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How To Get  
Maximum  
Weight Loss &  
Fitness Results In  
Minimum Time

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# 5 COMMON FITNESS & NUTRITION

# MISTAKES

THAT ARE STOPPING YOU  
FROM LOSING WEIGHT!



**SOL AND ALAN**

Top Certified Fitness Experts Reveal  
The Essential Strategies For Lasting Weight Loss





## LETTER FROM THE FOUNDERS

*Dear Friend,*

When it comes to getting healthier and losing unwanted weight, fitness and nutrition go hand-in-hand. Yet many people find that even when they are doing both they still aren't getting the results they expected. This is because many of the people embarking on a new diet regime or fitness lifestyle are still making a few simple mistakes that keep the weight firmly where it is.

I have been in the fitness and nutritional business for 10 years and it still surprises me that so many of my new clients are having the same struggles shifting those unwanted pounds. This is why I wrote this e-book, because as a Personal Trainer it is frustrating to see clients working so hard in the gym and at home, but still battling to lose the weight.

Below I have listed my Top 5 mistakes people make when trying to lose weight. I hope you find them helpful!

If you want to know more about fitness or nutrition, or need any more advice about how to achieve your weight loss goals, please don't hesitate to get in contact.

Enjoy the read!

*Sol and Alan*

**Coached**







# MISTAKE #1 DEHYDRATION

Want to know why fad diets and 10-day exercise plans give short-term results and long-term misery? They rely on water loss...

The quickest way to lose weight is to dehydrate yourself - after all 80% of our body is made up from water. This is why Victoria Secret models don't drink the day before a show and boxers use it to get into their weight class.

Yes, you will lose weight – but not the right weight. Take that in for a second; there is right and wrong weight to lose!

Diets and fitness regimes that make you lose water or lean muscle are the **WRONG** ones to choose. Yes, they might result in shifting a few pounds on the scales but you won't look better for it and you certainly won't be healthier!

The weight you want to lose is body fat and this requires you to put water into your body and not take it out.

Water is the most underrated nutrient and plays a key role in the weight loss equation:

## Calories In vs. Calories Out

The reason for this is when you're dehydrated your:

- Exercise performance goes down
- You find yourself more fatigued, making you reach for sugary snacks
- You burn fewer calories as water causes dietary induced thermogenesis

Water also is important in controlling hunger, especially cravings. Water in itself is naturally filling and often we mistake thirst for hunger.

## Symptoms like:

- Gurgling stomachs
- Low energy
- Light headedness
- Empty feeling

These are equally likely to be a result of thirst as they are of hunger; by simply drinking a glass of water when you first feel hungry you can pinpoint whether your hunger pangs are due to dehydration or a need for food.

Studies have shown simple tricks like drinking 8 fl. oz. of water before a meal can significantly reduce your calorie intake and increase weight loss by as much as

# 44%



## MISTAKE #2 CARDIO CRAZY!

This goes back to the point above about losing the right type of weight. Ultimately we want to be losing or converting body fat, so any exercise regime should be developed with the sole goal of turning body fat into lean muscle.

Thirty years ago the only answer to losing weight you would hear in the gym was 'get on a treadmill' - thankfully exercise physiology has moved on a great deal since then.

Cardio is great for burning high amounts of calories during the activity, but the calorie burn stops the second the treadmill does. While it does offer low intensity options for people new to fitness - walking rather than running, for instance - most go in too hard and as a result end up damaging themselves.

### So what's the alternative? Weight or resistance training...

There was a time when weight training was seen as an option only for those who wanted to bulk themselves up; fortunately we have moved on since then as weight training plays a key role in slimming down too.

Weights or resistance training is crucial when it comes to converting body fat into lean muscle. The great thing about this is you are burning calories while doing the training and you also keep burning them long after you stop.

### What's the secret?



**RMR – Resting Metabolic Rate.** The energy you burn at rest is around 2-3 times that you burn during activity. Your lean body mass (lean muscle: fat ratio) contributes to your RMR as lean muscle burns more calories than fat, even at rest.

So rather than just opting for a crushing cardio regime, combine a bit of cardio with some resistance (weight) training to maximise your weight loss results.

