



QUICK WINS

TOP TIPS

As we all know there are no quick fixes in health and fitness, right?

Great results come from creating realistic goals and working our way toward achieving them through consistent habits and behaviors. And I'm committed to helping you along this journey!

However, that journey has to start somewhere and sometimes there are a few 'quick wins' that will get the ball rolling nice and quickly for us... So, I've put together 2 things that I'd love you to focus on over the next few days to get us focused and start getting results straight away.

01

Stay Hydrated

You should be aiming to drink at least 2 litres of water a day. Being hydrated can have a big impact on how you feel, mental clarity, will help control your appetite (thirst shows up as hunger!)

02

Increase Your Step Count

Do what you can to increase step count - walking can be so underrated in a weight loss journey. If you pop out to a supermarket, shopping centre - park in the furthest parking space to increase overall steps

03

Nutrition

Start tracking your food & trying to hit 100g-120g of protein daily (your macros will follow in a couple of days - for now set up MyFitnessPal to 1650 calories, at a 30% Protein, 40% carb 30% fat split)



SW
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