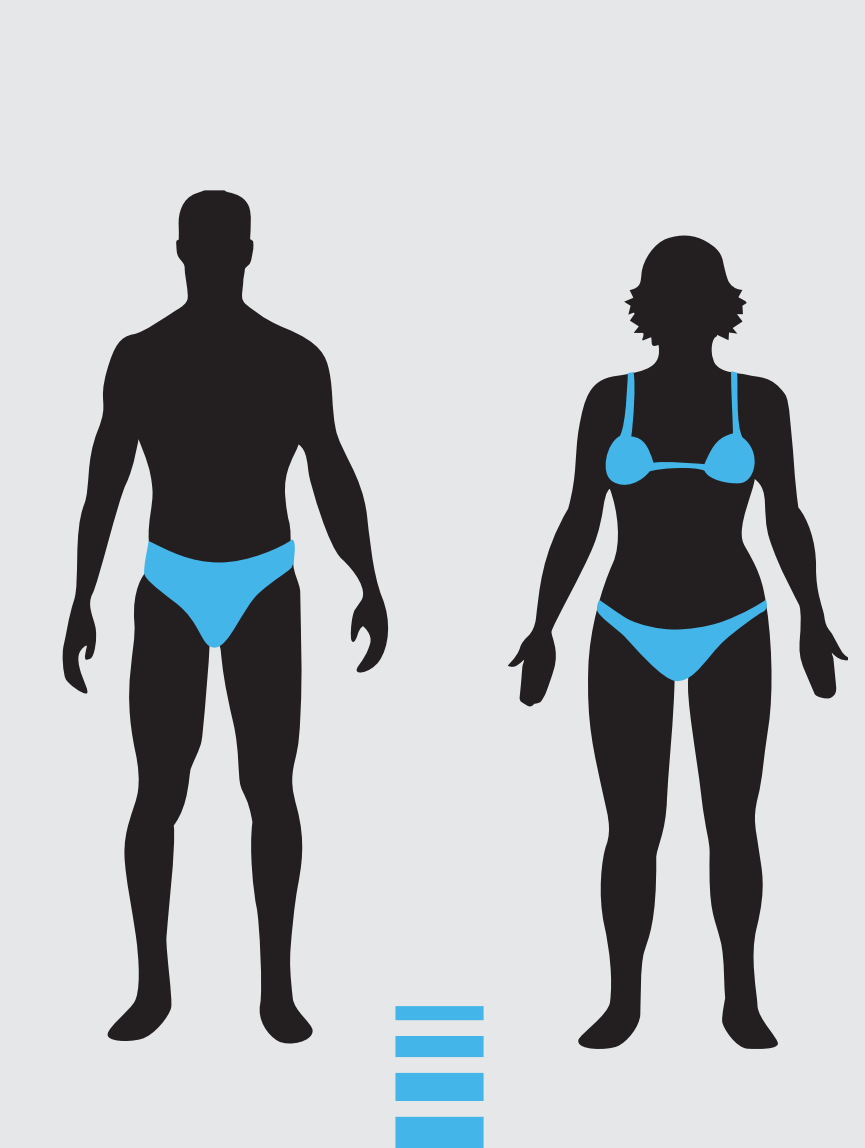
##### TRADEOFFS

- Requires some thought and planning
- You'll look great, some of your friend will notice that you're healthier but you won't be extremely lean.

##### HABITS

- Diet includes some vegetables and lean protein on a consistent basis
- Active 3-5 days a week at any intensity
- Enjoying desserts and caloric drinks moderately

#### AVATAR 3: COMMITTING TO THE LIFESTYLE



##### BODY FAT PERCENTAGE

13-15% 23-25%

##### BENEFITS

- Hard to attain but easy to maintain when you reach this point.
- Your peers will notice that you exercise