## MISTAKE #3 TOO MUCH EXERCISE

One of the common misunderstandings when it comes to exercise is that it builds muscles – the exercise itself doesn't, it tears them down. They only start regenerating during periods of rest. This is why doing exercise every day of the week is detrimental rather than beneficial and many people who do this plateau quickly.

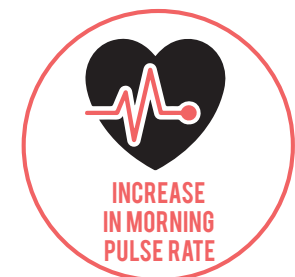
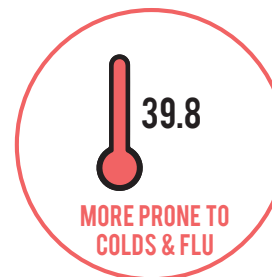
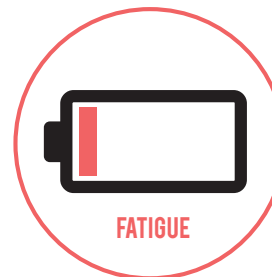
Then there is the mental exhaustion and injury risk associated with every day training programmes, along with the fact that our bodies quickly attune to routine, so by swapping between rest and training we keep our bodies guessing.

Finally there are the hormonal imbalances that come with over-exercising, with abnormally high cortisol levels and low testosterone and DHEA found in those who over-exercise.

### So how much is enough?

Five days training to two days rest is considered the maximum amounts you want to do be doing, with rest days in between resistance, weight training. There is also the suggestion of taking a 'rest-week' every six weeks where both training regimes and dietary restrictions are ignored, to give the body time to breathe.

### What are the signs of over-training?



So if you are exhibiting any of these, or training more than five times a week, perhaps it's time you cut down.



# MISTAKE #4 PROCESSED POISON

Modern-day life comes with a lot of benefits as technology and scientific advances are driven towards making our lives easier. However not everything that is convenient is always good for us - processed foods are the perfect example.

Let's face it, food was not designed to have a shelf life that stretches into the next decade; in order to achieve this they have been modified or had things added that are as far away from 'natural and wholesome' as you can get.

Then there is the fact that most processed foods are also highly refined, and we all know as good as refined foods might taste they are as bad as it gets for our bodies.

Next is the sugar and salt contents, which are normally through the roof – even in the diet equivalents, which just have different sweeteners added that are equally bad for our bodies.

This is before we get to the nutrient levels, which in most cases have been washed away in the processing process. The lack of fibre ensures we are hungry again shortly after consuming processed foods and the hidden calories they contain.

As a result, processed foods give us very little and take from us a huge deal. They often sap our energy, as they aren't what we would consider fuel foods but often replace these. This leaves us feeling sluggish and tired, which is counter-productive when you want to increase energy levels.

## What to lose:



**Fizzy drinks** – one of the worst offenders, these contain huge amounts of hidden calories which are not factored into our daily calorie intake. They are also linked to health issues like type-2 diabetes, fatty livers and heart disease.



**Refined grains** – where most of the nutrients and fibre is stripped during the refining process and a number of chemicals and preservatives are added.



**Refined sweeteners and low-fat alternatives** – the common mistake is to think dropping sugar and fats from our diet and opting for refined low-fat alternatives is healthy. It is not. In fact it often means we are consuming much more than we otherwise would and the sugar and fat substitutes found in these food are often worse for us than what they were replacing.



**Refined oils (soya bean and canola)** – not only are they produced chemically and have artifacts of this process still in the final product, the need to hydrogenate the oils so they are solid and spreadable leads to many being high in trans-fats.



# MISTAKE #4

## PROCESSED POISON



**Pre-flavoured alternatives (strawberry porridge oats for example)** – are often packed full of sugar and salt, as well as a host of chemicals used in the flavouring and preserving process.



**Fast food** – an obvious one to avoid in theory, but most people still make the mistake that the 'healthy sounding' alternatives on the menu are fine. They are not! Salads are often packed full of fructose and some have a higher calorie content than a burger.



