

21 Fat Loss Hacks

For the Busy Person
That You Can Start NOW



But First...

A Wee Disclaimer on this...

This guide is intended to guide and not replace medical or clinical expertise or advice. So before you begin to make wholesale changes with your mindset, diet or training/exercise regime I would recommend you consult with a medical professional.

I accept no responsibility for actions taken upon any of the tips and recommendations outlined in this manual.

Now that we have all that clear we can move on.

Thanks

John Lark

21 Fat Loss Hacks

That you can start right NOW

Look.

I will cut right to the chase. You want to get lean and you want convenient, time savvy and easy routes to the best shape you can be in. And I get that. I really do.

After all you may have tried diets, gym visits and fads to beat the band with.

You may be confused and unsure of where to turn to next. Or you may be just plain ole lazy and just can't summon up the will power to take it on a serious note.

So what I am going to present to you right now is a checklist. A list of 21 of my favourite 'go-to' habits, tools and tricks that if implemented will result in fat loss.

This report will not bombard you with the science or the how. You just don't care. I am sure if you are that way inclined you can surf the internet away and find exactly what you are looking for.

On the other extreme this is a case of 'don't tell me, show me'. Quick bite size tips that are actionable immediately.

So with out further due here is the list with a brief explanation of the how. Nothing crazy and I not here to convince you. They are a mix of getting your head in order, your diet right and the right type of exercise to be doing. How you do it, well that is up to you!

Yours in health,

John Lark

Owner and Founder of Sphere Fitness

Tip 1

Keep a food record

Most of us are on autopilot when it comes to our food intake and make poor choices at the wrong times with the wrong foods. This can make or break any good intention.

Food records can be kept with myfitnesspal, a small notebook or online with a partner. The main take home is that you start to see what patterns are emerging and how you can then fix them.

Start recording your intake and very quickly you see that night time habit of picking at the biscuit tin, or that 'glass or two' of wine is actually derailing your efforts.

Tip 2

Exercise with Consistency 10,000 steps per day

Most of us think that with 1-2 visits to the gym each week will cut the mustard. I am telling you after 15 years of working clients - it won't. If you lack consistency in this area you will fail. That goes for exercise. This should be a daily occurrence aimed at making you perform better. Fat Loss is secondary.

A fit bit is good to use if you are struggling to get active. Hitting those 10,000 steps a day is a great place to start and easy to achieve. Once you graduate from that then think about something you enjoy and get going with it on a consistent basis. Most days to exercise, 3 days training. If you are starting with nothing just hit those steps.

Tip 3

What is your why?

Why is your health and fitness important to you. Sure it is great to want to lose a bit of weight for a holiday but what then after? Back to the couch?

Finding your why is important and necessary. Maybe you just want to have more energy so that you can perform better in your daily routine, with your kids or with your wife/husband. Maybe you sleep better, manage stress levels and find that bit of headspace with exercise?

You need to dig and dig deep. Without emotional attachment to this why you will struggle to find purpose and with that ACTION.

Tip 4

Consume Fewer Calories Overall

You need to be eating a little less than you think if you want to lose body fat. Being in a calorific deficit is a pre-requisite to fat loss. How you do that starting out is largely up to you? We like to consume fewer carbohydrates to start off with (which we will come onto). But most of us don't need to be that drastic.

It could be something as simple as using a smaller plate. Eating more fibre and a bigger serving of protein at each meal - a palm being a good starting point. It could be not eating when you are stressed and finding something else to occupy yourself with. Being busy helps.

Tip 5

Train with Purpose

Most of us train with the purpose and intensity of a castrated gerbil. You have to force the body to change otherwise nothing will.

Each time you come it is you against you. No one else. And that is the key to change. If you don't force yourself to change then nothing will in the long run.

What can you do better today that will take you a step along rather than staying at the same point? Maybe it is more weight, more repetition, a longer run or a faster run? Push yourself.

Tip 6

Be Happy. Let go of guilt

Guilt is a terrible stressor. Let go of all of it. Being happy is a conscious decision and we are wired to avoid pain and seek pleasure.

Choose to seek pleasure not castigate yourself for being a lazy so-and-so.

