

5

Simple Steps To Lose Fat Fast

How to lose fat without losing your mind. Even if you don't know where to start!

Meet Your Coach



“

I help busy professionals to lose weight and gain confidence without having to give up the food they enjoy and still have a social life.

In this book I'm going to share with you my top 5 ways to be able to lose body fat effectively and sustainably...

If you find this book useful, please let me know or if you have any questions send me a message on Instagram @_louiseshields_

Louise

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TABLE OF CONTENTS

01 **COVER**

02 **INTRO**

03 **CONTENTS**

04 **TIP 1**

05 **TIP 2**

06 **TIP 3**

07 **TIP 4**

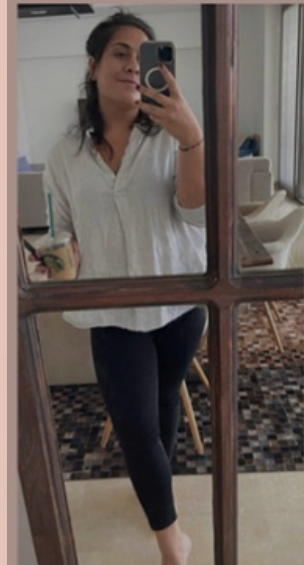
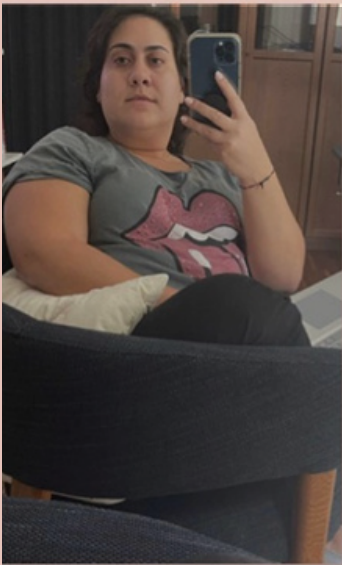
08 **TIP 5**

09 **WHAT NEXT?**

Tip 1

WALK 10,000 STEPS PER DAY

When I first started with my client Juman all we had to do was increase her activity levels, in particular her steps (as she didn't have access to a gym!). Juman lost on average 2lb per week, just by walking + eating in a calorie deficit!



WALKING IS THE MOST UNSPOKEN SECRET TO FAT LOSS

By simply increasing your overall daily activity, you will find it much easier to lose body fat...

Tip 2

CALCULATE YOUR CALORIES

Working out our calories allows us to have more control over what we eat, and what our bodies need to fuel us. If you calculate your TDEE (total daily energy expenditure) + subtract a calorie deficit, you will achieve fat loss.



When I first started with my client Nic, she had no idea how much food she was eating, or how much she "should" be eating. By calculating her calories, Nic is now so much more in control of her diet and food choices. She can still eat the foods she loves by fitting them into her daily calories, without gaining weight or undoing her progress.

[CLICK HERE TO ACCESS A FREE ONLINE CALORIE CALCULATOR!](#)

Tip 3

TRACK WHAT YOU EAT

WHAT WE CANNOT MEASURE, WE CANNOT MANAGE

If we don't know how much we are eating... how can we possibly eat in a deficit, and therefore, lose body fat.

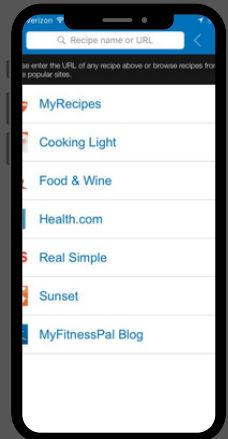


When I first started with my client Jade, she was worried about using an App to track her food. I showed her how easy My Fitness Pal was to use with scanning barcodes - and now she uses it every day!

MyFitnessPal is super simple to set up and integrates directly with my App, so that I can see all of my clients meals and macro tracking across the week. This allows for ultimate accountability and of course... AMAZING RESULTS for them.

