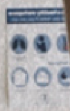




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# DeniseDunnCoaching

## Client guide to:

LOSE WEIGHT





# DISCLAIMER

The information contained in this guide is provided as an educational resource. It is designed to help you understand the process of fat loss, and the associated dietary and training strategies.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information provided within this document is not deemed as medical advice or prescriptive.

If you have any concerns about your health prior to starting the programme, you must contact your doctor or healthcare professional immediately.



# NUTRITION + CALORIES

In my experience, nutrition is the area that people struggle with the most. However, despite what you may have been lead to believe, it's actually easy to lose fat if you do what is required.

This is science and if you follow these steps, you are 100% guaranteed to lose fat.

Our clients follow a flexible dieting approach. This method will allow you to eat good healthy foods, but also not completely cutting out so-called 'bad food'. The ratio is 80-20, 80% whole, one-ingredient foods and 20% the foods we really enjoy, i.e. junk food. This approach allows us to not only fuel our body with the right foods but it also won't leave us deprived and ultimately cause us to binge.





# NUTRITION + CALORIES

When it comes to Nutrition, you need to be in a calorie deficit to lose fat, regardless of what you eat. When you have a busy life, there will be times you to eat on convenience and eat what the kids eat and that's ok. Because it's all about calories. If you don't eat rubbish all day, get a good amount of fruit and veg in, good amount of protein. You can really enjoy your food within your calorie allowance over the week.

So we need to know how many calories we need in order to be in a calorie deficit. We can easily do this by putting in some measurements into this the first link below. Then follow along with the second link which will show you how to work out your calories the best way:

Clients I have already worked out your calories  
<https://www.calculator.net/calorie-calculator.html>





# NUTRITION + CALORIES

In my opinion, tracking calories will nearly always yield the best results and it is what all my client use. It's a fantastic tool to teach us portion control and helps us understand the types of food that we need to eat in order to meet daily requirements.





# ACTIVITY

Being active plays a vital role in losing weight. If you already have an active job, this will give you an advantage. But if you have a desk job, it's ok. It will just take a little bit more organisation on your part, to ensure active enough.

8-10k steps is the number you should be getting for fat loss. If you do this consistently, I promise the weight will start coming down immediately. This number of steps, like calories, is averaged over the week. So you make steps up when you can.

You should get a Fitbit/pedometer to track your steps and hold you accountable. Don't use your phone as they aren't very accurate and you won't have it with you all the time.



# ACTIVITY

Here are ways to be more active:

- Walk to work, go for morning walks, go for lunchtime walks, walk to the local shop rather than drive.
- Take the stairs, not the escalator/lift.
- Park further away from work/shops/gym.
- Get off the bus a stop earlier.
- Get a standing desk.
- Do more chores around the house.
- Walk on the treadmill either after your training or on a separate rest day if the weather is bad

*Just basically, don't sit down for a large amount of time*





# SLEEP + ENERGY

When we have a poor night's sleep, we will be left with less energy the next day. Where as, every so often, this is normal and ok. But if it is all the time, this something that needs to be looked at.

Constant poor quality sleep can impact your body so much every day. There is nothing worse than having a poor night's sleep is there? But it is something we aren't making a priority. Even your hunger levels increase when you don't sleep well. So it's something we can't ignore

If we can fix our sleep, no doubt we will have more energy, more motivated to do the things we need to do, make better choices and be less stressed.



# SLEEP + ENERGY

Here are ways to improve your sleep and have more energy:

- Be consistent with your bed/wake time - your circadian rhythm likes consistency
- Create a dedicated morning and evening routine
- Get enough sunlight/ artificial light - 20-60 minutes every morning
- Stop eating and drinking 3 hours before bed to get digestion complete
  - Avoid screens 90 minutes before bed
- Have a journal/to do list completed before bed



# SLEEP + ENERGY

- Hydrate first in the morning as you lost 1l of water due to dehydration. 1l first thing
- Delay caffeine - 90 minutes after waking - turns into rocket fuel, give it a go...
- Stop drinking caffeine after 2pm to help get it out of the system by bedtime
- Get 10k steps in/ movement every day, we need movement for sleep pressure
  - Sleep in a dark room with no noise or light
  - Put your phone in another room





# A FINALE NOTE

People that have had great success in fat loss and also learnt how to make it a lifestyle. They have come to realise its about consistency. Making subtle changes which over time make huge positive impact.

Dieting is simple to understand, but hard to implement. But when you realise it's about making it work around your life, which allows you to be consistent, you will see success. You can enjoy the foods you love, have meals out with friends and have a weekend away from dieting. This is all ok as long as you stay consistent until you reach your goal.

Use everything I've taught you in the this guide and I promise you will make progress. If you feel you need any extra help or advice, just send me a DM on facebook or instagram and I would more than happy to help further.