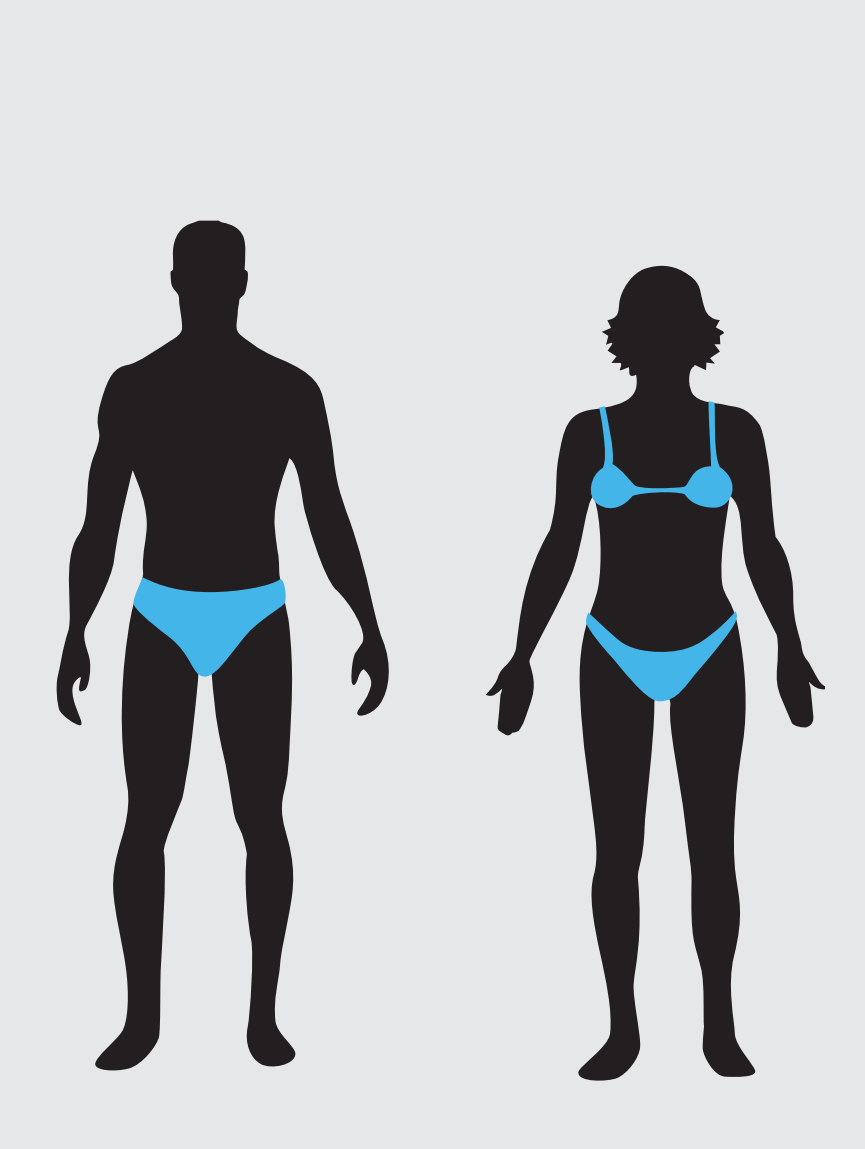
##### TRADEOFFS

- Requires planning and minor social sacrifices eg. Less nights out
- May require effort and attention to maintain and consistent sleep schedule
- May require some time and attention on stress reduction techniques

##### HABITS

- Diet includes 1-2 palm sized portions of lean protein and 1-2 fist-sized portions of vegetables at most meals and is very low in processed foods, desserts, and caloric beverages
- Active every day for 30-45 minutes
- At least 7 hours of sleep a night

#### AVATAR 4: LEAN AND MEAN



##### BODY FAT PERCENTAGE

10-12% 20-22%

##### BENEFITS

- Fit appearance (Strangers and friends notice)
- Higher energy
- Better overall health
- Fewer food cravings due to balanced diet and exercise program
- Easy to maintain once you've committed to the required habits

##### TRADEOFFS

- Requires more planning and greater detail to diet
- Requires greater time committed to exercise program
- May need coaching to maintain this amount of sleep