[Check out MyFitnessPal by clicking](#)

MyFitnessPal

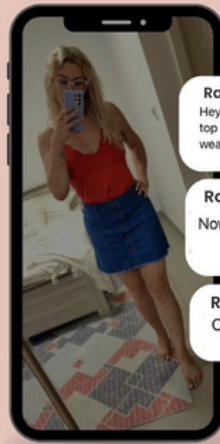


Tip 4

FACTOR IN WEEKENDS & SOCIAL OCCASIONS

LIFE IS FOR LIVING

Don't punish yourself by not enjoying events and weekends. Just be savvy and prepare for them by using a calorie "buffer"



Rachel
Hey, just wanted to show you, this exact top and skirt I've haven't been able to wear comfortably for years 9:43 AM

Rachel
Now they fit perfectly, chuffed 😊 9:43 AM

Rachel
On that weight loss journey 🙌 9:44 AM

★★★★★ 5/5



One of the 5 pants and 5 dresses I just sent to the tailor
Thank you @ louiseshields

When I first started with my clients, they used to eat well all week but binge on the weekends - with alcohol and takeaways. They didn't realise that their weekend blowouts were responsible for the weight gain.. Once they started tracking their calories, they quickly realised that their weekend binges were undoing all of her hard work during the week. Now they reduce their weekday calories with a buffer to allow more calories to indulge and enjoy on the weekends

How to calculate a Calorie "Buffer":

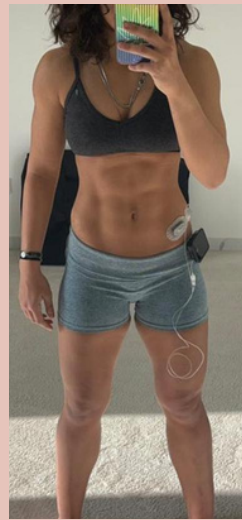
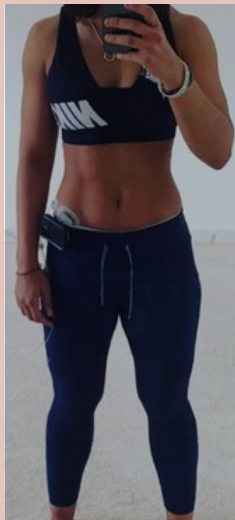
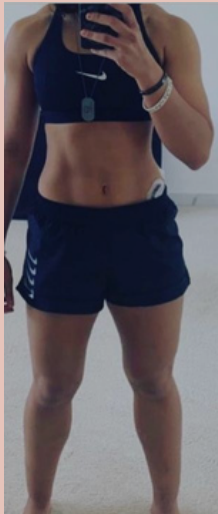
1. Calculate your daily calorie target
2. Decrease 200-500 calories daily Mon-Fri
3. Have an extra 1000-2500 extra calories at the weekend!

Tip 5

FAIL TO PREPARE, PREPARE TO FAIL

PREP IS KEY WHEN IT COMES TO GETTING RESULTS

By planning your meals and training sessions ahead of time, you are much more likely to be successful in achieving your goals.



CLIENT'S STORY

When I first started with my client rawdha she had never meal prepped or written a shopping list in her life. I provide my clients with meal plans + shopping lists, so they don't have to do this... I think this changed her life!

Plan when you will train throughout the week. Try to pick a consistent time that works for YOU. Add your workouts into your diary by blocking out time, like you would your work meetings so you don't "forget" or lose time.

Plan what you will buy from the shops before you go by planning your meals for the week.

Congratulations!

Congratulations on making it to the end of this E-book.

You are already much further along than most people will get, so well done in investing time to make improvements and develop yourself!

For anyone that makes it to the end...

I have included this secret button especially for you.



*This button will give you access to a free 1:1 consultation with me and **10% OFF your first month's coaching if you let me know on the call you came from this guide.***

If you'd like to get more specific help and a deeper understanding of how you can get in the best shape of your life, then click the button below and it'll take you straight to my consultation form!