Find exercise and training options that you enjoy. Find foods that you enjoy and you know will take you a step closer to your goals.

Why guilt and negative emotions are disruptive to progress is that they are a form of stress. Some stress is good. Continued stress is bad.

Tip 7

Have proteins and fats for breakfast

Your first meal whenever it is in the morning routine (before 10am according to some experts), should be protein and fat based if you want to metabolise the most amount of fat through the day.

For this it would be things like:-

- 3 egg omelette with spinach and coconut oil
- 3 hard boiled eggs with sliced peppers and cashews
- Smoked Salmon and Grilled Haloumi cheese
- Whey Protein Shake with Olive Oil, Almond Milk and Avocado
- Steak and 1 fried egg
- Avocado and Baked Eggs
- Bacon, Fried Egg, Black Pudding, Cream of Spinach
-

Tip 8

Learn to Weight Train

There are some fantastic resources out there but in terms of investment get someone to write you a strength training programme and show you how to do it properly.

Strength training works and you can do all the research you want on the internet but there is a reason why we hire graduates and spend thousands to learn how to train continuously. The subtleties and individual differences cant be ignored.

Tip 9

Consume Fewer Carbohydrates Overall

Carbs are not the devil by any stretch but you have to earn the right to tolerate them. By carbs we mean rice, potatoes, cereals, cakes, biscuits, rice cakes etc.

A period of restriction whereby you drop them down to around 30-50g per day will work for most folks.

The biggest mistake people make is then overeating on protein and FAT OR under eating full stop.

You need to know your calories and not get hung up on this age old myth that if you eat fat you get fat. ***You get fat because you over eat!***

Consuming fewer carbohydrates in your diet has health implications which are beyond the scope of this report. But check out my blog for more reasons.

Tip 10

Journal

Journal everything. This is a journey not a sprint with a destination. Sure you might have a short term goal but long term this should be a springboard to greater things happening in your life.

Journal gratitude, your achievements, your struggles and very soon you will have a deeper understanding of yourself which then gives you piece of mind as you face challenges in life.

Tip 11

Sprint

Sprinting is one of those age old methods that for the short amount of time invested it yields a nice return.

The great thing is after a building up a base of walking or jogging for up to 30 minutes continuously (crucial) you are ready to try some intervals. Try 4-6 sets of 30 seconds of work followed by 30 seconds of rest. You can do this on a bike or a rower for less impact or you can head outside and run.

The key is intensity. This needs to be right up there. You can also try 20 seconds of work and 40 seconds of rest. Or 20 seconds followed by 10 seconds (advanced). In 20 minutes your session could be done. Happy days.

Tip 12

Spend Sunday and Weds Preparing Meals

Prepare your meals, that is unless you want to eat the muck that they serve up in delis.

Preparation makes it easy to eat right and thrive.

Sunday for example you could make a list for the week, shop for the ingredients and then bring it home to cook. Whilst you throw on a roast joint in the oven you could put another joint in the slow cooker, fry some mince on the hob and prepare your veggies.

3 in 1.

1-2 hours of meal prep will save you hours.

Tip 13

Set process goals

If you have a big goal park it and focus on what you need to do to get to the end result.

For example, if your goal is to lose 14 lbs in 8 weeks then what do you need to do daily and weekly to get there. I could list off 3-5 things now :-

- Get my kit ready the night before to take to work with me
- Prepare my meals for the week on Sunday and Wednesday
- Get to bed by 10.30pm every night
- Hit my water intake of 1 litre every day
- Have 30g of protein 4 times per day

Then keep score. Every day did you do it? yes or no?

Tip 14

Work on your weak links

It is human nature to want to work on and exaggerate or play to our strengths but this in essence is the worst thing you could do when you start an exercise programme.

From a safety point of view, working on and continue to exaggerate your strengths will lead to overuse and imbalances in your body.

You are only as strong as your weakest link which means that your chain will bring itself back to a level that allows the expression of that weak link.

Work on those problem areas which brings it back to point 8.

Tip 15

Use Fish Oil and a good multi vitamin

There are umpteen studies on fish oil and its benefits. The biggest benefit is that we just don't eat enough omega 3 rich fish each week to see the benefits.

