

BODY TRANSFORMATION GUIDE



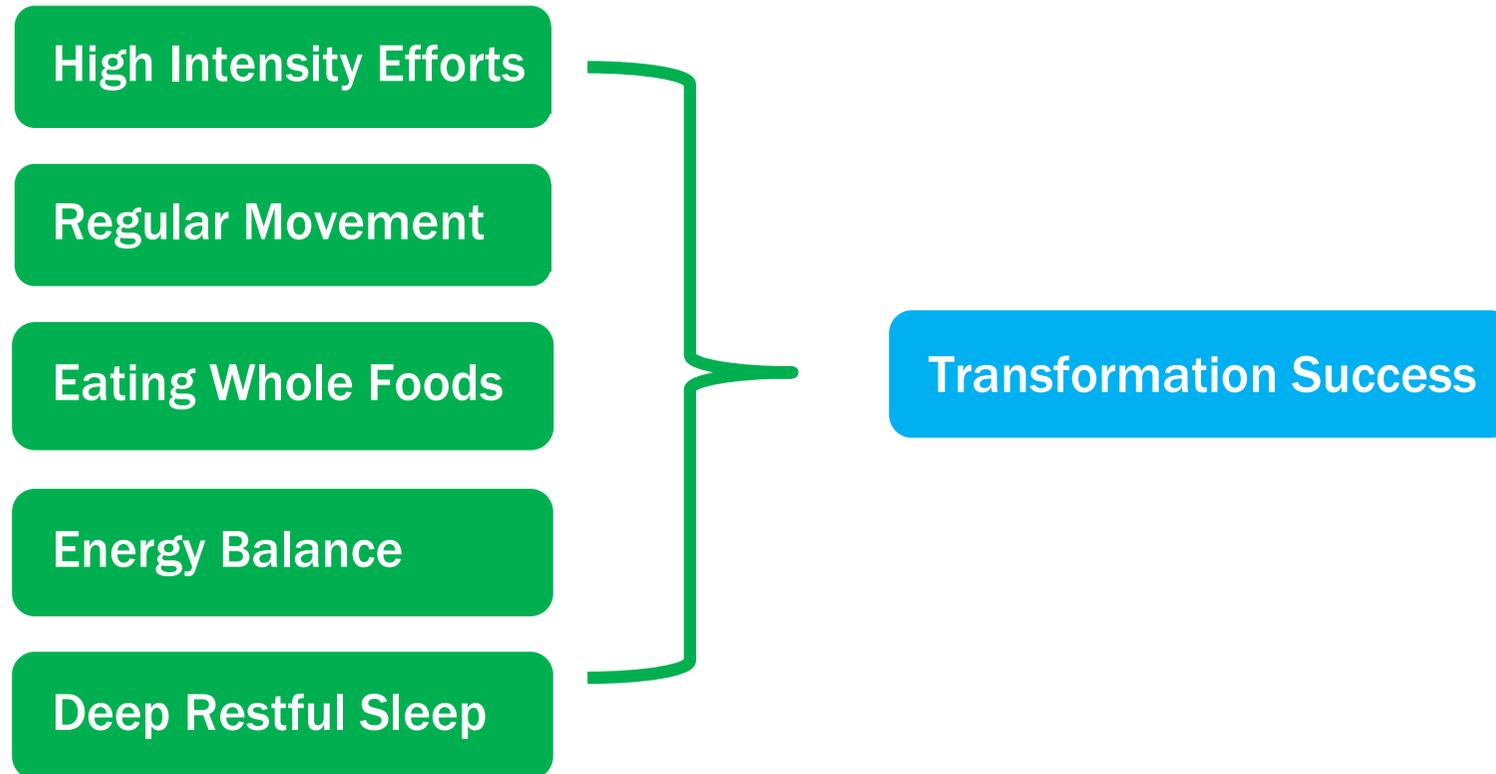
Lighter Body

Stronger Body

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Body Transformation Formula

Consistent application of the following formula is the key to impressive and sustainable results:



Exercise To Be Fit & Strong

"Lack of activity destroys the good condition of every human being whilst movement and methodical physical exercise save and preserve it" *Plato 427 - 347BC*

The bulk of your transformation results will stem from good food and lifestyle choices. However, incorporating short bouts of high intensity exercise into your weekly schedule will only accelerate the process. Importantly, a well-designed fitness program will help preserve your valuable muscle tissue whilst losing weight. This ensures that weight lost is a result of fat loss not muscle loss, a much more preferable scenario and one which protects against rebound weight-gain and improves the aesthetics of your body.

Physical appearance aside, there are many other reasons to incorporate regular (but not incessant) bouts of high intensity exercise into your lifestyle

- *Improved strength and stamina*
- *Enhanced resilience and longevity*
- *Confidence in your bodies capabilities*
- *Better performance in day-to-day living*

Sample Activities:

- ✓ Resistance Training
- ✓ Circuit Training
- ✓ Sprint Training
- ✓ Interval Training

Do not work out with the aim of burning calories, instead work out with the aim of getting fit and strong.

Move Your Body Frequently

On its most basic level weight loss or weight gain is fundamentally a function of energy balance. If you take in more energy than you expend you will put on weight and vice versa. Common sense therefore dictates the more active you can make yourself on a day to day basis the easier it will be to lose weight. However, there is more to it than that...

