



STEP GUIDE
TO TIME SAVING
WORKOUTS &
NUTRITION



STEP 2 >>

DISCLAIMER

The information contained in this plan is provided as an educational resource. It is designed to help you build a sustainable programme to help you achieve fat loss and build strength.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information within this programme is not deemed as medical advice or prescriptive.

If you have concerns about your health please consult your doctor before starting this programme.

HOW TO GET MORE ACTIVE AND BURN MORE CALORIES WITHOUT SPENDING TIME (THAT YOU DON'T HAVE) IN THE GYM

LOOKING TO GET STARTED? HERE ARE 5 THINGS YOU CAN DO TODAY TO GET ONE STEP AHEAD

If you don't have time for long and intense workout sessions in the gym don't think this is game over for you with your fat loss and health journey. Movement outside of the gym could be more important.

Go for a 30 minute walk in the morning or at lunch time. This will not take any extra time out of your day and can burn up to an extra 1400 calories per week!

Stand up to do your work. Standing desks are becoming increasingly popular and for a very good reason. They can help you burn an extra 2000 calories per week!

Avoid sitting down too much. Take your phone calls standing up and get more active by standing up and moving around every 25 minutes.

Start doing simple stretches at your desk. Stretching at your desk can help avoid poor posture and lower back pain.

Once you've nailed these steps you're ready for the next stage. No more guesswork it's all laid out for you in my upcoming amazing workout routine.

To achieve weight loss you have to apply the rule of calories in vs calories out.

Calories in refers to the amount of calories you eat or drink and calories out refers to the amount you burn through physical activity and your NEAT.

You've downloaded this guide because you're looking to increase your physical activity and eat better with a limited amount of time. When someone mentions increasing your physical activity I bet you think "I'd love to but I just don't have the time".

But what if I told you that increasing your physical activity doesn't have to involve the gym or going for a run.

Increasing your physical activity is simply increasing your movements on a daily basis. Fidgeting can burn an extra 350 calories a day. Standing up twice an hour and moving around can burn an extra 350 calories per day. One study from 2005 showed that you can burn up to 30lbs a year just from fidgeting more each day. Although you may not want to adopt the habits of a fidgeter there is still a valuable lesson you can take away from here and that is to simply move more, wherever and whenever you can.

All of this can be referred to as your NEAT (Non Exercise Activity Thermogenesis) and this is all the energy you expend everyday outside of exercise, digesting food and sleeping.

Your NEAT is the calories you expend from typing, dancing around your house, walking to work, housework, gardening, and fidgeting. The trivial movements you perform on a daily basis accumulate and boost your metabolic rate resulting in a much higher calorie output.

When dieting down and reducing your calories you must be aware your NEAT doesn't drop. This is a common thing that happens when people diet, they drop their calories but also drop their calorie output (NEAT). This results in you eating fewer calories for no extra benefit as you are now also burning less calories. So keep moving as much as you can, even if it's just standing more.

Here are 5 awesome reasons why you should increase your NEAT through walking everyday.

1. 30 minutes a day can reduce your risk of heart disease by 30% and lower the chances of developing dementia.
2. Increased activity can improve your productivity at work. Walking in new environments helps stimulate the brain and increase alertness and attention when you're ready to sit back down at work.
3. Regular walking can help improve insulin sensitivity which can help you get closer to a lower weight and help you lose inches from your waist.
4. Walking outdoors has the ability to boost your mood in the same way chocolate does. The increased production and release of serotonin from physical activity will help relax you and decrease your stress.
5. Regular walking helps aid the protection of muscle mass and aids blood flow. The increased muscle mass helps increase your metabolism helping you eat more and still lose weight.

Try aiming for 10,000 steps a day, this is the equivalent of walking 30 minutes 3 times per day which can burn up to 500 calories a day and reduce the risk of many cardiovascular disease's.

If getting 10,000 steps won't work for you you can still benefit from getting a step tracker. Any additional steps you do each day is more calories burnt and step trackers are a great indicator and motivator for achieving more steps.

Go about your normal day with your new step tracker for 1-2 weeks and see how many steps you get on average. If you only average 3000 steps a day aim to bump it up to 5000, those extra 2000 steps will burn around an extra 100 calories per day which is an extra 3000 calories every month.

Tips To Help Increase Your Daily Steps

March on the spot every time you make a cuppa tea, coffee, dinner, or use the microwave.

Park in the spot furthest away from your work or the shops, not right outside the front door.

Use the stairs instead of the elevator or escalator every chance you get.

Stand up and move every 30 minutes even if it's only a few meters.

Use the printer and toilets that are furthest away from your desk.

Perform 30 star jumps every time you go into your kitchen.

All these small movements really add up and can help you get to your set goal much easier with no time taken away from your day.

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