And no you are not going to get this from your diet. Fish oil helps you get lean. More so than any other 'fat burner' riddled with uppers and downers.

Same principle applies with the nutritional content of your food. It ain't what it used to be!! Take a multi vitamin and cover those bases. I have no preference apart from the fish oil which needs to be pharmacy grade.

Tip 16

Have a support team

Going solo is fine but it doesn't work. Even individual athletes have a entourage around them. EVERYBODY needs support.

You can find support online in groups, off line in training gyms, running clubs and community venues.

Who is in your corner? Who are you training with? Try and train with someone who is at a higher level than you. Yeah - it sucks for them but it will help you. Pay them in food tokens.

Tip 17

Get Assessed - Keep Score

Knowing where you are heading is THE most motivating thing you can do for yourself.

Keep score with photos, tape measures, skilled body composition tests, run scores, Fit Bits, weight training journals, check ins with your support group. The scales can also become your friend. Notice any daily fluctuations and changes and patterns emerging.

Tip 18

Eat More Protein

Protein literally means 'of prime importance'. That means out of the 3 macro nutrients it is the big daddy.

Get 1-2 palm sizes of protein on your plate at meal times. Anything less and you won't feel the satiety benefits of a protein. The recovery benefits are huge too.

Tip 19

Bed by 10.30pm

A good bed time routine will give you the impetus to crush the following day. Sure not every night will be a lullaby night but 5 out of 7 should be at least.

It gives you a chance to re charge the batteries and is only really effective if you limit the amount of blue screen time you have before bed, heavy meals and use warm baths if you particularly struggle. Magnesium oil also works well.

6-8 hours is best and a consistent bed time and awakening is beneficial. Irregular patterns including sleeping in at the weekend can induce a mild form of jet lag when it comes to Monday.

Tip 20

Manage your stress

Stress comes in so many forms nowadays. The key here is balance. Too much sun and you get burnt, the right amount and you get a lift. Too much cold and you freeze to death, too much hot and you bake.

Too much emotional stress and you crack, or it might be the wake up call you need? Too much financial pressure without the balancing of managing your money and you struggle.

The key to stress is to embrace it as always being there but at the same time managing it and not always being in a state of 'red alert'.

Take a breath in right now for 4 seconds through your nose. The release through your mouth in 4 seconds. This simple technique done for as long as you need to really works in shifting your state. Heart Math also works well if you are into games and having fun with it.

Tip 21

Realise the importance of your gut

Our gut gets a real hammering from food choices, stress, antibiotics and lack of fibre primarily.

Not many of us know this but it is also key to our MOOD.

So look after your gut. Chew your food regularly, drink water away from your meals (15 minutes before and after), take a probiotic for a few weeks and see if there are any improvements in your bowel and gut function, use digestive enzymes with your meals and again notice any improvements.

BONUS

Train don't drain

Unfortunately the reality of gym visits is out of guilt and punishment for a being a naughty boy in the cookie jar.

Every day I see a meme that shows you how to burn off the chips you ate.

That is total BS.

If you eat crap you will feel crap so don't go and throw fuel on the fire by hitting the gym to punish yourself. You will get zero results, guaranteed.

Likewise when you are under serious stress then a hard training session may tip you over the edge. Instead look at lightening the loads, stretching, yoga or classes.

Sort your health out first and when you have that energy surplus then you should hit the gym. Results will follow a lot quicker.

BONUS

Hit Your Water Intake Goal

If you are dehydrated, alongside sodium / potassium balance and other factors, you will retain fluid.

Every client I have worked with when they have gradually bumped up their water intake have started to pee more often and with greater volume.

Suddenly they have more energy and are dumping weight - fluid weight that is.

Staying hydrated is key to health and ignore it at your peril. Shoot for your lean weight in kg x 0.033 for your daily water in intake goal in litres.

Shoot for good quality water too; bottled or filtered.

Additional Resources

Geared to helping you on your way

The Sphere Fitness Website over at

<http://spherefitnessstudio.com>

Nutri Nation for Incredible convenient and healthy food options

<http://nutrination.ie>