"Regular movement is a lot more valuable than simply sitting on the right side of the energy balance equation"

We live in an age where technology and mechanisation are rapidly eliminating the need to move our body. This sudden change in our environment has far outstripped the evolution of our DNA which for hundreds of thousands of years has thrived on... MOVEMENT.

Without Regular Movement:

- We stagnate and turn rigid
- We suffer from poor energy
- We get heavier and sluggish
- We suffer more from stress

With Regular Movement:

- We stay supple and mobile
- We stay healthy and energised
- We stay vibrant and alert
- We age better and live longer

How can you build more movement into your daily life?

Eat Fresh Minimally Processed Food

“For great health and body-composition strive to eat fresh, natural foods as close to their original source as possible”



The food you choose to eat plays an absolutely pivotal role in how you ultimately look and feel. To successfully reach your body transformation goals you need to consider the following two factors:

1. Quality of calories consumed
2. Quantity of calories consumed

These are listed in this order for a reason.

Both are important, however, by first and foremost focusing on the *quality of calories consumed* it is typically far easier to take care of the *quantity of calories consumed*. In addition, by making nutritionally-dense food choices you should notice a myriad of other great benefits which ultimately result in you enjoying more health, vitality and wellness.

Whilst there is no single diet which is perfect for everyone, there is one common denominator shared by any successful approach: *fresh, natural foods derived from good sources*. Some might do better on more plant foods, some might do better on more animal foods, many will fall somewhere between – either way it is the emphasis on food quality which is important. Eating nutritious whole foods provides more nutrition for less calories and helps restore your body’s natural mechanisms of satiety and fullness which are completely corrupted by processed foods full of sugar, flour and fat. This double whammy makes it far easier to strike the right energy balance for sustainable fat loss – oftentimes without any conscious effort at all.

Respect The Laws Of Thermodynamics

Whilst your metabolism is a complex and dynamic system you cannot escape the laws of thermodynamics which dictate that to lose weight the volume of energy you expend must exceed the volume of energy you consume – otherwise known as *negative energy balance*. This should be easily achieved when eating a diet rich in whole foods, moving regularly and sleeping deeply.



Remember though, there is a big difference between losing weight and losing fat. We are concerned with the latter as it will have a far greater impact on how you look and feel. To ensure that weight lost is a result of fat loss, not muscle loss there are a few important things to consider:

1. Positively stressing your muscles with short doses of high intensity exercise will help preserve lean mass whilst losing weight
2. Ensuring you eat enough high quality protein will help preserve muscle and curb hunger cravings between meals
3. Avoiding extreme calorie restriction will help prevent the wasting of muscle tissue and slowing of your metabolism
4. Eating nutrient-dense whole foods will help cover your micro-nutrient needs and optimise hormone signalling for fat loss

Honour Your Need For Sleep

“Sleep is the perfect fat loss supplement - every bit as important as nutrition and exercise”

Good sleep....

- Helps us stay fresh
- Helps us stay lean
- Helps us stay strong
- Helps us stay focused

Bad sleep....

- Makes it hard for us to lose body fat
- Increases our food and sugar cravings
- Slows down our brain power
- Increases the rate at which we age

How many hours sleep are you getting per night?

Sample Tips:

Sleep in a completely dark room as ambient light can interfere with the production of the restorative hormone melatonin.

Before going to sleep clear your mind by writing down everything you need to do and remember the following day.

Minimise exposure to computer screens in the hours before bed. Blue light prolongs the release of the stress hormone cortisol.

Go to bed earlier – seems obvious but trading the late night TV for more sleep can make all the difference.

Seek Small Wins

It's great to set an ambitious fitness or physique goal, but plan to get there one small step at a time. By making small, manageable changes and hitting small, achievable targets you create a positive tide of momentum which eventually swells into an unstoppable force.

What small step can you take to improve your food choices or exercise habits today?

Once you have achieved your first small victory or ingrained your first positive habit move onto the second, then the third, then the fourth and so on. Like a snowball rolling down a hill you will soon notice the compounding results.



Small Wins - Easily Achievable - Build Confidence - Compounding Results

Measuring Progress

Accountability is a powerful phenomenon and doing some rigorous tracking, particular in the early stages of a new fitness program can help keep you on course and importantly gauge whether what you are doing is working.

How Do You Look?

Body measurements - is your waist getting smaller?

How your clothes fit - can you fit into smaller sizes?

Scale weight - be wary as not always an accurate measure of progress

How Do You Feel?

How energised do you feel throughout the day?

Do you have excellent focus and memory recall?

Do you feel strong and fit or weak and lethargic?

How Do You Perform?

Are your markers of strength, stamina and flexibility improving?

Are you moving closer towards your athletic performance goals?

Are you becoming more confident in your body's capabilities?

Wrapping it all up

As mentioned in the introduction, consistent application of the transformation formula is the key to long term success. No matter how well you eat and exercise there is a limit to how much weight you can lose in a single day – amazing results only come with patient application of the basics over time.

- ✓ Exercise to be fit & strong
- ✓ Move your body frequently
- ✓ Eat fresh minimally processed foods
- ✓ Respect the laws of thermodynamics
- ✓ Honour your need for sleep

Perhaps this guide has alerted you to areas you might need to work on? Or perhaps it has reaffirmed what you already knew? Either way we hope you have found it helpful. If you have any questions about the material presented or if you would like to discuss the possibility of working with a personal trainer directly to help you reach your body and fitness goals then please don't hesitate to get in touch by visiting our website at:

www.gymless.com

Thanks for reading.