

Powerful Habits to Supercharge Weight loss

We get it – trying to overhaul everything at once can feel overwhelming. That's why we're all about the power of focus. Choose just one habit to hone in on, and let your coach know. They'll be your accountability partner, cheering you on every step of the way.



Mindful Eating

Pay attention to portion sizes and eat slowly to give your body time to recognise when it's full. Avoid distractions like screens or multitasking during meals to tune into your body's hunger and fullness cues.



How?

Set a timer for 20 minutes when you sit down to eat. This helps you eat slowly and mindfully, noticing flavors and sensations. At first, you might eat quickly, but with time, you'll savor each bite, aiming for meals to last around 20 minutes. This mindful approach supports better digestion and helps you recognise when you're truly satisfied.

Stay Hydrated

Drinking plenty of water throughout the day can help control appetite, boost metabolism, and support fat loss. Aim to drink at least eight glasses of water daily and ensure you sip water during workouts to stay hydrated and energised.

How?

Challenge yourself with a set number of litres/bottles/cups per day and divid it by 4. Set your alarm for 4 times a day and every time you hear it ensure you have drunk your target. For example if your target is 2 litres a day here's how your

alarms might look:

9am = 500ml

12pm = 1 Litre

4pm = 1.5 Litres

8pm 2 Litres



Prioritise Protein

Protein not only supports muscle growth but also aids in satiety, helping you feel fuller for longer. Make sure each meal contains a healthy portion of protein to keep hunger at bay and preserve lean muscle mass while shedding fat.



How?

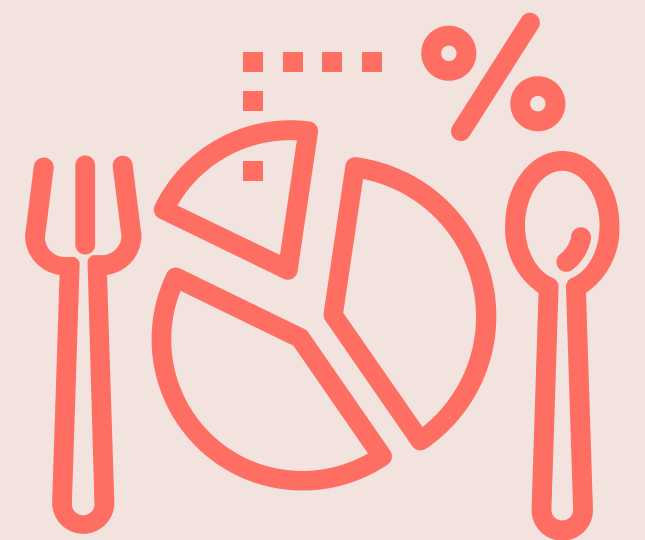
- Make a list of high protein snacks you can make on grab on the go.
- Make sure every meal contains at least a palm size piece of protein.
- Use our protein cheat sheet [here](#).

Listen To Your Body

Understanding your body's signals of hunger and fullness is crucial for maintaining a balanced and healthy relationship with food. By listening to these cues, you can avoid overeating and better regulate your calorie intake. Ignoring these signals may lead to mindless eating and weight gain. Tuning into your body's needs; hunger, fullness and emotions helps you eat when you're truly hungry and stop when you're satisfied, promoting better digestion and overall well-being.

How?

- Before you go to bed each night just make a written or mental eating plan for the following day. When you have a plan you're less likely to get over hungry
- Try to be present when you eat, checking how full you are
- Focus on food that you enjoy, try not to deprive yourself or label foods as good or bad



Reminder

Sustainable weight loss is a gradual process that requires patience, consistency, and a balanced approach to nutrition and exercise. By combining strength training with targeted nutrition strategies you can achieve your weight loss goals while building a strong, healthy body. Reach out to your coach to let them know which nutrition tip you're going to work on first.