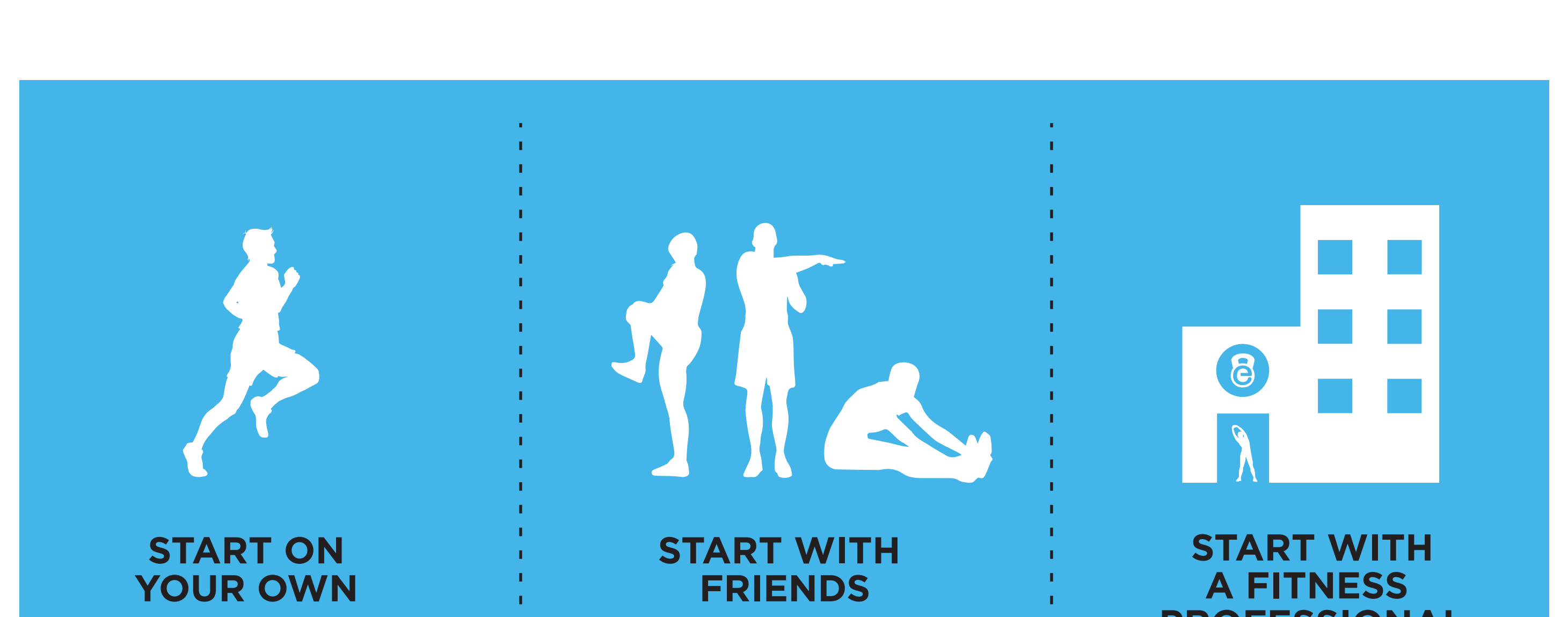
##### HABITS

- Diet includes lean protein, vegetables, healthy fats, and healthy carbohydrates at every meal and is very low in processed foods, desserts, and caloric beverages
- Active every day for 60 minutes
- At least 7-8 hours of sleep a night

## STEP 5

### IT DOESN'T MATTER HOW YOU START WHETHER THAT'S WITH US AT thrive fit OR AT A DIFFERENT FACILITY THE KEY IS TO START!

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FOR THE FULL ARTICLE EXPLAINING THIS INFOGRAPHIC TO DO [www.thrivefit.ca/how-to-lose-weight](http://www.thrivefit.ca/how-to-lose-weight)