**Fruit juice** – while it is often perceived to be good for you, most are simply fruit sugar flavoured water. They do have Vitamin C and antioxidants, but when you weigh this up against the high sugar content (which can be as much as Coke) the benefits are often outweighed.



**Pastries, biscuits and cakes** – are packed full of unhealthy refined sugars and flour mixed with added fats that are tasty on the tongue but bad for the body and always leave you wanting more!



**Processed meats and cheese** – meat and cheese are both healthy and nutritious if eaten in moderation, but when processed they are often stripped of their nutrients and packed full of refined fillers and other chemicals.

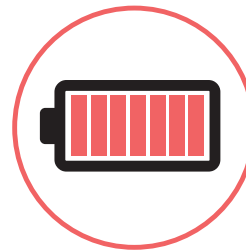
**So what are the benefits of cutting out the processed foods and swapping them for whole foods?**

- ✓ **Weight loss**, simply by cutting out fizzy drinks for a week you will notice a difference.
- ✓ **Improved energy levels.**
- ✓ **Better sleeping patterns** – as the high sugar levels cause spikes that disrupt sleep and make it difficult to wind down, and fatty-foods disrupt neurochemical functions.
- ✓ **Clearer skin** – as a result of addressing the hormonal imbalance processed foods are often blamed for.
- ✓ **Stronger nails and shinier hair** – when replaced by whole foods that have the nutrients our bodies require.
- ✓ **Better moods** – one result of switching from processed foods to a balanced diet is our hormones become balanced and this has a huge effect on stabilising mood swings and generally results in better moods all round.

## MISTAKE #5 PROTEIN NEEDED

One common dietary mistake to make is to underestimate the importance of protein. Protein is the building block for lean muscle mass and stimulates the production of CKK, a natural appetite suppressant. So ensuring your diet is high in protein is key for both suppressing the cravings and aiding weight loss.

**In fact, a protein-packed diet has many advantages:**



Uses more energy to digest so keeps our metabolism running and our energy levels up, plus aids with digestion.



Helps keep blood sugar levels stable.



Is good for your bones and are broken down into the main building blocks of the body's tissues and organs.



Important in hormone balancing and thus keeping our mood upbeat.

The problem with protein is that most of us rely on one or two obvious sources and let's face it chicken does get boring after a while! What's more, not all protein sources are equal, so what should we be eating?

**The Obvious Options:**

- Free range beef, steaks (just stay clear of the excessively fatty cuts), lean- mince or even dried beef jerky.
- Unprocessed dairy products, for example natural yogurt rather than flavoured.
- Pork chops and pork loin.
- Eggs.
- All fish are great sources of protein.
- Chicken breasts are a great source of lean proteins.



# MISTAKE #5 PROTEIN NEEDED

## Alternative Protein Sources:

**Spinach** – Popeye's favourite is a great source of protein, Vitamin C, antioxidants and Folate. One cup has as much protein as a boiled egg.

**Sun-dried tomatoes** – one cup has 6g of protein and 7g of fibre, as well as being packed with anti-oxidants and vitamins.

**Guava** – the highest protein fruit with over 4g per cup!

**Peas** – one cup has eight times the protein of a cup of spinach and 100% of your daily Vitamin C.

**Beans** – good for your heart and so much more as they are loaded with protein, antioxidants, vitamins and minerals.

**Lentils** – one cup has the equivalent protein of three eggs with less than one gram of fat.

**Peanut butter** – creamy and addictive, too much will cause weight gain but a standard two-tablespoon serving provides a great dose of protein.



Sol



Alan

We hope you have enjoyed this guide and that it has given you a few tips on how to tweak your lifestyle to lose more weight and get your dream figure.

**Remember the road to a healthier lifestyle is not always easy, but when you achieve your goal the rewards make it all worthwhile.**

If you need any more help please don't hesitate to get in contact with us and take a look at our website

**[WWW.GET-COACHED.UK](http://WWW.GET-COACHED.UK)**

We are always here to help! Good luck and we wish you all the best on becoming a better you!



# SUCCESS STORIES

